

# MAKING A **SPLASH** IN SPRING



THE ITHACAN  
SPECIAL ISSUE

*Haley  
Petrucci '26*

**Spring 2024  
Sports Preview**



# TRACK & FIELD

## Men's track & field aims to vault over competition

BY AUGUSTINE DAUDU

STAFF WRITER

The Ithaca College men's track and field team is readying itself for the outdoor track season following a 2023 season where the Bombers sent three runners to the NCAA outdoor track and field championships. This year, Bombers' senior pole vaulter Dominic Mikula, who earned the national pole vault title in 2023 with a jump of 5.05 meters, will be using his sixth year of COVID-19 eligibility to join the Bombers for one more spring season.

Head coach James Nichols, who is in his 37th season with the Bombers, said he thinks Mikula has the potential to go beyond his previous results.

"He'll be back for outdoor track and field, so for him to improve on being the best in the country — that's kind of hard to do — but he's also jumped 5.13 in the pole vault, so we would like for him to jump 5.14, 5.15, 5.16," Nichols said. "Whatever place he takes, he takes."

Senior pole vaulter Matt Weil is looking to set a new personal record by clearing a height of 4.45 meters, which would qualify him for the NCAA regionals, where he could earn a spot to the NCAA outdoor championship.

The Bombers finished 4th at the 2023 Liberty League Championships, a drop from their first place finish in 2022. Nichols said Rensselaer Polytechnic Institute, the University of Rochester and the Rochester Institute of Technology are likely to be the Bombers' biggest competition in the league this year, as they came first,

second and third in the Liberty League last season.

Along with Mikula, other crucial returning contributors to the team include senior pole vaulter Brendan Sheehan, who placed fourth at the 2023 nationals, senior distance runner Patrick Bierach and junior distance runner James Hughes.

There are also new first-year members of the team, including twin brother sprinters Max and Alex Boreland, along with pole vaulter Cayden Kuhns.

The indoor season ends in March with the NCAA indoor track and field championships, after which there will be a three-week break from competition until the outdoor season starts.

Weil also said that even though athletes used this transition period to recuperate, they are still staying in competition form.

"We have this transition month where some people will taper off and then rest their body because we've been working since October and that takes a toll," Weil said. "That's five to six months of straight work just for the indoor season, so those few weeks off really helps reset the body."

This is the first season that sophomore multi-eventer Noah McKibben, who was previously a jumper, is competing in both the 60m dash and 110m hurdles and combined events like the Heptathlon. He said the support of the coaches is extremely important.

"I feel that for any athlete, if they put in the effort, they're going to receive the same effort from the coaches because they'll really care about you if they see that

you're working toward a common goal," McKibben said.

Leadership and guidance has also come from members of the team, including sophomore hurdler and jumper Matt Lokshin, who was recently voted as a team captain. McKibben said he is a considerate leader and takes other team members' interests into account.

"It was also great to see how [Lokshin] both grew as an athlete, but also learned to grow as a leader throughout the season so far ... and there have been setbacks, obviously, because growth is not always linear, but he has become a very, very good leader and I think a lot of [first-year students] look up to him," McKibben said.

Nichols said the team always wants to finish first, but success is not only measured by final placings.

"We say, run, jump and throw for fun and personal best," Nichols said. "We want them to enjoy their experience and the program with their teammates and the coaches, but we strive for them to improve, and we challenge them to be the best that they can be."

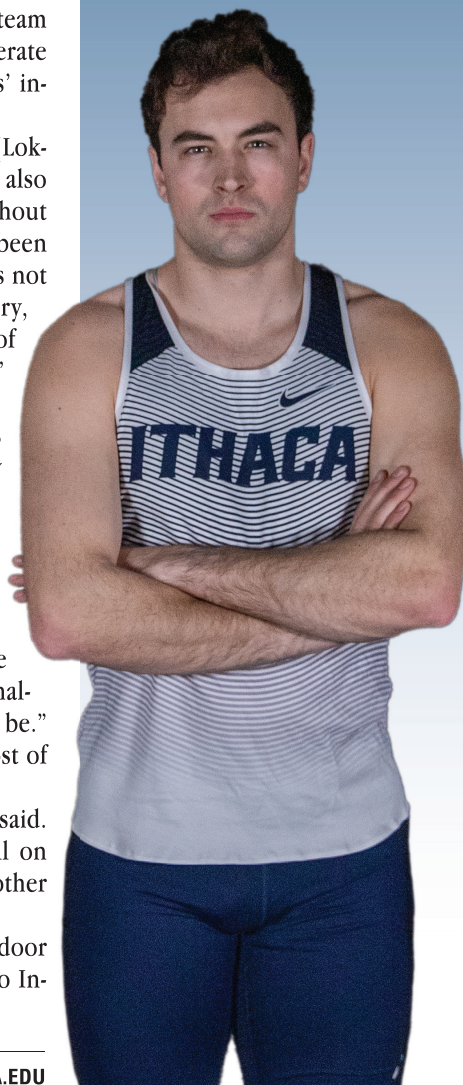
Weil said he wants to make the most of the time he has left.

"I've got nothing to lose," Weil said. "I'm just going to try and leave it all on the table and see if I can get another personal best."

The Bombers will start their outdoor season March 30 at the SUNY Geneseo Invitational in Geneseo, New York.

CONTACT: ADAUDU@ITHACA.EDU

Matt Weil '24



## Women's track uses leadership to fuel title hopes

BY JESS MOSKOWITZ

STAFF WRITER

The Ithaca College women's track and field team is "trusting the process," a motto head coach Jennifer Potter believes is core to the program.



Rachel Larson '26

With 26 first-year students joining the Bombers' squad, there is a new wave of excitement and energy heading into the Spring 2024 outdoor season.

Although they still have their eyes on the prize for the indoor season — the NCAA indoor Championships will be held March 8–9 — Potter said she is excited about what these next few months will bring.

"These [first-year students] are a breath of fresh air with a good head on their shoulders," Potter said. "They're a really great group and with the leadership that we currently have, I think it's been a really great marriage."

Standout first-year students include sprinter Ava Butler, who recently contributed along with three teammates to a third-place finish in the Liberty League 4X400 meter relay, and jumper Madeleine Wright.

Part of this leadership is junior sprinter Natalie MacArthur. MacArthur said that she sees herself ready to help her teammates through the season and that being a part of this leadership group is an honor.

"Being able to really be in a position where I can

help people, be there for my team and watch them achieve their goals as a captain has pushed me to become a better person and a stronger athlete," MacArthur said.

This year, Potter has reshaped her leadership team to be more encompassing of the vast nature of the team — which is made up of approximately 50 athletes — creating a leadership group with two athletes from each grade class picked by their peers. Potter said this new configuration provides the opportunity for athletes from each year to lead conversation and focus on the team's driving theme this year: empowerment.

"For our team, it is about empowering people to advocate for themselves and I tell all the women, 'Everyone's equal on the team, so if you have something you want to say, you should feel empowered to say it,'" Potter said.

Sophomore hurdler Rachel Larson noted there is a uniqueness in track and field because the athletes are often competing all-year round from indoor to outdoor seasons. Larson said the theme of empowerment serves as a constant reminder and source of motivation to keep going through the season.

"We kind of always get to be training and growing, so I always feel prepared for the meet, and

I'm confident of what I'm going into," Larson said.

The constant nature of the sport also allows Potter to focus on connecting and building relationships with the athletes on and off the track, which she said is another key goal of hers.

"It's about getting to know your student athletes and finding out what are some of the challenges or excitements they have going on in their semester," Potter said. "As a head coach, I make a point to get to know them, and not just as athletes, but as people."

MacArthur said this approach to coaching is one that, despite the individualized nature of it, is appreciated and contributes to a unifying team culture.

"It's a big part of the team culture to just really advocate for ourselves and not be afraid to ask for help," MacArthur said. "One of the first things the upperclassmen told me was, 'If you ever need to talk to someone, we're all here for you,' and I think that's just part of the team, this ingrained culture of mental health awareness and advocacy."

Larson said this culture of support has helped her transition into her sophomore season, and she said she hopes to spread it to this new batch of first-year athletes.

"Looking back in my [first year], I definitely was a lot harder on myself because it was college [and] just the new level of pressure, but kind of throughout the season as I got closer to my team and my coaches, I felt that level of support, and now as we go into the Spring 2024 season being there for the [first-year students] and seeing everyone flourish," Larson said.

Potter said she has her eyes on the Liberty League Championship. Last year, the Bombers fell just short and placed second in the Liberty League Championship, trailing the University of Rochester by 3.5 points.

"Our goals are always for postseason and to get as many people to the NCAA Championships, which is getting harder and harder every year," Potter said. "It's getting really competitive, and I think we've brought the best out of programs, which makes us a better program. I'm excited to see them finish out indoors, and then go outdoors with confidence and again trust the process."

The Bombers will open up their outdoor season March 30 at the SUNY Geneseo Invitational in Geneseo, New York.

CONTACT: J MOSKOWITZ@ITHACA.EDU

# TENNIS

## Women's tennis return to the court with young squad

BY FLYNN HYNES

ASSISTANT SPORTS EDITOR

As the new season approaches, the Ithaca College women's tennis team prepares to embark on another year of competition with a revamped squad.

