

THE
SEASON STARTS
NOW



THE ITHACAN
SPORTS PREVIEW
SPRING 2025

Experienced softball team eyes home field advantage

BY ISABELLA MCSWEENEY
CONTRIBUTING WRITER

Older and wiser, the softball team is working to advance past the Liberty League Championship Tournament for the first time since 2019. With three seniors, two graduate students and Kelly Robichaud '16 entering her second year as head coach, the team looks toward its leadership and strong team dynamics to bring them through the season.

Robichaud said the most important lesson she learned during her first season as head coach was the value of every role on the roster. She said that she wants every player to feel like a crucial part of the team's success, and that while their end goal is to win the Liberty League tournament, there are milestones to complete first.

"We want to be at the top of our conference, going into the postseason," Robichaud said. "That would allow us hosting rights, and a goal of ours is to be able to host our conference here on campus."

The last time the Liberty League tournament was held on Kostrinsky field was in 2019, when the team made it to the NCAA Super Regional before losing to Williams College in two games.

Over the offseason, the team gained junior utility Cate Murray from Colgate University. Robichaud said she expects Murray, as well as the six

first-year students, to make great additions to the close-knit team.

"[The first-year students] are a great group," Robichaud said. "They bring a lot of energy and create a really great competitive atmosphere for the team. That's only going to make us stronger."

When it comes to first-year players, Robichaud said the team can

a level of depth that the Bombers' have not benefited from in the past. The first-year players include two outfielders, two infielders and two catchers, bringing the roster to 22 players compared to last season's 17. Brunn said the first-year players are already meshing well with the team's leadership.

"It's important to bring in those freshmen and help guide them where we need to go as a team, but also to be there for them," Brunn said. "Every first year struggles with adjusting to college. I know personally, I really needed to adjust coming into college. It was a big change for me, and it's been really amazing."

Brunn said she is particularly close with first-year outfielder Gabriella Facciponti. The duo grew up just miles apart in Merrick and Wantagh, New York, where they played on the same travel team in middle school. In high school, their teams, the Calhoun Colts and MacArthur Generals, were league rivals.

When it comes to performance goals, sophomore infielder Elise Waddington said everyone is focusing on getting 1% better every day. Waddington started in every game last season, leading the Bombers' with 28 runs and 45 hits over 132 at-bats. This season, Waddington said she is working to be a backbone for the team.

"I'm developing offensively and defensively," Waddington said. "I want to be the best that I can be for my

team; staying healthy, of course, being the hardest out and a power hitter and making outs for my pitchers."

Last season was a masterclass in pitching for the Bombers. Junior pitcher Anna Cornell pitched a near-perfect game against the Rensselaer Polytechnic Institute Engineers, allowing only one run over the course of 10 innings. Her 21 strikeouts set a new single-game record for the team. By the end of the season she pitched in 131.1 innings and averaged 1.76 earned runs per game.

The Bombers' pitching roster is rounded out by Brunn and fellow sophomore Mady Rowell. Brunn started in 12 games last season and had a 2.24 earned run average, but she said this season is not about statistic performance metrics.

"Whether my role for the day is being the loudest cheerleader, being on the mound starting a

game or coming in relief, it doesn't matter," Brunn said. "Stats don't really matter to me at all. I just want to do what I can to make sure that our team wins."

As a whole, the Bombers are using a team-effort mentality to achieve their goals.

Waddington said the high retention of last year's players has led to everyone, from graduate to first-year students, to become incredible leaders.

SPRING 2024 STATS

26-14 RECORD

9-5 LIBERTY LEAGUE RECORD

1-2 IN THE LIBERTY LEAGUE CHAMPIONSHIP TOURNAMENT

IMCSWEENEY@ITHACA.EDU



▲ ELISE WADDINGTON '27

TAYLOR BRUNN '27

Baseball seeks regional redemption with new season

BY KHARI BOLDEN
STAFF WRITER

After an unceremonious end to the 2024 season, the baseball team looks to step back into the batter's box for another shot at the postseason. This year, a combination of veteran leadership and breakout underclassmen are hoping to lead the Bombers to the promised land for the first time since 2013's Cinderella run to the NCAA Division III Baseball Championship ended in a third-place finish.

