MAKING A SPLASH IN SPRING

Haley Petrucci ’26

Spring 2024 Sports Preview
Men’s track & field aims to vault over competition

BY AUGUSTINE DAUĐU

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 and track field championships. This year, Bombers’ senior pole vaulter Dominic Mikula, who earned the national pole vault title in 2023, will be a key player in the Bombers’ season.

“As a team, we’re hoping to improve on last season and build upon our success,” Mikula said. “Our goal is to qualify for the NCAA regionals and maybe even the NCAA championships.”

Mikula is one of the Bombers’ top performers, and his efforts have earned him several awards and recognition. He is expected to lead the Bombers in their quest for a strong season.

The Bombers’ indoor and outdoor track and field teams are focused on improvement this year, and they are hoping to achieve their goals by working hard in training and competition.

“We’re working toward a goal,” Mikula said. “Our team is committed to doing our best and achieving success.”

The Bombers’ success in the past seasons has earned them recognition in the Liberty League, and they hope to continue their success this year.

“We’re excited to see how our season unfolds,” Mikula said. “We’re looking forward to competing and seeing what we can achieve.”

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

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**TENNIS**

**Women’s tennis return to 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 sixth in the Liberty League with a 3–4 conference record and an 8–10 regular season record. The Bombers have a 10-player roster this season, with only four of those 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. The Bombers’ returning players are sophomore Sabrina Cheung, junior captains Taylor Crain and Eliana Chelnick and senior captain Isabella 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 NCAA 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 really love it. My first fall here I thought was a great experience, I’m excited to be a part of the community here. I think the academics and the athletes here are good and, 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, his 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 Hernandez 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.”

The Bombers have an 8–10 regular season record. Thankfully, a new face is trying to right the ship.

Bennett believes this team has it to the quarterfinals at the NCAA championship Rensselaer and Smith College.

In addition to Rishcoff, Mari Hernandez 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.”

**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 a 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 on the team here,” Rishcoff said. “I think that we’re gonna have a really high level of talent that we have on this year’s team. We have a new conference that we compete in. My goal is to try to finish as high up in the Liberty League Conference as we can.”

Despite the Bombers’ high hopes, they will have an uphill climb if they want to compete for a Liberty League conference. However, Bennett believes that the two coaches make a great tandem and that she is excited to see where this team goes this season.

“Together they’re a good team,” Chelnick said. “I mean, it literally takes a village for a sports team. It’s a [huge] time commitment, so there’s 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.

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**on the team here,” Rishcoff said. “I think that we’re gonna have a really high level of talent that we have on the team here.”**

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**Women’s tennis return to court with young squad**

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THURSDAY, FEBRUARY 29, 2024

SPRING SPORTS PREVIEW | 3
**MEN’S LACROSSE**

New faces add extra man advantage to men’s lacrosse

**Kyle Savery ‘24**

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 in 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 53–299 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 attackers John Sramek 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 team.

"Pearce came in right away and set the team culture," Niebuhr said. "It’s a 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 [defense] 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. "He 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. "[h] 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 has 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 to help those guys 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 believes 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 12–40 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 Ithaca College at 4 p.m. Feb. 28 in Williamsburg, Pa.

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**THURSDAY, FEBRUARY 29, 2024**

**SPRING SPORTS PREVIEW**
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 preserva-tion compliance. Head coach Katie Moore said she took that to her advantage and started get-ting 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 extremely 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.

“Your teammates and I have worked extreme-ly 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. Be-ing a goalie is a very mental postion, so setting real-istic and intangible goals for myself has allowed me to find individual and team success.”

Moore said the se-nior 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 to-gether,” Moore said. “They’ve spent a lot of time together to not just be better friends, but to re-ally become better teammates for each other. I think that’s really going to play out in our chem-istry 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 Bomb-ers’ 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 at-acking teams and stay on top,” Mandel said. “We are such a close-knit unit that works incred-ibly 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 Philip- lips and Caroline Wise. Mandel emphasized the importance of the defensive side and how that is something they want to come back at oppo-nents 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 under-classmen, and the team is returning to whole start-ing back. 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 per-son’s strengths to grow as a unit.”

Held said the team has set them-selves 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 work-ing 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.

FOR MORE CALENDARS, SEE PAGE 12.
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 in the 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 11-5 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 Leyzer.

Coming off a junior season where Rothstein was second on the team with eight home runs and third on the team with 44 RBI’s, Rothstein was second on the team with eight home runs and 44 RBI’s, Rothstein was second on the team with eight home runs and 44 RBI’s, Rothstein was second on the team with eight home runs.