Last season, the Bombers placed 6th in the Liberty League with a 3–5 conference record and an 8–10 regular season record. The Bombers have a 10-player roster this season, with only four of nine players from last year's team returning.

This year's squad features five first-year students and returning junior Lauren Rodriguez, who played as a first-year student but not as a sophomore. The Bombers' returning players are sophomore Sabrina Cheung, junior captains Taylor Crain and Eliana Chelnick and senior captain Isabelle Bennett.

Crain was named All-Liberty League first team both seasons. This season, she will be joining forces with first-year student Alys Pop in the No. 1 doubles spot. During the fall season, Crain and Pop made it to the semifinals in the ITA Division III Women's Northeast Regional Championships and should be a duo to watch.

Bennett believes this team has a high level of potential and that

everyone on the team is dedicated to improving. She said the team is taking the season day by day, but they are still working hard for tough competition, with the Bombers facing multiple top 40 schools this year.

"It's good to take it one match at a time, but we always have our competitive schools, and we've been practicing really hard each and every day," Bennett said. "I think we're gonna have a really good season."

In addition, Bennett talked about the work shifting from the fall to the spring. During the fall, the team would practice, but it was less involved than it is now. The team is now in full season, winning their two matches 8–1 against Drew University and 5–4 against the University of Rochester. However, they lost their third match 7–2 against Smith College.

Head coach Tom Rishcoff will spend his first season with the South Hill squad after previously spending the past 2022–23 season as the assistant coach with the Middlebury College women's tennis team, who placed No. 5 in the country with a 17–4 record and made it to the NCAA semifinals. Rishcoff said he is excited to be part of this program and thinks it is not only strong athletically but academically.

"I've enjoyed it," Rishcoff said. "I've really, really loved it. My first fall here I thought was a great experience. I'm excited to be part of the community here. I think the athletics and the academics here go hand in hand, which is a great thing when you're coming into a new program."

Bennett said that while she will miss former head coach Chris Hayes '16, Rishcoff has integrated with the team exceptionally well and while winning is a goal of his, he primary focus is individual development.

"Coach Hayes was a really incredible coach and those shoes are hard to fill, but Tom is doing great," Bennett said. "We all love him, and he's really supportive and welcoming, and he's got to know all of us on a personal level."

In addition to Rishcoff, Mari Mitchell has joined the roster as the assistant coach. Mitchell was most recently the varsity head coach for Ithaca High School from 2019–20, where she was named ESPN Ithaca Coach of the Year. Rishcoff gave Mitchell high praise, and said she makes sure to check on her athletes both on and off the court.

"That's one thing I'm really excited about," Rishcoff said. "Mari brought a ton of value to our program right off the bat.

... Her ability to support the players on and off court has been unmatched."

Chelnick said that the two coaches make a great tandem and that she is excited to see where they take the team this year.

"Together they're a good team," Chelnick said. "I mean, it literally takes a village for a sports team, because it's [a] huge time commitment; there's so many things you have to do: recruiting, practice [and] probably a bunch of administrative work as well."

Rishcoff said the way he builds team chemistry and a winning culture is by finding value in every single one of his players and making everyone feel comfortable.

"The beauty of college tennis, it's the only place where you can find a team environment within tennis," Rishcoff said. "So I think finding the value that every single person brings to the team is really important. And then really respecting and creating an environment that really is cohesive and invites people from different backgrounds.

For their next match, the Bombers will face the St. Lawrence University Saints at 10 a.m. March 2 in Canton, NY.

CONTACT: FHYNES@ITHACA.EDU

Eliana Chelnick '25



## Men's tennis has big hopes this year with new faces

BY BEN HANAN

CONTRIBUTING WRITER

The Ithaca College men's tennis team is gearing up for another spring after coming off a rough 2023 season where the Bombers maintained a 1–7 conference record and a 6–10 regular record. Thankfully, a new face is trying to right the ship.

The team is experiencing new leadership with head coach Tom Rishcoff who is in his first season with the squad after spending a successful year as the assistant coach for the Middlebury College women's tennis team. Rishcoff said that he is looking forward to this season with the Bombers and that he has a main goal of winning the Liberty League.

"I'm really excited about the talent that we have

year include the defending Liberty League champion Rensselaer Polytechnic Institute Engineers, as well as Skidmore College, Vassar College and Hobart College.

Although Rishcoff is new this season, the players have taken a

Jacob Wachs '24



on the team here," Rishcoff said. "I think it's a great conference that we compete in. My goal is to try to finish as high up in the Liberty League Conference as I can."

Despite the Bombers' high hopes, they will have an uphill climb if they want to compete for a Liberty League title this season. Rishcoff said the top opponents the team will have to take on this

liking to him. First-year student Gijs Fidler said that Rishcoff has integrated well into the team and that he is excited for what he has in store with the program.

"Coach Tom has been good I think so far," Fidler said. "[He] makes sure we have good practice hours, practice enough [and] gets us hyped. I think he tries to push us to our limits. So I'm excited to see what he can do for us and what we can help him achieve in the program."

The Bombers have an 11-person roster and are returning four sophomores, one junior, three seniors and one graduate student. Some players that Rishcoff said he expects high performances from are senior Nicolas Luis and first-year students Emiliano Pedrero and Fidler. Last season, Luis went 12–4 in singles matches, earning him a spot on the second team singles for the Liberty League conference.

The captains for this season include graduate student Max Sobel and seniors Jacob Wachs, Eric Dubiliner, and Luis. Each has over three years with the team.

Pedrero and Fidler will be in the number one doubles spot and have experience in that role during the fall where they made it to the quarterfinals at the 2023 ITA Northeast Regional. Pedrero said he

feels that he and Fidler are prepared to step into this big role, as they both have experience playing at a high level, including multiple International Tennis Federation tournaments.

"We both have that nastiness we need to be able to compete without feeling pressured," Pedrero said.

Pedrero emphasized the energy that he puts into matches and said he gives it his all on the court.

"When we play at home and invite you to see the games, you will see the energy I personally put into doubles," Pedrero said. "It's a constant maximum energy throughout the matches and also for me personally, it's a way to give out and to express my emotions, maybe some strength, maybe some anger."

Sophomore Carlos Hernandez impressed last season, putting up a 7–5 record in singles and a 3–1 record in doubles. Hernandez said that last season's performance was not as bad as it seemed and that this season he wants to make sure those close results go in the Bombers' favor.

This season, Hernandez wants to set the bar high not only for the team but for himself. Hernandez said he thinks the sky's the limit for what he can put out on the court.

"I want to win all of

my matches," Hernandez said. "Which is like a really difficult goal, but I think that it's possible."

The duo has the same mindset when it comes to what is important to success on the court. Fidler said he wants to put an emphasis on high paced play when he steps on the court.

"Positive energy, I think overall, because college has way more energy than [the International Tennis Federation] juniors," Fidler said. "To try and stay positive and make an impact and try and win some matches, play big, stay aggressive."

Hernandez said he sees a difference in this year's squad and that gives him confidence that this year they can turn it around.

"I see that everyone in the team believes that we're gonna achieve those goals," Hernandez said. "Which is good, because last year we didn't, we were like, 'Oh, we're gonna win and maybe we're gonna get this,' but they didn't really believe in that."

After a 7–2 opening victory over Drew University on Feb. 10, the Bombers fell 8–1 to the University of Rochester on Feb. 24. The Bombers will next face the St. Lawrence Saints at 10 a.m. March 2 in Canton, NY.

CONTACT: BHANAN@ITHACA.EDU

# MEN'S LACROSSE

## New faces add extra man advantage to men's lacrosse

**Kyle Savery '24**



**BY JACOB INFALD**  
STAFF WRITER

With the 2024 season on the horizon, the Ithaca men's lacrosse team has been preparing to enter a new era. After over 30 years at the helm, former head coach Jeff Long stepped down on June 1, 2023, and was replaced by Tommy Pearce.

Pearce, who is in his first year with the program, previously coached at Allegheny College from 2019–23 and Frostburg State from 2009–18. At both of these schools, Pearce had to start from nothing, as the two schools did not

have varsity lacrosse programs when he arrived.

Fortunately for Pearce, this time around, the Bombers have been a competitive program for decades, placing a 515–259 record in their 56 years of being a varsity lacrosse program. The squad returned their two top goal scorers from the 2023 season in senior attacks John Sramac and Charlie Niebuhr. Pearce said he is counting on the two seniors and is excited to see what they can do this season.

"It's nice to have a lot of goals returning in those two guys," Pearce said.

Despite the initial nerves about the coaching change, Niebuhr said he quickly became excited for what Pearce can bring to the table.

"Pearce came in right away and set the team culture," Niebuhr said. "It's very more team based rather than individual."

Niebuhr said a key difference is that the team is looking to develop a more offensive focus this year and wants to always be playing on the attack, opposed to mainly focusing on defense.

"I think Pearce has done a really good job working on how we get our [clearance] to become part of our offense and how we get our offense to become part of our ride," Niebuhr said. "I think our offense is really gonna be the key to this year."

Unfortunately for the Bombers, the offense will have pressure to perform after the South Hill squad lost all four starting defenders and their starting goalkeeper from the 2023 campaign. Last season, the team started out 7–2, however, it lost its last six games and finished 7–8 on the season.

Pearce said he is looking at all options to fill the voids, including first-year student defenders Owen Zipfel and Ethan Bland, who impressed him in the early practices.