A year ago, the Bombers won 31 games for the second consecutive season

and the Liberty League Championship title for the third time under head coach David Valesente. Unfortunately, they crashed out of the Cleveland Regional without winning a game.

"We played [the University of Lynchburg] tough and feel that we should have won that game," Valesente said. "We had the lead going in late into the seventh inning and unfortunately, it didn't go our way. When you get to that level of baseball, the competition is extremely strong and the teams are very good, so it can go in any which direction."

The only player to score a run in both regional games was senior outfielder Collin Feeny, who led the Bombers in runs last year with 40. In addition to being one of the 2024 team's most productive hitters — slashing a 0.319 average, 0.456 slugging percentage and 0.889 OPS across 41 appearances — he was also one of the most disciplined, leading the Liberty League with 31 walks. He said the disappointment could be felt throughout the clubhouse after the end of the season.

"It was really tough," Feeny said. "Because it feels like you let some of the upperclassmen down. You know those guys won't play baseball again. That's your motivation towards the end of the season, and having that be a factor is definitely sad for most of our guys."

Now, Feeny finds himself as one of 12 players in that same last-chance scenario. Amongst them are senior outfielder Ethan McDonough, whose 1.014 OPS led the team in 2024 and put him 11th in the Liberty League, as well as senior first baseman Ryan Laubscher, senior infielder Riley Brawdy and senior catcher Tyler Pugliese.

This veteran leadership carries over to the pitching staff as well because 84.5% of last season's total

innings pitched returns for 2025. They are led by two all-region players: senior second-team starting pitcher Colin Leyner, who placed atop the Liberty League in innings pitched at 86.2 last season and is looking toward the school strikeout record, and senior third-team reliever John Griffin, whose 2.89 ERA in 37.1 innings pitched ranked third in the Liberty League.

But the underclassmen look to make massive impacts too. Players like junior outfielder Matt Curtis and sophomore Camden Laney, a first-baseman and outfielder/infielder, stepped up in the field last season. Curtis had one of the plays of the season when he hit a walk-off grand slam to sweep Vassar College in a doubleheader, and Laney was especially impressive, nearly leading the team with a 1.012 OPS as a first-year student.

This goes doubly so for the pitching staff, which saw two first-year pitchers, Jack Picozzi and Danny Drotos, starting on the mound in key postseason victories last season. Drotos mainly filled in as a starter down the stretch and performed very well in that time, pitching to the tune of a 1.27 WHIP and sub-4.00 ERA. The All-Liberty League honorable mention Picozzi operated as the team's second starter for much of the season, and this offseason Picozzi has worked on improving his biggest deficit — the amount of walks he gave up.

Picozzi's stats show that he was an elite

strikeout pitcher by Liberty League standards to the tune of fourth in the league in total strikeouts and a 10.7 K/9, but he also led the league in hit batters and fourth in base on balls, with 20 and 29 respectively. While he has worked on his control, Picozzi said new strength and conditioning coach Andrew Parker has worked with this squad to help give it some much-needed strength.

"He has revolutionized the way that we've got after it in the weight room this offseason, and it's been noticeable," Picozzi said. "Everybody just looks bigger and stronger, the way that we've been playing, and you can just tell that there's a significant difference in everybody physically compared to last year."

As the pressure of the opening day draws nearer, Feeny elaborated on the importance of keeping that pressure off.

"At the end of the day the most important thing you need to do is have fun and do it for your teammates," Feeny said. "It sounds cliché, but as soon as you simple it down, baseball is a children's game. There's kids who are 5 years old who play the exact same game as you. So if 5-year-olds can have fun and play it well, then you can too."