Rothstein has batted a career average of .272. His bat has put an impressive division record of 10–5. Rothstein was looking to carry the torch of their prior 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 of the season will be changed. The Bombers will make a road trip through Washington, D.C., 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 tailored roster to accomplish their goals of playing competitive, winning the Liberty League and maybe even winning a World Series.

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

Rothstein 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 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 not have 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 runs throughout the course of his career.

Rothstein said Valesente has helped build camaraderie around the team. Valesente has said players truly want to succeed together as they would rather ignore their intrinsic 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 ‘cooler goals that have been created 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 Lane, infielder Jovel Mendez and outfielder Luca Pippa. 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.

“The winning culture has been here even winning a World Series,” Colyer said. “I am 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.

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 ST. 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 16: vs. RESERVE UNIVERSITY, LEXINGTON, SC. 12:00 PM
MARCH 18: 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 8: vs. HAMILTON COLLEGE, FREEMAN FIELD, 4:00 PM
APRIL 13: vs. VAASAR COLLEGE, FREEMAN FIELD, 3:00 PM
APRIL 14: vs. BARD COLLEGE, FREEMAN FIELD, 12:00 PM, 3:00 PM
APRIL 19: vs. OSWEGO STATE, 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: LIBERTY LEAGUE COASSERIES SERIES, LIBERTY LEAGUE CHAMPIONSHIPS. TIMES TBD

FOR MORE CALENDARS, SEE PAGE 12.
**BOMBS LOOK TO IGNITE YOUNG CORE IN CHAMPIONSHIP PUSH**

**BY BILL 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 after a modern-day Goldilocks. The team is coming off a season that saw major improvements 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-dominant University of Rochester Yellowjackets.

One major change to the South Hill squad will be how the roster is built. Only three seniors will be returning again this 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’ll say I’m more of a vocal leader than one of our other senior captains, Belle [De Oliviera], 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.”

Petrucci was a key contributor last season and was second on the team in RBIs with 24. She also achieved a Liberty League first team selection, something the 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 likes to lead by doing, and really my goals around statistics. That’s always been something that’s motivated me, and just doing that. So I’m shooting high for being averaged about 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 Amelie Boeven, who has yet to pitch in her career on South Hill. Despite the seemingly thin staff, head coach Kelly Robichaud said the incoming five-year pitchers have done more than enough to fill the void left by departing pitchers like Promalini 23 and junior Bella Scolaro.

“We’re really fortunate,” Robichaud said. “We have two first-year pitchers in our class [Mady Rowell and Taylor Brunin] 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 onto 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 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 roster value that you gotta take control of the field and you gotta talk a lot,” Petrucci said. “I was super nervous, so I think I walked into 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 season, to be someone [first-year students] could all come in 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 someone that 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 their 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 hardly 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 infiel, 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 breakout, for that ground out and see the team celebrate.”

Starting down difficult Liberty League opponents like the three-peaking Yellowjackets and the Bowers in the upcoming season, the Bombers are not focused on their competition, rather, they are focused on doing what they know they can do and what the team can control.

“We are not worried about our opponents; it is our job to worry about our opponent,” Hassler said. “We’re not worried about who’s pitching to us because I know personally for me, that’s something that’s 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 or how 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.
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 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 bunner, 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 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 squad’s eighth in the fall and will look to ride that momentum into the spring. Junior oarsman Miles Kenaston 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,” Kenaston 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.”

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 JMRG 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. Kenaston 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,” Kenaston said. “I think in the 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.”

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

“We’re really hoping to win the Liberty League for the team is looking forward to New Jersey and getting some competition against EB and D4 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 Division I competition and losing some oarsmen. Maynard said he believes this year’s schedule is “the best it can be.”

One change that 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 E6s in Jersey in early July 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.
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 boatwork. 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 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 Taylor this spring. Following their dominant performance during the Spring 2023 season — including a fifth-consecutive Liberty League title — Volmrich earned a spot on the Preseason All-American second team.

Senior captain Emma Anderson said Volmrich and Taylor’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 of those were like, how many miles could you run? How many meters could you pull on the boat? 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 boat.”

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 powerhouse Volmrich and Taylor.

Anderson said that after working with stand-out rowers like Volmrich and Taylor 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 an 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 lead our freshmen this year with a really large, influential senior class.”

Since graduating powerful upperclassmen Allie Adams ’23 and Deet De Oliveira ’23, Gallagher said the floor has opened up 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 Championships, 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 really positive energy,” Robinson said. “There is 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 saving 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 putting in a first-place finish with the 2V at the Liberty League Championships and New York State Championships last spring.

The Bombers will need to keep their momentum 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.