Luckily for the Bombers' first-year players, their transition to the collegiate game will be made easier with the assistance of senior midfielder Kyle Savery. Savery suffered a torn ACL in the fall and will be out for the 2024 season but said he is doing everything possible to continue to help his team.

"I'm just trying to do basically everything that I can do that isn't on the field now," Savery said. "I'm actually gonna be helping run the substitution box for the team during the games."

Savery said he and the other seniors understand their pivotal position of being the leaders during

a coaching transition.

"It's a new era of Ithaca lacrosse," Savery said. "Me and the current senior class, we're trying to set a very strong foundation for coach Pearce's start."

Pearce said he has been impressed with the leadership from the upperclassmen because they did a great job organizing fall practices and making sure the team was staying sharp over breaks.

"For me as my first year here, [I'm] just kind of watching how hard the guys work," Pearce said. "[It] makes me really happy ... to see that the guys care that much."

A tough challenge the team faced was staying strong over the five-week winter break when everyone went home. Niebuhr said he and the other upperclassmen got creative in terms of keeping the team active and organized.

"So over break we made individual groups that were kind of geographically based," Niebuhr said.

Each group chat held other members accountable, making sure everyone was getting to the field and going to the gym to get the workouts in.

Pearce also said he was impressed with the strength and conditioning program at the college. He knows that lacrosse is a physical sport and thinks that the work the team puts in during the fall will set them up for success on the field in the spring.

"We have some really great strength coaches and obviously a dedicated space for varsity athletes," Pearce said. "I think our guys really bought into it."

After a challenging fall of adjusting to a new coach and scheme, the Bombers' next challenge is to face the gauntlet that is present in the Liberty League conference, which features four teams in the preseason top 20, including No. 3 Rochester Institute of Technology, No. 12 Union College, No. 14 St. Lawrence University and No. 17 Rensselaer Polytechnic Institute.

The new team has earned the trust of their new coach and Pearce said he is letting his team set their own goals.

"I don't give the team goals, those guys kind of set the goals for themselves," Pearce said. "I think that my goal as a coach [is] for those guys to achieve their goals."

This current senior class has yet to win a Liberty League tournament game, as well as make an NCAA tournament appearance. While it will not be easy, the South Hill squad believe that this year will be different.

Last season, the Bombers struggled in conference play, going a mere 2–5 and Niebuhr

said there is always a point in conference play known as the "gauntlet" where they have to face teams like RIT, Union and St. Lawrence, which are some of the best programs in Division III lacrosse. In recent years, the Bombers have not been able to overcome this "gauntlet" stretch and the focus this season is to stay locked in during this tough time.

"This year, I think there's a new culture. ... Even if there's some bumps in the road, we're gonna overcome that," said Niebuhr.

With their difficult schedule, Savery said he thinks the team is going to catch people off guard.

"I think we're gonna surprise some people this year," Savery said.

Pearce said he sees this tough schedule as an opportunity to test the team's toughness and give a boost to the team's resume as they fight for a bid to NCAAs.

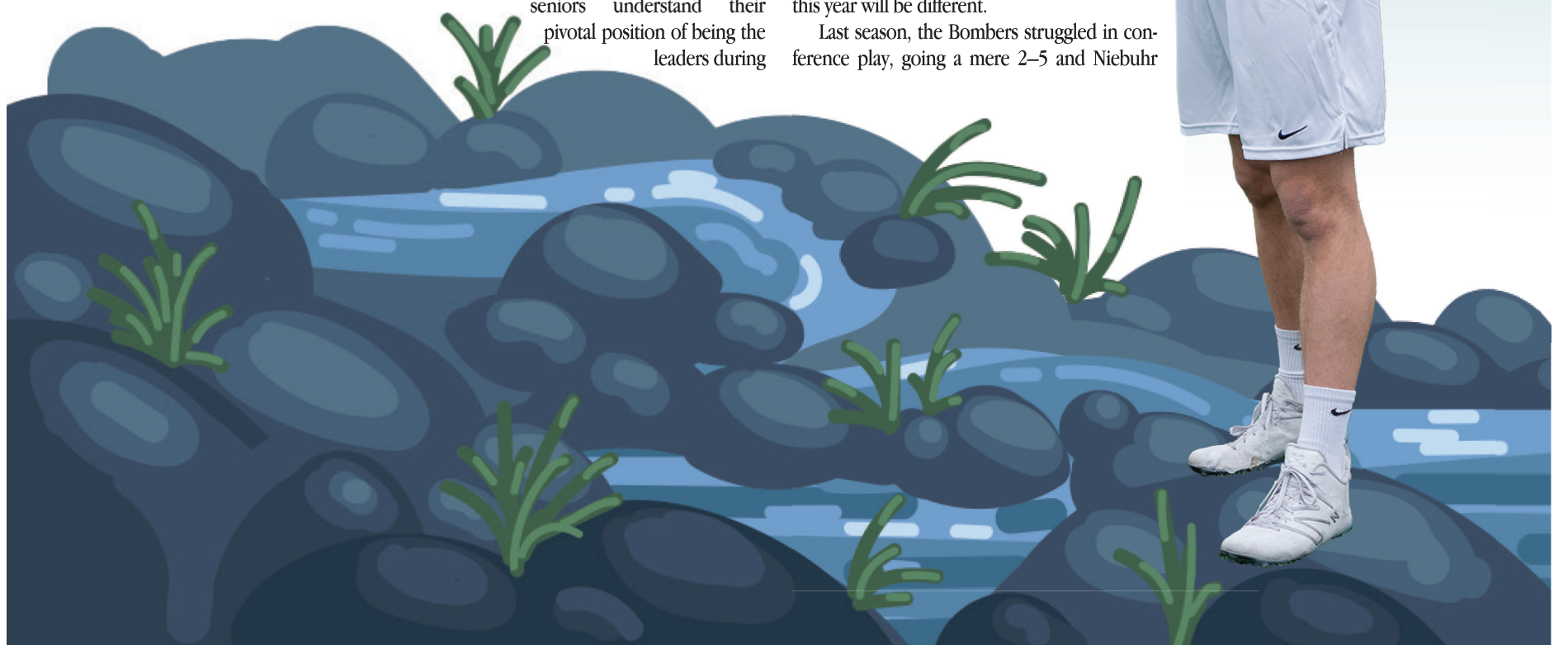
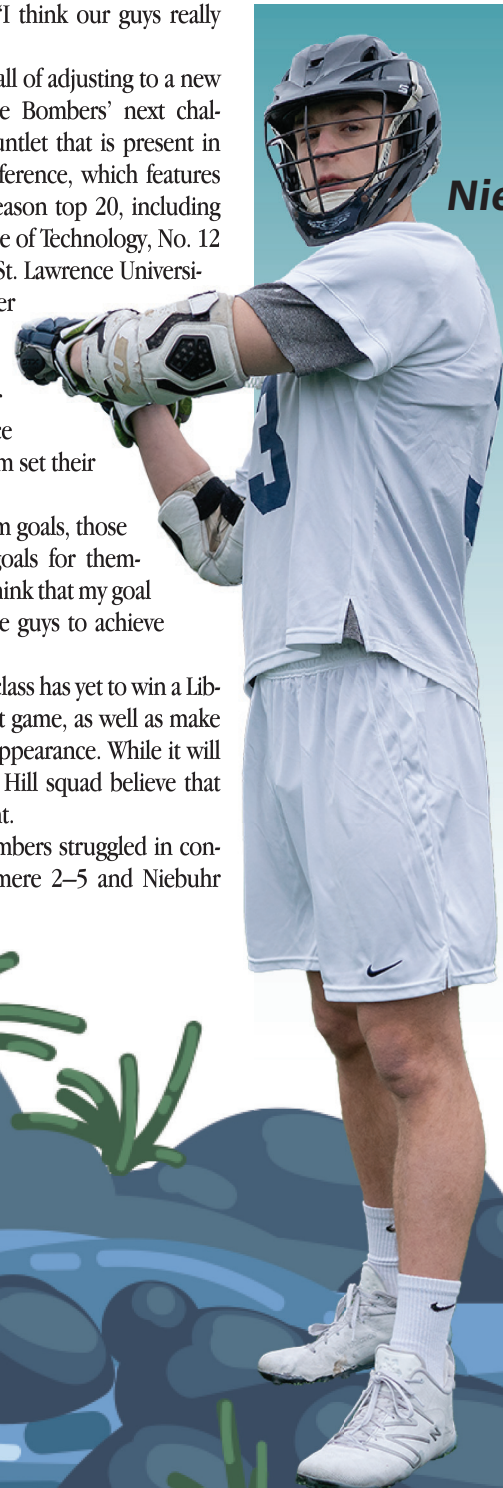
"Rather than looking at the challenge of how good our opponents are, is to look at it as an opportunity," said Pearce.

The Bombers are off to a solid start this season after a 12–10 victory over the St. John Fisher Cardinals. The win marked Pearce's first win of his tenure as Bomber's head coach and the first win since 1987 that longtime head coach Jeff Long was not on the sideline.

The Bombers will continue their season with a road trip to face Lycoming College at 4 p.m. Feb. 28 in Williamsburg, PA.