SPRING 2024 STATS

31-11 RECORD

WON THE LIBERTY LEAGUE CHAMPIONSHIP GAME

ADVANCED TO THE NCAA REGIONAL CHAMPIONSHIP



▲ JACK PICOZZI '27

COLLIN FEENEY '25

KBOLDEN@ITHACA.EDU

Men's tennis hopes to bounce back in conference

BY JACOB INFALD
SPORTS EDITOR

After a 2024 campaign that saw the men's tennis team qualify for the Liberty League Championship Tournament for the first time since Spring 2019, the young squad is looking to continue to build success on the court, while also creating a new culture off the court.

Tom Rishcoff is entering his second season at the helm of the program and is already making significant changes to how the team operates. He is preaching intentionality and said this year will be all about forming a new identity for IC tennis.

"The way that we go about our everyday process is really important, [in] trying to establish a culture," Rishcoff said. "I think continuing to be the best that we can day-to-day with what we're doing and controlling what we can control, I think that'll be the biggest mark for us to hit this year."

The Bombers are off to a hot start, picking up an early season victory against Drew University on Feb. 15. The South Hill squad dominated from start to finish, sweeping all six singles matches and winning the doubles match.

Rishcoff is leading a squad that only features nine players, leaving the team little room for error. In tennis, six healthy athletes are needed in order to field a team for competition.

An even bigger challenge for the young coach is that none of his nine athletes are seniors. However, he said he does not feel that his squad lacks maturity.

After graduating all of the captains at the conclusion of the 2024 season, Rishcoff waited until this spring to name replacements.

He named sophomore Gijs Fidler and junior Ean Lantzy as team captains for the 2025 season.

Rishcoff said he thinks having captains provides the team with mentors that the players know they can confide in and rely upon to be vocal leaders.

Fidler is coming off a monster first-year season, where he solidified himself as a main contributor on the team, leading the squad with 10 victories. On the other hand, Lantzy had a rough sophomore campaign, winning zero matches in singles.

However, Rishcoff said Lantzy is a player who is flying under the radar heading into the new season. Lantzy said he has learned plenty through his first two seasons of collegiate tennis and believes he has the tools to get over the hump this season.

"[I want to be] playing smarter — the mental aspect of it — just strategy-wise and staying confident out there and staying healthy," Lantzy said.

On top of prioritizing his own health, Lantzy said that staying healthy will be key for the team.

His teammate, junior Siddharth Vaada is missing cartilage under his patella, an injury he has been dealing with for upwards of five years. Vaada also suffered a slipped disc in his back last season. These injuries have not stopped Vaada from developing at the collegiate level. He improved from two wins as a first-year student to six last season.

"The more and more matches I play, the more comfortable I am," Vaada said. "That's only going to translate into this year. ... It's gonna get better

every match I play."

Vaada said he plans on managing his injuries by prioritizing the most important matches against key Liberty League opponents, including Vassar College, which eliminated the Bombers in the first round of the Liberty League tournament in Spring 2024.

Vaada said the South Hill squad's all-around depth, from its first to sixth starter, is what he thinks will separate it from other Liberty League opponents.

First-year students Ivan Kiscic and Luis Crespo are two major contributors as they both project to make the starting lineup after impressive individual performances in the fall.

"They really shined," Lantzy said. "First tournament coming in as a new student and everything, I felt they played really good. They proved themselves and it's looking good for the future."

Vaada said he recognizes some of the difficulties of having a roster that is relying so heavily on underclassmen. However, he said he believes the tight-knit team chemistry will elevate the young team to its full potential.

"[Just] keeping them motivated throughout the season and making sure that there is an end goal," Vaada said. "Our end goal is definitely

SPRING 2024 STATS

7-12 RECORD

ADVANCED TO LIBERTY LEAGUE QUARTERFINALS



▲ SIDDHARTH VAADA
EAN LANTZY

'26
'26

to make Liberty Leagues again, if not make the finals."