“Our outright goal, which I think is achievable but certainly by no means a guarantee, is winning NCAAs,” Robinson said. “I think that this team is 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 her athletes are happy to enjoy every moment with the program. Collegiate athletics is 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 through 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: TESS FERGUSON@ITHACA.EDU

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 CHAMPIONSHIPS, WORCESTER, MASS, 8:00 AM
MAY 31-JUNE 1: DIVISION III CHAMPIONSHIP BETHEL, OHIO, TIME TBA

FOR MORE CALENDARS, SEE PAGE 12.
Women’s golf returns to team status with new players

BY FLYNN HYNES
ASSISTANT SPORTS EDITOR

“Tischak Park ’25

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 Intercollegiates, 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 strengths are many,” Batson said via email.

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 79.7 and tied for 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 86.63, 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.

“T 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 13-16. 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: HYNES@ITHACA.EDU

GOLF

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**SPRING SPORTS CALENDAR**

**GOLF**
- March 14: vs. Hamilton College, Eastern Florida State College, Melbourne, FL, 1:00 PM
- April 5 & 6: Drew University Invitational, Flanders, NJ, TIME TBD
- April 13 & 14: Martin-Wallace Invitational, Cortland, NY, TIME TBD
- April 27 & 28: Liberty League Championships, Albany, NY, TIME TBD

**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 12: vs. Nichols College, Clermont, FL, 6:15 PM
- March 12-15: Mt. Saint Mary College, Clermont, FL, 4:00 PM
- March 15-17: vs. Carroll University, Clermont, FL, 6:30 PM
- March 17-18: vs. Ohio Northern University, Clermont, FL, 11:15 AM
- March 18: vs. Monmouth College, Clermont, FL, 1:30 PM
- March 14: vs. Occidental College, Clermont, FL, 10:15 AM
- March 14-15: vs. John Carroll University, Clermont, FL, 12:45 PM
- March 15: vs. Suffolk University, Clermont, FL, 4:00 PM
- March 20: vs. Simpson College, Clermont, FL, 6:15 PM
- March 23: vs. Nazareth University, Kostinsky Field, 1:00 PM, 3:00 PM
- March 28: @ St. John Fisher University, Rochester, NY, 1:00 PM, 3:00 PM
- March 30: vs. SUNY Geneseo, SUNY, 12:00 PM, 2:00 PM
- April 6: vs. Union College, Schenectady, NY, 4:00 PM
- April 8-9: vs. Alfred University, Kostinsky Field, 3:00 PM, 5:00 PM
- April 12: vs. RPI, Kostinsky Field, 2:00 PM, 4:00 PM
- April 13: vs. Skidmore College, Kostinsky Field, 4:00 PM, 5:00 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, Kostinsky Field, 3:00 PM, 5:00 PM
- April 27: @ University of Rochester, Rochester, NY, 1:00 PM, 3:00 PM
- May 4-5: vs. RIT, Kostinsky Field, 1:00 PM, 3:00 PM
- May 9-11: Liberty League Championships, TIME TBD

**M&W TENNIS**
- March 2-3: vs. 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 (M&W)
- March 14: vs. Springfield College, Orlando, FL, 10:00 AM (M&W)
- March 15: vs. Lafayette College, Orlando, FL, 1:00 PM (M&W)
- March 23: vs. RPI, Ithaca, NY, 10:00 AM (M), 2:00 PM (W)
- March 24: vs. Oneonta, Ithaca, NY, 10:00 AM (M), 2:00 PM (W)
- March 25: vs. Williams College, Geneva, NY, 4:00 PM
- March 28: Women's vs. 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: vs. 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 vs. St. Bonaventure University, St. Bonaventure, NY, 4:00 PM
- April 27: vs. Skidmore College, Saratoga Springs, NY, 10:00 AM (W), 2:00 PM (M)

**WOMEN'S LACROSSE**
- March 2: vs. SUNY Geneseo, SUNY, 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 AM
- March 16: @ Washington College, Chestertown, MD, 7:00 PM
- March 23: vs. Vassar College, Poughkeepsie, NY, 2:00 PM
- March 27: @ Meseroleco University, Dallas, PA, 7:00 PM
- March 30: vs. RPI, Higgins Stadium, 1:00 PM
- April 6: vs. 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: vs. Clarkson University, Potsdam, NY, 1:00 PM
- April 27: vs. Skidmore College, Higgins Stadium, 12:00 PM

**MEN'S LACROSSE**
- 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, 7:00 AM
- April 20: NYU 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 TBD

**WOMEN'S ROWING**
- March 30: vs. Cayuga Duals, Cayuga Inlet, 9:00 AM
- April 6: vs. RIT, University of Rochester, Cayuga Inlet, 10:00 AM
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**BASEBALL**
- Page 5

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- Boston Dynamics
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**Golf**
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