CONTACT: [JINFALD@ITHACA.EDU](mailto:JINFALD@ITHACA.EDU)

**Charlie Niebuhr '24**



# WOMEN'S LACROSSE

## Bombers search for redemption with a veteran squad

BY ALLIEY MAGISTRO  
STAFF WRITER

The Ithaca College women's lacrosse team has been vigorously preparing for its upcoming season and is ready to take another swing at the No. 3 William Smith College Herons, the defending Liberty League Champions that knocked it off a year ago.

This year, the NCAA has granted eight extra practices to all spring sports outside of pre-season competition. Head coach Karrie Moore said she took that to her advantage and started getting her athletes ready as soon as they returned to South Hill.

In addition to added practice, Moore said that getting her athletes in shape and in the rhythm of the season has been a top priority.

"Conditioning is important to our game and especially important in the style of lacrosse we like to play," Moore said. "The team worked really hard over the fall and also winter break to make sure they were physically prepared for the season."

Not only is Moore preparing the team for the taxing season on their bodies, but she is preparing them in all phases of the game. With a strong senior class, senior goalkeeper Lexi Held said this all-around emphasis will help the team reach its potential.

"My teammates and I have worked extremely hard on and off the field to prepare for this season," Held said. "Not only are we physically preparing, but also mentally and working hard behind the scenes to ensure our team meets our goals."

One of the team's biggest goals this season is making it back to the NCAA tournament: a milestone they have not reached since the 2022 season. Not only does the team have their goals, but individually, each player has expectations and goals for themselves.

As her last season as a Bomber is approaching, Held said she just wants to focus on her performance and let that make an impact.

"My main goal for my last season is to work hard and just have fun," Held said. "While I could say I want to save 'X' amount of shots or have a certain save percentage, I have found that if I work hard and enjoy the moment, I will be proud of myself. Being a goalie is a very mental position, so setting realistic and intangible goals for myself has allowed me to find individual and team success."

Moore said the senior class is leading the

team in more ways than one and are building team chemistry so that they can see success on the field.

"The senior class had done a ton of work to really come together and lead this team together," Moore said. "They've spent a lot of time together to not just be better friends, but to really become better teammates for each other. I think that's really going to play out in our chemistry on and off the field."

With a high-spirited senior class comes one of this year's captains, defender Maggie Mandel. Mandel has been an essential part of the Bombers' defense, starting every game the past two seasons, and has been a valuable player since her first year here.

Mandel said she would like to bind together the defensive unit this season and then let the skill of each player do the rest of the work.

"Mainly, I would like to build the confidence of the defensive unit so we can really focus on using our athleticism to grind down other attacking teams and stay on top," Mandel said. "We are such a close-knit unit that works incredibly well together, so I am hoping we use this culture to limit the shots taken on goal."

The other captains standing by Mandel this season will be senior midfielders Sydney Phillips and Caroline Wise. Mandel emphasized the importance of the defensive side and how that is something they want to come back at opponents with: a strong, tough defense that will not let the ball get past them too quickly.

One thing this season that stands out is how the Bombers have an older team than usual, with 15 upperclassmen outnumbering 12 underclassmen, and the team is returning its whole starting side. Mandel said this familiarity will give the

Bombers an advantage.

"We are lucky enough to be returning with almost a full starting line-up, which makes a huge impact on our presence on the field," Mandel said. "Our girls have such a good IQ together and it has given us an opportunity to really know our personnel and use each person's strengths to grow as a unit."

Held said the team has set themselves up to achieve their goals and have their eye on the prize, which is a Liberty League title and a spot in the National Championship.

"These smaller goals, such as improving stick skills or working on game IQ, all lead up to our main goal, which is winning a Liberty League Championship," Held said. "We are very confident in achieving this goal and also plan to set ourselves up well for the postseason by winning our regular season games."

The Bombers have started their season 1-0 with a 13-9 win over the University of Scranton on Feb. 25 and will travel to Brockport, New York, for a match against SUNY Brockport at 2 p.m. March 2.

CONTACT: [AMAGISTRO@ITHACA.EDU](mailto:AMAGISTRO@ITHACA.EDU)

### WOMEN'S LACROSSE CALENDAR

MARCH 6: @ SUNY CORTLAND, CORTLAND, NY. 4:00 PM

MARCH 13: VS. TRINITY COLLEGE, SPARKS, MD. 12:00 PM

MARCH 16: @ RIT, ROCHESTER, NY. 1:00 PM

MARCH 23: VS. ST. JOHN FISHER UNIVERSITY, HIGGINS STADIUM. 1:00 PM

MARCH 27: @ UNIVERSITY OF ROCHESTER, ROCHESTER, NY. 4:00 PM

MARCH 30: VS. UNION COLLEGE, HIGGINS STADIUM. 4:00 PM

APRIL 5: @ CLARKSON UNIVERSITY, POTSDAM, NY. 4:00 PM

APRIL 6: @ ST. LAWRENCE UNIVERSITY, CANTON, NY. 3:00 PM

APRIL 10: VS. WILLIAM SMITH COLLEGE, HIGGINS STADIUM. 4:00 PM

APRIL 13: VS. RPI, HIGGINS STADIUM. 1:00 PM

APRIL 19: VS. VASSAR COLLEGE, HIGGINS STADIUM. 4:00 PM

APRIL 20: VS. BARD COLLEGE, HIGGINS STADIUM. 2:00 PM

APRIL 24: @ HAMILTON COLLEGE, CLINTON, NY. 6:00 PM

APRIL 27: @ SKIDMORE COLLEGE, SARATOGA SPRINGS, NY. 1:00 PM

FOR MORE CALENDARS,  
SEE PAGE 12.



**Lexi  
Held '24**



**Maggie  
Mandel '24**

# BASEBALL

## Bombers put league championship chase into full swing

BY RYAN COLLINS

STAFF WRITER

The Ithaca College baseball team came up short in the NCAA playoffs last year when they fell to the No. 4 Endicott College Gulls 12–10 and 7–3 in the NCAA Super Regional. The Bombers will be looking to rectify their early exit last year and go all the way to the World Series.

Last season, the Bombers had a solid performance, finishing third in the west division of the Liberty League with an overall record of 31–15 and an impressive division record of 10–5.

After coming off tournament championship finishes in the Liberty League in both 2022 and 2023, the Bombers will look to carry the torch of their prior iterations. A good omen of the potential of the team has already shown itself in the team's pre-season ranking. Heading into this season, the Bombers have been nationally ranked No. 25 in the preseason poll.

Head coach David Valesente said he wants to keep his team active and believes that he has a strong group of players that coexist well together.

"Our goals are to continue off the last couple of years and stay competitive," Valesente said. "We are returning a majority of our lineup from last year for this season."

Valesente has numerous players returning to his lineup like senior third baseman Ethan Rothstein and junior pitcher Colin Leyner.

Coming off a junior season where Rothstein was second on the team with eight home runs and third on the team with 44 RBIs, Rothstein said there is less tension going into this year than there has been previously.

"The nerves are easier going into this season, but the leadership role will be different," Rothstein said.

Similarly to everyone else on the team, Rothstein said he wants to continue to win. He wants to host Liberty Leagues this year, which means the Bombers would have to achieve the best conference and division record in the league during regular season play.

"Winning the Liberty League three years in a row would be awesome," Rothstein said. "Hosting the Liberty

League three years in a row would be awesome," Rothstein said. "Hosting the Liberty

**Ethan Rothstein '24**

Leagues would be awesome."

The Bombers certainly have the skill to do it too. Last season, they batted .338 as a team. On the other side of things, the Bombers' pitching was able to keep the opposition batting average at .272.

When it comes to individual success, Rothstein said that being an All-American athlete would be cool, but Rothstein did not want to talk about that. Instead, he continued to speak on behalf of the team's goals and said he wants to go farther in the NCAA playoffs.

Rothstein may have not wanted to discuss his individual success, but it is something that cannot be ignored. He has put together a stellar career at the collegiate level. Rothstein has batted a career average of .314, has an on-base percentage of .385 and has driven in 75 RBIs throughout the course of his career.

Rothstein said Valesente has helped build a camaraderie around the team. Valesente said his players truly want to succeed together as they would rather ignore their terrific stat line and worry about how they can best help the team make the NCAA tournament and beyond.

"Coach has done a really good job at creating a winning culture for our team," Rothstein said. "He does a fantastic job recruiting good players, who are good people."

Furthering the praise for Valesente, sophomore pitcher Jack Colyer said Valesente's eager goals have furthered improvement in the team.

"The winning culture has been here since I have been here," Colyer said. "The high expectations that have been created work for us and make us better."

Another two key recruits brought in to the Bombers' system this year are junior catcher Tyler Pugliese and sophomore catcher Logan Scully. Pugliese transferred to the Bombers from the Division I University of Albany. Scully transferred to the Bombers after spending 2022 with Division I George Mason University and 2023 with Cloud County Community College. Pugliese and Scully will compete for the starting catcher position with returning sophomore Ethan Daddabbo.

Some of the new first-year class include first baseman Camden Laney, infielder Juvel Mendez and outfielder Luca Pipia. Valesente said their work ethic and attitudes set them apart.

Another incoming contributor to the team will be sophomore pitcher Nate Rodriguez. Valesente said that Rodriguez was sidelined for his first-year season but that he will be a player to look out for this season.