In the meantime, Rishcoff is not letting himself or his athletes get ahead of themselves. He said he recognizes the grind of both the long season and building a competitive program.

"One year at a time," Rishcoff said. "[I am] continuing to try to build some depth on the team and continu[ing] to focus on the way that we're growing as a team. We do have a young team, and I think we have a lot of high, competitive goals. I think [we are] staying day-to-day and focus[ing] on the process. That way, when we get to those big moments, we're best set up for that."

JINFALD@ITHACA.EDU

Women's tennis relies on strong leadership to win

BY TRAVIS CONWAY
CONTRIBUTING WRITER

The tennis season has commenced, and the Bombers are looking to unjam the replay button on their seasons. Over the last two seasons, the women's tennis team has finished 8-10 with a 3-5 record in conference play, with back-to-back first-round exits in the Liberty League Championship Tournament.

The team is shaking things up with its third head coach in three years. Head coach Mari Mitchell, the former assistant coach, is the stability that the team needs to keep up with the league's intense competition.

Mitchell was the assistant coach for the South Hill squad. Mitchell said she is switching up how the team runs and is implementing a new philosophy.

"Conditioning is one of my big things," Mitchell said. "I don't want any matches to be lost due to conditioning."

Mitchell said tennis is a game of chess that is played with rackets. "I'm working even harder at keeping them

accountable and keeping them in a system," Mitchell said. "I want them to hit targets that we're aiming at, so they have a plan going into the match. I think that's working and calm[ing] their nerves down. And as long as we have that action plan, they're able to execute it."

Coaching is not the only change that

happened in the offseason. The NCAA and the Intercollegiate Tennis Association announced that the Division III scoring rules would change. Instead of going to nine points, teams would only play to seven. Also, each doubles match would no longer count for a point. Instead, three doubles matches will be played, and the team that wins two will get one point. Junior Sabrina Cheung said that the switch to Division I scoring is not a major change.

"It's gonna be something we're gonna have to adapt to," Cheung said. "Our singles matches count the most. And I think we all appreciate that because we're all fighting individually for those singles matches."

Throughout all of the constant changes, from coaching to the rulebook, one thing that has remained relatively the same is the roster. The South Hill squad retained eight of its 10 players from the previous year, with three seniors, one junior and four sophomores.

Cheung is coming off her best season playing for the Bombers. She went 12-9 in singles play overall and 10-10 in doubles play. She was also named to the Liberty League All-Academic Team and was a College Sports Communicators Academic All-District selection.

Cheung said she has been focused on her personal play. Whether that means focusing on the mental side or actual match play, she has

been fine-tuning her game.

Cheung is no stranger to the change in coaching because over her three seasons at the college she has played with three different coaches. One of the benefits of Mitchell's coaching style and the small size of the team is that each player gets individualized training focusing on their strengths and what balls to hit.

Cheung said that adjusting to the lineup changes within the team has been tough, but that she believes her role will align with the team's expectations. As the only junior on the team, she said she is playing in a new role as the third player in the lineup. Last season, she played as the fourth and fifth singles.

Senior Taylor Crain is a three-time All-Liberty League First Team player. Last season, she went 18-8 in singles and 14-10 in doubles.

Crain, a two-time captain, said that balancing the responsibility of being a veteran and a friend creates a sisterhood dynamic within the team.

Crain praised the environment Mitchell has created within the team and said she emphasizes capitalizing on the experience over the results. She said that it is more than strategy and skill and that the connection between the players and the coach is the most important thing.

"She acts as that mother figure, especially since she has three kids," Crain said. "You can tell that she really cares about you. She does it because she loves us, not because it's a job."

The team started the season with a

loss against Skidmore College 6-1 Feb. 9 and bounced back with a 7-0 win against Drew University on Feb. 15.

The Bombers have their work cut out for them as the season gets into full swing. It's a team of veterans looking to break the streak of first-round exits.

Crain said the team's experience against the strong schedule, such as Division I Binghamton University, adds extra confidence to the team's performance.

"It doesn't matter what level," Crain said. "As long as we go out thinking we have a chance against every match, I think anything's possible."

TCONWAY@ITHACA.EDU

SPRING 2024 STATS

8-10 RECORD

ADVANCED TO LIBERTY LEAGUE QUARTERFINALS



▲ SABRINA CHEUNG
ALYS POP

'26
'27

Well-rounded approach sets women's track up to win

BY ZACHARY TODD

CONTRIBUTING WRITER

After coming away with its third consecutive second place finish, the women's track and field team looks to get back to its winning ways. Since head coach Jennifer Potter '92 took over in 2004, the Bombers have won 16 conference titles and scored as a team at nationals 14 times outdoors.

In 2021, the Bombers finished in fourth place at the NCAA Division III Outdoor Track and Field Championships, which was the last time the team placed on the podium.

Potter said it is a long stretch of competition with the regular season and championship meets spanning

the duration of the spring semester. She said prioritizing her athletes' well-being is a crucial factor toward the team's success.

"We take a lot of pride in keeping people mentally healthy and sharp," Potter said. "The coaches and players know exactly what is expected of them and know what they have to do to get back on top."

Sophomore Madeleine Wright experienced that firsthand when she came in as a first-year student and fit right in. She said she wants to contribute everything she has to the team to break the second-place streak.

"[My goal is] hopefully creating a stronger bond with my teammates that I just met coming back [from abroad] and then I'd like to score," Wright said. "Obviously, first if possible, but top five, [make] leagues, regionals [and] stuff like that."



The sophomore class was very successful last year, as it had sophomore jumper Lydia Barber, a Liberty League conference champion in the Liberty League Championship Tournament for high jump. Wright

is also coming back after missing Fall 2024 to study abroad. She qualified for the NCAA Outdoor Championships in Spring 2024 in the high jump and placed in the top 25. Sophomore thrower/pole vaulter Talia Hutchinson is currently leading the team in pole vault with her personal best vault of 3.6 meters.

In addition to their top performance, Potter said the sophomores have been great leaders and set the example for the incoming class below them.

"The sophomore class had a lot of success last year," Potter said. "I feel confident about where that younger group is and what they can accomplish."

There have been many first-year standouts so far, including sprinter Aynisha McQuillar, who is ranked 45th in the country in the 60-meter dash with a time of 7.77 seconds. She and runner Marykate Rudnicki were part of the 4x200 meter relay that broke the school record twice, bringing the original record down from 1:45.49 to 1:44.85 and then down to 1:43.46.

The Bombers' depth on the more experienced end of their team features senior hurdler Laura Suppa, and senior sprinter Natalie MacArthur. Along with the success of the seniors and underclassmen, there have been plenty of impressive performances from the junior class. Pole vaulter Bree Boyle finished top five in the Liberty League tournament for pole vault last year and Rachel Larson finished in the top five in

hurdles 10 times already this year.

The team hired pole vaulting coach Dom Mikula '24, who was a member of the team before graduating and joining the staff in Fall 2024. In the 2022-23 season, Mikula was ranked the No. 1 pole vaulter in Division III before going on to win the national championship for outdoor pole vaulting.

"Coach Dom is awesome," Boyle said. "He's really helped almost all of us get PRs this season. I think we're in a really good place with him, and I'm excited to see where we can get going forward."

Boyle credits the majority of her success to Mikula, as she has hit new personal records she did not think were possible and has also been more consistent in her scores. She cleared 3.60 meters at the Nazareth Conference Challenge Cup, which was tied for the highest in the event, but came in third because of the number of attempts taken.

As a first-year student, Wright made it to nationals for the high jump where she placed 21st. She said she looks to continue that success and make it right back to nationals, but with more experience.