"Rodriguez did not pitch at all last year because he had undergone Tommy John surgery," Valesente said. "I am really looking forward to him being able to pitch this season."

Players like Rothstein and Colyer may have high hopes for the season, but they will still have a grueling baseball season ahead

of themselves. The South Hill squad will get the usual Liberty League divisional opponents consisting of Clarkson University, Hobart College, St. Lawrence University, as well as the two teams that finished ahead of them in conference play last season — the Rochester Institute of Technology Tigers and the University of Rochester Yellowjackets.

Valesente said he wants to be able to compete with any opponent the team is faced with this season.

"I want to be able to play competitive games all season," Valesente said. "The season is going to be a little different this year."

The difference that Valesente was referencing was the opening stretch to the season will be changed. The Bombers will make a road trip through Washington, PA, to start their season. This will include games against Washington and Jefferson College, Case Western Reserve University and the University of Mount Union.

The Bombers' players and coach have set lofty expectations for themselves this season and they have a talented roster to accomplish their goals of staying competitive, winning the Liberty League and maybe even winning a World Series.

With the season already underway, Colyer said he is just looking forward to enjoying the ride and seeing the team grow.

"One of things I am excited about is to watch all of the pieces come together, the players develop, and everything fall in place," Colyer said.

The Bombers began their season losing to both the University of Mount Union 11–7 and Case Western Reserve University 9–8. They will next face the United States Merchant Marine Academy at 12 p.m. March 2 in Nassau County, NY.

CONTACT: [RCOLLINS@ITHACA.EDU](mailto:RCOLLINS@ITHACA.EDU)



**Jack Colyer '26**

### BASEBALL CALENDAR

MARCH 2: VS. UNITED STATES MERCHANT MARINE ACADEMY, NASSAU COUNTY, NY. 12:00 PM, 3:00 PM

MARCH 3: VS. COLLEGE OF MT. SAINT VINCENT, NASSAU COUNTY, NY. 10:00 AM

MARCH 10: VS. ARCADIA UNIVERSITY, LEXINGTON, SC. 5:00 PM

MARCH 11: VS. TRINITY COLLEGE, LEXINGTON, SC. 5:00 PM

MARCH 12: VS. ARCADIA UNIVERSITY, LEXINGTON, SC. 5:00 PM

MARCH 13: VS. SWARTHMORE COLLEGE, LEXINGTON, SC. 3:30 PM

MARCH 14: VS. SWARTHMORE COLLEGE, LEXINGTON, SC. 12:00 PM

MARCH 15: VS. CASE WESTERN RESERVE UNIVERSITY, LEXINGTON, SC. 12:00 PM

MARCH 16: VS. OSWEGO STATE, LEXINGTON, SC. 12:00 PM

MARCH 22: VS. CLARKSON UNIVERSITY, FREEMAN FIELD. 3:00 PM

MARCH 23: VS. CLARKSON UNIVERSITY, FREEMAN FIELD. 12:00 PM, 3:00 PM

MARCH 26: @ SUNY BROCKPORT, BROCKPORT, NY. 3:30 PM

MARCH 29: @ ST. LAWRENCE UNIVERSITY, CANTON, NY. 3:00 PM

MARCH 30: 2 ST. LAWRENCE UNIVERSITY, CANTON, NY. 12:00 PM, 3:00 PM

APRIL 2: VS. ST. JOHN FISHER UNIVERSITY, FREEMAN FIELD. 3:30 PM

APRIL 5: @ RIT, ROCHESTER, NY. 3:00 PM

APRIL 5: @ RIT, FREEMAN FIELD. 12:00 PM, 3:00 PM

APRIL 9: VS. HAMILTON COLLEGE, FREEMAN FIELD. 4:00 PM

APRIL 13: VS. VASSAR COLLEGE, FREEMAN FIELD. 12:00 PM, 3:00 PM

APRIL 14: VS. BARD COLLEGE, FREEMAN FIELD. 12:00 PM, 3:00 PM

APRIL 16: VS. OSWEGO STATE, FREEMAN FIELD. 4:00 PM

APRIL 19: VS. UNIVERSITY OF ROCHESTER, FREEMAN FIELD. 4:00 PM

APRIL 20: AT UNIVERSITY OF ROCHESTER, ROCHESTER, NY. 2:00 PM, 5:00 PM

APRIL 23: VS. ALFRED STATE COLLEGE, FREEMAN FIELD. 4:00 PM

APRIL 26: @ HOBART COLLEGE, GENEVA, NY. 4:00 PM

APRIL 27: VS. HOBART COLLEGE, FREEMAN FIELD. 12:00 PM, 3:00 PM

APRIL 30: @ UNIVERSITY OF SCRANTON, SCRANTON, PA. 5:00 PM

MAY 4–5: LIBERTY LEAGUE CROSSOVER SERIES, LIBERTY LEAGUE CHAMPIONSHIPS. TIMES TBD

FOR MORE CALENDARS, SEE PAGE 12.



# SOFTBALL

## Bombers look to ignite young core in championship push

BY BILLY WOOD  
SPORTS EDITOR

The Ithaca College softball team is adjusting to having a younger team this season. In spite of this, its high-powered hitting and new-age pitching staff will look to get back to the promised land to dethrone a modern day Goliath.

The team is coming off a season that saw major improvement and the highest win total for the team since 2019 with 27 wins. The team also made its first Liberty League final since its 2019 championship season, losing in two games to the now-dynastic University of Rochester Yellowjackets.

One major change to the South Hill squad will be how the roster is built. Only three seniors will be rostered going into the season. The team will also be smaller, rostering only 17 compared to last season's total of 20 players.

Despite this, senior outfielder Hudson Hassler said that while their numbers are small, leadership has been nothing but a strength on the team and that will show once the season begins.

"We kind of do our thing, and we have a great relationship, but that's not what it's looked like in previous classes," Hassler said. "We kind of use that to play to our strengths and we're all different leaders. For example, like, I'd say I'm more of a vocal leader than one of our other senior captains, Belle [De Oliveira], but she does an amazing job of connecting with other people on the team in ways that I wouldn't be able to, so having that balance between our strengths, our personalities, what our leadership styles are, recognizing that and bouncing off of that."

Hassler batted .346 through all 40 games last season and was second on the team in RBIs with 24. She also achieved a Liberty League first team selection, something she said she is trying to build on.

"I'm a senior this year and a captain of the team, so I want to expand my leadership and influence the younger girls on the team as much as I can ... leaving that impact before I go," Hassler said. "I'm also the type of person who looks at stats a lot and revolves my goals around statistics. That's always been something that's motivated me and driven me, so I'm shooting high for a batting average of .400 and hoping to get some academic accolades as well."

Another change the

Bombers will have to take on is within the team's pitching staff. The team only has one returning starting pitcher from last season, junior Anna Cornell, and one other upperclassman, senior pitcher Ainsley Rodgers, who has yet to pitch in her career on South Hill. Despite the seemingly thin staff, head coach Kelly Robichaud said the incoming first-year pitchers have done more than enough to fill the void left by departing pitchers Riley Piromalli '23 and junior Bella Sclaro.

"We're really fortunate," Robichaud said. "We have two first-year pitchers in our class [Mady Rowell and Taylor Brunn] and I think they're going to give a lot of different looks in our pitching staff, which is exactly what I'm hoping for as well as we have some options in the field, including outfield and infield."

After the departure of head coach Hannah Quintana after the 2022 season, Robichaud took over as interim head coach for the 2023 season and had enough success to stick around for 2024. This year Robichaud will assume the job with the full title of head coach.

Sophomore catcher Haley Petrucci said that Robichaud has effectively installed her own culture into the team and that she takes an all around approach to the training and mentality that she wants to see out of the team.

"[Robichaud] is really good at looking at the full picture," Petrucci said. "We spend enough time doing both offense and defense, but she also pushes nutrition, hydration and taking care of our bodies. We do yoga classes and stuff like that. So I think getting our bodies in the right shape, getting our heads in the right space in order to be able to go six days a week and hit the ground running."

Petrucci was a key contributor to the team as a first-year player last season. Petrucci led the team in both home runs with four and RBIs with 25. Petrucci said that while her first-year season was mostly getting used to the collegiate game, this year she will look to expand her role as a head of the team.

"I think, last year, for me personally, it was a lot of getting my feet under me, getting used to what playing sports in college is and stepping into a catcher role where you gotta take control of the field and you gotta talk a lot," Petrucci said. "I was super nervous, so I think I walked in the show, knowing I'm here for a reason. I got this. I have a year under my belt and I have the ability to step up and be the one who speaks."

Petrucci said she now wants to focus on helping new players.

"That was my biggest goal this year, to be someone [first-year students] could all come to and ask questions about softball but also if they can't figure out how to register for classes and stuff like that," Petrucci said. "That was really important to me to be someone that

they could depend on and saw as someone who had experience but also was able to level with them."

As a result of new NCAA legislation, the program was able to practice extra days in the fall and spring. Hassler said extra time along with an increase in real game situations during that practice time has given the team an upper hand in its season preparation.

"We have six full weeks of preseason, which is not how it's typically looked in the past, which just gives us a lot of time to prepare," Hassler said. "But I'd say the biggest thing is we're trying to go live as much as we can. We're going live off of our pictures at least once a week and that puts us in an awesome position at this point. Already getting that timing down, seeing live balls and putting our pitchers also in those situations to pitch to live batters."