"Once I started seeing [improved]

SPRING 2024 STATS

FINISHED SECOND AT THE LIBERTY LEAGUE CHAMPIONSHIP

FINISHED 10TH AT THE AARTFC CHAMPIONSHIP

COMPETED AT THE 128TH PENN RELAYS

SENT TWO ATHLETES TO THE NCAA DIII CHAMPIONSHIPS



▲ BREE BOYLE

'26

MADELEINE WRIGHT

'27

performances and what I was capable of ... I was like, 'Oh, OK, maybe I have a little more in me than I thought,' and so that was exciting," Wright said.

The Bombers look to wrap up their winter season with Liberty League Indoor Championships coming up Feb. 28 and March 1. Outdoor competition starts March 28 when the Bombers will travel to Bridgewater, Virginia, to compete in the Bridgewater Invitational.

"The goal is always to win a championship," Potter said. "[We want to] get as many people as possible [qualified for] the NCAA Championships. We have a motto that we like to use and say: 'Trust the process.'"

ZTODD@ITHACA.EDU

Underclassmen fuel a motivated men's track team

BY RYAN NIESKENS

STAFF WRITER

The men's track and field team is looking to make serious strides in 2025, with a new coaching staff, a talented group of returners and a young, hungry roster. After finishing sixth in the Liberty League and 29th at the All-Atlantic Region Track & Field Conference last season, the Bombers are aiming to climb back up the ranks and reestablish themselves as top contenders in the conference. The team has been grinding through the indoor season, using it as a crucial building block to prepare for outdoor meets, where they work to hit their stride and compete at their best.

Sophomore Joseph Napolitano, a sprinter and hurdler, is coming off an impressive first season where he finished fifth in the 400-meter hurdles at the Liberty League Championship Tournament, and he is poised for a breakout year in both sprints and hurdles.

"I still have a long way to go until I'm at the level I want to be," Napolitano said via email. "This season has been all about the grind for us, and we're looking to build our brotherhood as we work to show out at Liberty Leagues."

Junior Brett Atkin, a sprinter and hurdler, has battled lingering hamstring issues throughout his career, an obstacle that kept him from competing last outdoor season. Despite these

setbacks, he has been a key contributor to the Bombers, specializing in the 60-meter hurdles for indoors and the 110-meter hurdles for outdoors. He recorded a personal best of 9.27 seconds in the 60-meter hurdles at the 2024 Liberty League Indoor Championships and has steadily improved this season. Outdoors, he has excelled in the 110-meter hurdles, with a personal best of 16.21 seconds at the Liberty League Outdoor Championships.

"My first goal is to be healthy enough to compete at Liberty Leagues," Atkin said via text.

"Once I'm there, I just want to give it my all and go after it."

Atkin said the team's chemistry and determination help prepare for the upcoming season. He said the team's intense training and shared motivation pushes every runner to raise the program's standard.

"We've got a really strong and young team, and we've really bonded this season," Atkin said. "The upperclassmen aren't happy with where we've finished the last couple of years, and

the underclassmen are fired up to show the Liberty League what they can do."

The Bombers will also rely on their multi-event athletes, with juniors Matt Lokshin and Noah McKibben looking to build off a strong last spring season where they finished third and fourth, respectively in the heptathlon at Liberty Leagues. Their versatility in multiple events makes them key contributors to the team's success. First-year

student Rhys Tickner has also been stepping up in the multi-event category, as he already showed promise in his debut season, adding depth to the Bombers' multi-event group.

The biggest change for the program comes at the top, with head coach Stargell Williams taking over the reins.

"The goal is for us to simply continue to get better," Williams said via email. "We're focused on developing our current athletes while bringing in strong additions to the program."

Williams said he has implemented changes to elevate the team's performance. A key focus has been establishing structure, particularly in practice, to keep everyone aligned and ready for competition.