With Robichaud now safely in full control of the team's operations, she has integrated a culture that embraces challenge. Competition is something that Robichaud has heavily emphasized and is something she said she used to bring the team closer together.

"Compete is one of my favorite words," Robichaud said. "I think if we can fight and battle, practice is set up in a way that we're gonna compete in the infield, we're gonna compete in the outfield. Like little small drills that you can do in an indoor facility. But then I think there's no reason why we wouldn't be able to bond over the competitive nature of our sport and as well as our practices. It's fun to see someone work really hard for that strikeout, for that ground out and see the team

celebrate."

Staring down difficult Liberty League opponents like the three-peating Yellowjackets and the Rensselaer Polytechnic Institute Engineers, Hassler said the team is not focused on its competition, rather, they are focused on doing what they know they can do and what the team can control.

"We are not worried about who our opponent is," Hassler said. "We're not

worried about who's pitching to us because I know personally for me, that's something that has gotten in my head in the past, but you can only control what you can control. So we're thinking about ourselves in the box, doesn't matter who's throwing us or what they're throwing. We know that we could hit it and that's the mindset."

With the team set to begin the hunt for glory, there is only one particular goal Hassler said the team is putting their full focus on.

"Liberty League Championship 100%," Hassler said. "It's as simple as that. One game, one week, one inning at a time. Obviously we want to get as far as we can but winning a Liberty League. ... There is no question about it, no other option."

The Bombers will begin their Liberty League title chase with a daunting spring roadtrip to compete against non conference opponent, the University of Scranton at 1 p.m. March 2 in Scranton, Pennsylvania.

CONTACT: [WWOOD@ITHACA.EDU](mailto:WWOOD@ITHACA.EDU)



Hudson Hassler '24

Haley Petrucci '26



# MEN'S ROWING

## Sea of opportunity gives rowing chance to win it all

BY BILLY WOOD  
SPORTS EDITOR

The Ithaca College men's rowing team is coming off a season that saw them make the National Invitational Rowing Championships for the second year in a row. The young squad will aim to make it to nationals a third time with a new look for the Liberty League conference.

Head coach Justin Stangel joined the Bombers in 2022 after the departure of storied 34-year head coach Dan Robinson. Junior rower Riley Maynard said Stangel has instilled confidence and a competitive nature within the team.

"We love the guy [Stangel], he deserves a raise, whoever hired him deserves a raise," Maynard said. "I think his ambition and his Midwestern charm are really going to lead us to the national stage in a couple of years. I describe him as a big transformational leader, just seeing what he's done with the program and trying to keep us really competitive, bringing in a bunch of new recruits."

After a successful fall that saw wins over Liberty League foes Hobart College and St. Lawrence University, the Bombers are looking to make the next step. Stangel said the first step is in conference, but it does not end there.

"We're definitely looking competitive in the Liberty League with the fall results," Stangel said. "I think we're in the thick of it. Last year, getting second at the championship was a little bit of a bummer, but I think about where we were; we're trying to reverse that and make sure we get ahead of St. Lawrence or whoever else might be in the mix this spring. So the goal is to go and compete for a championship and then if we do that, we get the AQ to go compete for national championships. That's the long-term goal."

While the team has been hard at work training since the fall, they have also taken advantage of integrating its new players into the system early. Stangel said he believes the group will work effortlessly together.

"I think we have a good chemistry within the program now," Stangel said. "We worked in the walk-on group earlier than we normally would in past years and I think

that's only just made it better in terms of team cohesion. No team is perfect and we always work on what team culture is. It's a daily, weekly kind of occurrence in conversations. But I think everyone wants to get better and it doesn't matter — top boat, bottom boat, everyone's trying to make themselves a little bit better."

Part of that early integration has been first-year rowers who will have an important role to play in the spring season. First-year rowers Rhys Pellaton, Max Detzer and Brodie Hart all contributed to the varsity eight in the fall and will look to ride that momentum into the spring. Junior oarsman Miles Kennaston emphasized first-year involvement and said he is starting to see them grow.

"That just goes to show how large of a presence [the first-year students] have on the team," Kennaston said. "I think in fall at least three of them were in the boat. So in that regard, they are making a big impact and also a few of the younger guys are starting to take up leadership roles in that area and it's good to see. It's good to be able to mentor."

To go along with building team chemistry, Stangel has put an emphasis on durability. Maynard said Stangel has implemented a new program that pushes resilience and work ethic through weekly team-centered talks.

"The phrase he likes to use is durability, when we fall, getting back up and keeping it pushing, and I think he's really pushed some cultural change," Maynard said.

Along with Stangel's focus on durability and culture, Maynard said Stangel has taken the opportunity presented by new NCAA practice rules.

"He's really taking advantage of this new legislation in the NCAA that allows for, I think, 114 days of official practice," Maynard said. "He's optimized our training schedule to maximize our time with him in official practices. So we're getting to ERG as a team with him there to coach us a little bit earlier. He's super into it; during his breaks, the guy goes to high school events to go scout out new recruits. He's all about making the team better."

Not only have the Bombers been maximizing their physical training, but mental training has been a key emphasis too. Kennaston said that as an oarsman, he is trying to improve on being a leader in the boat.

"Focus in competition on getting the maximum effort I can get out of everyone in the boat and that I'm really trying to improve," Kennaston said.

"My personal

skills are coaching and technical feedback. Sort of becoming like a coach in the boat. That's something people say and it takes a lot of time and a lot of focus to start to be able to pick up on things. So that's what I'm trying to improve on. Just trying to facilitate the best culture of growth that I think we can and get on the water and pull my heart."

One change that the team will have to deal with is the addition of another away race. Stangel said that while the workload of the schedule will be a bit different, the team is looking forward to the chance to compete.

"The only kind of big change in this year's schedule is we're adding an away race mid-April," Stangel said. "So we're going down to New Jersey and getting some competition against D-III and D-I schools. So that'll be kind of a good long weekend for us. So it's three races over two days, which is a little bit more unusual."

In the past few years, the biggest obstacles for the team have been St. Lawrence University and Hobart College. Maynard said the departure of Hobart to Division I competition has really opened up the Liberty League for

anyone to take, with the Bombers thinking they can be the ones to do it.

"In the past, our biggest Liberty League competitor was Hobart College," Maynard said. "They recently reclassified. They're now a division one rowing team and we're D-III still, so that really opened up the Liberty League for us and the opportunity for us to get to the national stage."

With all this preparation well underway, Maynard said he hopes the team can not only take the conference, but get to the big stage.

"We're really hoping to win the Liberty leagues," Maynard said. "That's number one on our list. We want to come out of there first and I think beyond that getting to the IRAs in Jersey in early July is where we want to be. I think five years down the road, coach Stangel is building the team culture that's going to be pushing for some medals at nationals."

The men's rowing season will get underway at 9 a.m. March 30 at the Cayuga Inlet for the Cayuga Duals.

CONTACT: [WWOOD@ITHACA.EDU](mailto:WWOOD@ITHACA.EDU)

Miles  
Kennaston '25



Riley Maynard '25



# WOMEN'S ROWING

## Rowing looks to go on another championship ride

**BY TESS FERGUSON**  
STAFF WRITER

The Ithaca College women's rowing team competed at the Head of the Charles Regatta on October 23, 2023, one of the most prestigious rowing events in the nation that attracts athletes of all ages and skill levels.

The race marked the team's only sweep event of the semester, as they compete in sculling regattas during the fall to hone in on technical skills and boat-feel. The Bombers placed 11th out of 35 boats, beating out national powerhouses like Bates College and Wesleyan University.

Head coach Becky Robinson said that although her athletes row in two different styles between the fall and spring semesters, the two complement each other and will better prepare the Bombers for conference and national competition.

"We had some really good racing results, but the other thing that was really good was how much buy-in there was from the athletes on sculling and the benefit of sculling toward their sweep rowing and the big boat stuff," Robinson said.

Outside of their six seniors, the Bombers are welcoming back sixth-year rowers Taylor Volmrich and Laura Trainor this spring. Following their dominant performance during the Spring 2023 season — including a fifth-consecutive Liberty League title — Volmrich earned a spot on the Pocock All-American second team.

Senior captain Emma Anderson said Volmrich and Trainor's return to the team allowed for a strong leadership foundation to be formed and maintained among the numerous upperclassmen post fall season and over the winter break. During preseason workouts, Anderson said the foundation was solidified. "I've learned a bunch from Laura and Taylor about leadership," Anderson said. "They definitely taught me how to lead both vocally and by example since I was an underclassman. Now, they're letting us take the lead, but they're always there for help when we need it."

Volmrich will not only be a key piece in the leadership department but will heavily help out in the Bombers performance in the boat. Volmrich secured a gold medal at the New York State Championship in 2023 and has been apart of all five straight Liberty League title teams.

As part of their leadership over the break, Anderson said

each senior took turns coming up with a challenge to keep the team active, accountable and progressing.

"Some challenges were like, how many hills can you do? How many miles could you run that week? How many meters could you pull on the ERG?" Anderson said. "Each senior was designated a week and came up with a challenge and that was a super fun way to get everyone together and working out."

Besides the strong senior class, Robinson said her sophomores have already been making a splash throughout the fall and that she looks forward to the talent and influence they bring in the spring.