"We want to make sure every practice has a clear purpose," Williams said. "That means setting specific goals for each session, organizing training groups effectively and maintaining a structured routine that maximizes development."

Williams said the team needs steady training and regular feedback to help athletes improve and compete at a high level. He also emphasized the value of the team's support staff, including athletic trainers, strength coaches and nutritionists, who all contribute to the program's success.

"Developing these athletes early is vital for the team's future," Williams said. "How well they adjust to the college level will have an impact on the Bombers this season."

Notably, first-year athletes have already begun to make their mark. Damian Simmonds recorded a time of 51.95 seconds in the 400-meter dash, while Luke Ellor's 14.69-meter shot put throw earned him a spot on the Bombers' all-time top-10 list. Fellow first-year athlete CJ Yacomini also

made history, clearing 1.89 meters in the high jump to secure a place among the program's best. First-year student Asa Crosdale contributed to the 4x200-meter relay team that posted a time of 1:32.34. These early performances highlight the potential of the young core.

Standout performances, such as senior James Hughes' 14:55.80 in the 5000-meter run, junior Ben Buffone's 1:54.45 in the 800-meter, and sophomore Evan Cherry's 6.74-meter long jump, showcase the depth and talent of this roster. Williams said consistency will be key to a successful season.

"[Consistency] relates to training, coaching, feedback," Williams said. "In order for our student-athletes to grow and perform at a high level, they need to ... be consistent in everything they do."

RNIESKENS@ITHACA.EDU

SPRING 2024 STATS

FINISHED SIXTH AT THE LIBERTY LEAGUE CHAMPIONSHIP

FINISHED 29TH AT THE AARTFC CHAMPIONSHIP

COMPETED AT THE 128TH PENN RELAYS

SENT TWO ATHLETES TO THE NCAA DIII CHAMPIONSHIPS



▲ JOSEPH NAPOLITANO

'27

BRETT ATKIN

'26

Men's rowing looks to continue newfound success

BY BILLY WOOD
STAFF WRITER

The 2024 men's rowing season brought monumental history for the program as the crew took home its first ever Liberty League Championship Tournament win. After coming down from that high, the team is focused on getting back to the top and taking up even more room in its trophy case.

The 2025 squad is coming into the spring season with significant firepower from last year's championship-winning squad still remaining. The team is returning seven members of its Spring 2024 varsity eight including 2024 second team All-American senior Riley May-

nard, sophomore Max Detzer, senior coxswain Miles Kenaston and junior Bryce Williston.

Even though many returners have championship experience, the team reloaded with new recruits. First-year students Brennen Mone, Andrew Cheely and Liam Baker earned spots on the varsity eight boat during the three races in the fall rowing season.

With a mix of proven veterans and ascending underclassmen, Williston said the shift in team dynamic is exactly what the crew needs to exceed the high bar set last year.

"We have a young group, but it's different because there used to be the old ways and now it's like there's more energy and it's a younger group," Williston said. "Just mold-

ing that into being like, 'Hey, we're fast, we got a whole bunch of power and a bunch of energy, let's bring it towards our goal.'"

While the team was able to race on the water three times in the fall, the winter conditions in Ithaca have prevented the team from practicing on the lake so far this spring.

With the Cayuga Duals on March 29, the team has been hitting indoor training in different ways to stay fresh. Williston said that over the break the captains employed a points system to keep the

team motivated. He said the team was split into three squads that would compete for the most distance.

"It was really competitive because we had guys that were doing two to three workouts a day working really hard," Williston said. "That just inspires everyone to continue to work hard, like, 'Riley got me by 1,000 meters today, tomorrow I'm going to get him by 3,000 meters' and just continue to get everyone better."

With the team coming off of a historic season in just head coach Justin Stangel's second season at the helm, Stangel said it's important that the team looks down the path and does not dwell on the last mountaintop.