"[The sophomores] are making a really big impact on the team right now in terms of pushing the juniors and seniors to be better," Robinson said. "They came in hot this year and this fall. They were just on fire and pulling out really good scores and really pushing the upperclassmen."

Some sophomores that have stood out on the team thus far have been Caroline Hoskins, Anna Capodilupo and Samantha Gallagher, who all competed in the 1V during the fall and impressed alongside upperclassmen powerhouses like Volmrich and Trainor.

Gallagher said that after working with stand-out rowers like Volmrich and Trainor during her first year, her class entered the sculling season with a prime example of what leadership should look like and they hope to follow suit with that as their example.

"We're really hoping to get better at leading by example this year," Gallagher said. "I think that we're really exceptionally motivated and I think that we're gonna do a great job of it, but we're also a team where there are so many people that exemplify qualities like dedication, timeliness, friendliness and effort. I think that we had such a great opportunity to learn that our freshman year with a really large, influential senior class."

Since graduating powerful six-year rowers Allison Arndt '23 and Devi De Oliveira '23, Gallagher said the floor has opened for underclassmen to step into more leadership positions. She said strong performances from younger athletes is something that will promote longevity to keep the program going strong and consistent for years to come. She said the involvement of many underclassmen will make this year's team unique.

Despite proving its dominance through five consecutive Liberty League titles, the team still sees strong

competitors in crews like Skidmore College and William Smith College. Skidmore was the Bombers' closest competitor at the 2023 Liberty League Championship, finishing nearly eight seconds behind the Bombers.

Robinson said each class's ability to work with and push one another will be key when it comes to achieving team goals.

"One of the things that stands out with this group is just a real positive energy," Robinson said. "There's a lot of collaboration versus competition within the team that I think in rowing — especially when you get into an eight and you've got eight rowers and a coxswain — that collaboration is what can really make a difference."

Anderson said she is focusing most on not only performing well, but also savoring every moment she spends with her teammates.

"[The seniors have] talked a lot about what we want our legacy to be and we really want to bring home the point that being on this team is like being in a family," Anderson said. "The love and support we have for each other, the fun we have, we really want to make sure everyone has a safe space with everyone on the team. We want to work hard and end the season with some great wins and some great teammates."

Anderson will look to be a consistent contributor for the Bombers once again this season after pulling in a first-place finish with the 2V at the Liberty League Championships and New York State Championships last spring. The Bombers will aim to keep the consistency they have maintained in every boat lineup in past years going into the spring.

With the Bombers' first race day coming up March 30 with the Cayuga Duals, Robinson said her athletes are capable of pulling off impressive numbers throughout the semester as long as they prioritize their health.

"My outright goal, which I think is achievable but certainly by no means a guarantee, is winning NCAAs," Robinson said. "I think that this team — if we stay injury free, if we train well, if we take care of ourselves outside of practice in terms of recovery, nutrition, hydration, sleep — I certainly think we can be in the game and take a running for it."

Outside of strong scores, however, Robinson said she wants her athletes to enjoy every moment with the program. Collegiate athletics are a finite experience and one Robinson said she hopes her team can embrace while staying committed to excellence.

"Staying focused on being in the moment, respecting every opponent, giving our best effort every day, improving throughout the season," Robinson said. "Those are all things that we can be working on every day and if we do them right, then the performance goal will fall into place."

CONTACT: TFERGUSON1@ITHACA.EDU



**Samantha Gallagher '26**



**Emma Anderson '24**

### WOMEN'S ROWING CALENDAR

MARCH 30: VS. CAYUGA DUALS, CAYUGA INLET. 9:00 AM

APRIL 6: VS. RIT, UNIVERSITY OF ROCHESTER, WILLIAM SMITH COLLEGE, CAYUGA INLET. 10:00 AM

APRIL 13: VS. NAZARETH UNIVERSITY, CAYUGA INLET. 10:00 AM

APRIL 13-14: KNECHT CUP REGATTA, CHERRY HILL, NJ. 7:30 AM

APRIL 20: NYS CHAMPIONSHIPS, SARATOGA SPRINGS, NY. 8:00 AM

MAY 3: LIBERTY LEAGUE CHAMPIONSHIPS, SARATOGA SPRINGS, NY. 8:00 AM

MAY 12: NIRC CHAMPIONSHPS, WORCESTER, MASS. 8:00 AM

MAY 31-JUNE 1: DIVISION III CHAMPIONSHIP, BETHEL, OHIO. TIME TBA

**FOR MORE CALENDARS, SEE PAGE 12.**



# GOLF

## Women's golf returns to team status with new players

BY FLYNN HYNES

ASSISTANT SPORTS EDITOR

After finishing the spring of 2023 with only three active members on their roster, the Ithaca College women's golf team is looking to turn around their results after recruiting three new first-year students.

The squad last year had to compete individually at Invitationals, as they could not put up a score as a team for many of the events. During the fall, the Bombers got off to a promising start, placing first in both the St. Lawrence Invitational and the Ithaca Invitational.

Head coach Keith Batson, in his sixth season with the team, said he has big hopes for the spring after the squad's start during the fall.

"We are more than halfway through our season and have already met some of our goals," Batson said via email. "This fall, we won two team events and we hope to continue that good play this spring. Our goals are to focus on the process and doing the stuff we have to do each day to get better and the results will be what they should be."

The returning Bombers are sophomore Annika Michel, junior Rheanna DeCrow and graduate student Cristea Park. DeCrow and Park have been standout performers,

especially during the fall where they both had scoring averages under 80.

In the fall, DeCrow averaged a score of 78.74 and tied for second in the St. Lawrence Invitational, placed second in the Hamilton Invitational and placed first in the Ithaca Invitational. Park averaged a score of 79.26 where she tied for second in the St. Lawrence Invitational with DeCrow and placed second in the Ithaca Invitational.

In addition to DeCrow and Park, first-year student Helena Winterberg should be a player to watch out for, as she won Liberty League Rookie of the Week twice during the fall. Winterberg averaged a score of 84.63, only scoring higher than Park and DeCrow. Going into the spring, Winterberg said she is trying to repeat this by keeping her work ethic high and joked that she aims to win more Liberty League Rookie of the Week awards.

"I'm hoping to keep it going, hoping to get a couple more of those," Winterberg said. "I think just working hard, putting in the effort and working on my mindset for sure is a tough one for me."

With this roster, Batson believes the South Hill squad has many strengths, however, he said the team must work hard in order to see results.

"Our strengths are many," Batson said via email. "We have three players who have been with the team for several years with a lot of experience and we have three first years with a lot of talent that just have to get used to playing tournament golf. Focusing on the day-to-day and the process of getting better is what we need to do well to have success. You get out what you put into this game and if they work hard they will see the results."

Park, in her fifth season with the team, said not only does she want the team to be close off the course, but she also wants her work ethic to influence them.

"I want them to be close," Park said. "I'm not asking for best friends, but I'm asking them to take care of each other because that's a different kind of bond. I want to put enough work that they can see that and put in just as much work, if not more because I would be so happy to see them excel in the future."

Going into her last few tournaments with the squad, Park said she is giving it all she has on the golf course for her last season.

"I don't want to give up now and I want to push through and give it everything I have," Park said. "I will admit that there has been some ups and downs with my motivation being like, 'Oh, it's my last semester,

like, oh, it's my last time.' But at the same time, then I'm back with my team. And I'm like, 'Oh, my God, it's my last time.' Like, the emotion is just right back at it. And when I end up leaving the sport, it will be so bittersweet. But because of that it has been motivating me to think about my team first and put them first and give it a season that I will never regret."

Batson talked about the strong opponents the Bombers will go against in the Liberty League including reigning champions New York University and No. 13 Wellesley College.

The South Hill Squad will resume their season with their spring break trip in Orlando, Florida from March 10–16. Batson said this trip will give members an opportunity to spend time with each other and build relationships.

"We try to be the best teammates we can be," Batson said via email. "Team first thinking. Good leaders put the needs of the team before their individual needs and that is what I try to instill in them. ... We will be taking a week-long spring break trip to Florida in March to start our spring season and they have a lot of time together to build team chemistry."

CONTACT: FHYNES@ITHACA.EDU



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# SPRING SPORTS CALENDAR

## SOFTBALL

MARCH 2: @ UNIVERSITY OF SCRANTON, SCRANTON, PA. 1:00 PM, 3:00 PM

MARCH 10: VS. ARCADIA UNIVERSITY, CLERMONT, FL. 4:00 PM

MARCH 10: VS. NICHOLS COLLEGE, CLERMONT, FL. 6:15 PM

MARCH 11: VS. MT. SAINT MARY COLLEGE, CLERMONT, FL. 4:00 PM

MARCH 11: VS. CARROLL UNIVERSITY, CLERMONT, FL. 6:30 PM

MARCH 12: VS. OHIO NORTHERN UNIVERSITY, CLERMONT, FL. 11:15 AM

MARCH 12: VS. MONMOUTH COLLEGE, CLERMONT, FL. 1:30 PM

MARCH 14: VS. OCCIDENTAL COLLEGE, CLERMONT, FL. 10:15 AM

MARCH 14: VS. JUNIATA COLLEGE, CLERMONT, FL. 12:45 PM

MARCH 15: VS. SUFFOLK UNIVERSITY, CLERMONT, FL. 4:00 PM

MARCH 15: VS. SIMPSON COLLEGE, CLERMONT, FL. 6:15 PM

**MARCH 23: VS. NAZARETH UNIVERSITY, KOSTRINSKY FIELD. 1:00 PM, 3:00 PM**

**MARCH 24: VS. ONEONTA, KOSTRINSKY FIELD. 1:00 PM, 3:00 PM.**

MARCH 28: @ ST. JOHN FISHER UNIVERSITY, ROCHESTER, NY. 1:00 PM, 3:00 PM

MARCH 30: @ SUNY GENESEO, GENESEO, NY. 12:00 PM, 2:00 PM

APRIL 6: @ UNION COLLEGE, SCHENECTADY, NY. 1:00 PM, 3:00 PM

**APRIL 9: VS. ALFRED UNIVERSITY, KOSTRINSKY FIELD. 3:00 PM, 5:00 PM**

**APRIL 12: VS. RPI, KOSTRINSKY FIELD. 2:00 PM, 4:00 PM**

**APRIL 13: VS. SKIDMORE COLLEGE, KOSTRINSKY FIELD. 1:00 PM, 3:00 PM**

APRIL 16: @ CORNELL UNIVERSITY, ITHACA, NY. 3:00 PM, 5:00 PM

APRIL 19: @ ST. LAWRENCE UNIVERSITY, CANTON, NY. 2:00 PM, 4:00 PM

APRIL 20: @ CLARKSON UNIVERSITY, POTSDAM, NY. 1:00 PM, 3:00 PM

**APRIL 24: VS. CORTLAND, KOSTRINSKY FIELD. 3:00 PM, 5:00 PM**

APRIL 27: @ UNIVERSITY OF ROCHESTER, ROCHESTER, NY. 1:00 PM, 3:00 PM

**MAY 4: VS. RIT, KOSTRINSKY FIELD. 1:00 PM, 3:00 PM.**

MAY 9-11: LIBERTY LEAGUE CHAMPIONSHIPS. TIME TBD

## GOLF

MARCH 14: VS. HAMILTON COLLEGE, EASTERN FLORIDA STATE COLLEGE, MELBOURNE, FLA. 1:00 PM

APRIL 5 & 6: DREW UNIVERSITY INVITATIONAL, FLANDERS, NJ. TIME TBA

APRIL 13 & 14: MARTIN-WALLACE INVITATIONAL, CORTLAND, NY. TIME TBA

APRIL 27 & 28: LIBERTY LEAGUE CHAMPIONSHIPS, ALBANY, NY. TIME TBA

## M&W TENNIS

MARCH 2: @ ST. LAWRENCE UNIVERSITY, CANTON, NY. 10:00 AM (M), 2:00 PM (W)

**MARCH 3: MEN'S VS. HAMILTON COLLEGE, ITHACA, NY. 1:00 PM**

MARCH 11: VS. FRANKLIN AND MARSHALL COLLEGE, ORLANDO, FL. 10:00 AM (M&W)

MARCH 12: WOMEN'S VS. TRINITY COLLEGE, ORLANDO, FL. 10:00 AM

MARCH 12: MEN'S VS. MACALESTER COLLEGE, ORLANDO, FL. 10:00 AM

MARCH 14: VS. SPRINGFIELD COLLEGE, ORLANDO, FL. 10:00 AM (M&W)

MARCH 15: VS. LAFAYETTE COLLEGE, ORLANDO, FL. 11:00 AM (M&W)

**MARCH 23: VS. RPI, ITHACA, NY. 10:00 AM (M), 2:00 PM (W)**

**MARCH 24: VS. ONEONTA, ITHACA, NY. 11:00 AM (M), 3:00 PM (W)**

MARCH 29: MEN'S @ HOBART COLLEGE, GENEVA, NY. 4:00 PM

MARCH 29: WOMEN'S @ WILLIAM SMITH COLLEGE, GENEVA, NY. 4:00 PM

**APRIL 3: VS. RIT, ITHACA, NY. 4:00 PM (M&W)**

APRIL 6: @ UNION COLLEGE, SCHENECTADY, NY. 10:00 AM (M), 2:00 PM (W)

**APRIL 13: @ VASSAR COLLEGE, ITHACA, NY. 10:00 AM (M), 2:00 PM (W)**

**APRIL 14: VS. BARD COLLEGE, ITHACA, NY. 10:00 AM (M), 2:00 PM (W)**

APRIL 16: WOMEN'S @ HAMILTON COLLEGE, CLINTON, NY. 4:00 PM

APRIL 19: MEN'S @ ST. BONAVENTURE UNIVERSITY, ST. BONAVENTURE, NY. 4:00 PM

APRIL 27: @ SKIDMORE COLLEGE, SARATOGA SPRINGS, NY. 10:00 AM (W), 2:00 PM (M)

## MEN'S ROWING

**MARCH 30: VS. CAYUGA DUALS, CAYUGA INLET. 9:00 AM**

**APRIL 6: VS. RIT, UNIVERSITY OF ROCHESTER, CAYUGA INLET. 10:00 AM**

APRIL 13 & 14: @ KNECHT CUP REGATTA, CHERRY HILL, NJ. 7:30 AM

APRIL 20: NYS CHAMPIONSHIPS, SARATOGA SPRINGS, NY. 8:00 AM

MAY 3: LIBERTY LEAGUE CHAMPIONSHIPS, SARATOGA SPRINGS, NY. 8:00 AM

MAY 31-JUNE 2: IRA CHAMPIONSHIPS, PRINCETON, NJ. TIME TBA

**WOMEN'S LACROSSE: PAGE 5**

**BASEBALL: PAGE 6**

**WOMEN'S ROWING: PAGE 9**

## MEN'S LACROSSE

MARCH 2: @ SUNY GENESEO, GENESEO, NY. 12:00 PM

**MARCH 6: VS. NAZARETH UNIVERSITY, HIGGINS STADIUM. 4:00 PM**

**MARCH 9: VS. UNIVERSITY OF SCRANTON, HIGGINS STADIUM. 1:00 PM**

MARCH 13: VS. THE COLLEGE OF WOOSTER, VIRGINIA BEACH, VA. 12:00 PM

MARCH 15: @ WASHINGTON COLLEGE, CHESTERTOWN, MD. 7:00 PM

MARCH 23: @ VASSAR COLLEGE, POUGHKEEPSIE, NY. 2:00 PM

MARCH 27: @ MISERICORDIA UNIVERSITY, DALLAS, PA. 7:00 PM

**MARCH 30: VS. RPI, HIGGINS STADIUM. 1:00 PM**

APRIL 6: @ UNION COLLEGE, SCHENECTADY, NY. 12:00 PM

**APRIL 10: VS. RIT, HIGGINS STADIUM. 7:00 PM**

**APRIL 13: VS. ST. LAWRENCE UNIVERSITY, HIGGINS STADIUM. 4:00 PM**

**APRIL 17: VS. CORTLAND, HIGGINS STADIUM. 7:00 PM**

APRIL 20: @ CLARKSON UNIVERSITY, POTSDAM, NY. 1:00 PM

**APRIL 27: VS. SKIDMORE COLLEGE, HIGGINS STADIUM. 12:00 PM**

## TRACK & FIELD

MARCH 30: SUNY GENESEO INVITATIONAL, GENESEO, NY. 10:00 AM

APRIL 6: SUNY CORTLAND RED DRAGON OPEN, CORTLAND, NY. 10:00 AM

APRIL 11 & 12: SUSQUEHANNA UNIVERSITY - MULTI EVENT MEET, SELINGSGROVE, PA. 2:00 PM

APRIL 12 & 13: SUSQUEHANNA UNIVERSITY INVITATIONAL, SELINGSGROVE, PA. 5:00 PM, 10:00 AM

APRIL 13 & 14: BUCKNELL BISON OUTDOOR CLASSIC, LEWISBURG, PA. 12:30 PM, 11:00 AM

APRIL 13: CORTLAND UPSTATE ALTERNATIVE, CORTLAND, NY. 10:00 AM

APRIL 19 & 20: MORAVIAN UNIVERSITY 2023 COACH DOUG POLLARD INVITE, BETHLEHEM, PA. 3:00 PM, 11:00 AM

APRIL 19 & 20: CORTLAND CLASSIC, CORTLAND, NY. 12:00 PM, 10:00 AM

APRIL 23: CNY COLLEGE CHALLENGE, CORTLAND, NY. 2:30 PM

APRIL 25 & 26: PENN RELAYS, PHILADELPHIA, PA. TIME TBA

APRIL 28: CORNELL BIG RED OUTDOOR INVITATIONAL, ITHACA, NY. 10:00 AM

MAY 3 & 4: LIBERTY LEAGUE CHAMPIONSHIP, TROY, NY. 12:00 PM, 10:00 AM

MAY 11: UTICA FAST CHANCE MEET, UTICA, NY. TIME TBA

MAY 13: WIDENER LAST CHANCE QUALIFIER, CHESTER, PA. 2:30 PM

MAY 15 & 16: AARTFC CHAMPIONSHIPS, CORTLAND, NY. 2:00 PM, 10:00 AM

MAY 23-25: NCAA CHAMPIONSHIPS, MYRTLE BEACH, SC. TIME TBA

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