"I think it's easy to be complacent and think that like, 'What I did last year is going to be enough to do it again this year,'" Stangel said. "I think if you start to get down that road, you're going to be sorely mistaken. ... Having people come back that have won the race, from a mental fortitude standpoint, it's like 'Okay, we've broken through that wall, now let's continue to push and see where we can take it.'"

With the majority of the team having been with him for their entire careers, Detzer said Stangel is finding innovative ways to push the team further to get the team to that national championship caliber.

"[Stangel] is really taking a headstrong and aggressive approach to the season," Detzer said. "He's been showing us his own race clips from when he was rowing

professionally and that's been a big help to watch him as well as all of his other teammates rowing at the highest level."

Along with captains Williston, Maynard and senior Caleb Grassi, Stangel is employing leadership captains for each class and said everyone is unique in their leadership style.

This season the team will face Division I and III teams at the Knecht Cup Regatta on April 12-13 and Williams College on April 5. The Ephs' varsity eight finished with a silver at last spring's Intercollegiate Rowing Association championship. Stangel said these challenges are key to making the team its very best.

"I think the Liberty League is getting faster and I think it should be a two-bid league at some point," Stangel said. "We're going to have to race these outside-of-conference teams to get ourselves in a position or someone else in our league, to give them a shot at earning that at-large bid."

For the Bombers, there is one dream and Williston said they are laser focused on making it a reality.

"That's the number one goal; get to Liberty Leagues, repeat, make program history again," Williston said. "From there, hit IRAs, make it to the grand final. ... Then go as hard as we possibly can and go for that national championship."

WWOOD@ITHACA.EDU

SPRING 2024 STATS

- FIRST VARSITY BOAT WON THE LIBERTY LEAGUE CHAMPIONSHIPS
- FIRST VARSITY BOAT WON PETITE FINAL AT THE IRA CHAMPIONSHIPS
- SECOND VARSITY BOAT FINISHED SIXTH IN THE GRAND FINAL AT THE IRA CHAMPIONSHIPS



National expectations loom large for women's rowing

BY DAVID SCHURTER
SPORTS EDITOR

The distance in racing may change from sculling in the fall, but the goals remain the same this spring for the women's rowing team. With national championship aspirations on the line, a new head coach and a legacy of national success, much is at stake this season for the Bombers.

Coming off a fifth place finish at the 2024 NCAA Division III Rowing Championships, the team looks to return to nationals this season and best its finish from last spring. Since the South Hill squad secured its first of many trips to nationals in 2002, the Bombers have competed at 20 NCAA championships, capturing national championships in back-to-back seasons in 2004 and 2005. The 2024 season was the team's lowest finish since the 2019 season, when it also finished fifth.

Head coach Beth Greene '00 is entering her first rowing season at the helm, after working with former head coach Becky Robinson '88 as the team's assistant coach for 14 years. Greene said the team is returning six athletes from last spring's varsity boat and the fall's sculling crew who are all hungry to have another crack at competing at the highest level.

"They got there and they were fifth and once you're there and you see how close the other teams are and [are] the same size as you, you get a taste of going," Greene said. "Someone goes and someone wins, [so] why not us?"

Two returning athletes are senior Maggie Farber and graduate student Emma Hammel. Farber echoed Greene's sentiment of securing the automatic bid to nationals because winning the Liberty League Championship Tournament locks in a higher seed for the team.

"That placement that we've achieved in the past is definitely a motivator for us to keep striving to do better and move up spots and work hard," Farber said.

Farber said she is excited to lead her team into a new season with her national-level experience.

"To reel it in and then go all out racing is really fun in a big boat with a team that you trust and love," Farber said.

"We have a really good team culture, and I want everyone to kind of have a united front, so individually, trying to bring everybody together to work hard and do their best."

Hammel, like Farber, is going into her final season with the team after competing through all of her undergraduate years. She said she understands it is her last opportunity to demonstrate what the team can accomplish.

"I think the stakes for NCAAs are really high because we have that history of excellence in our program," Hammel said. "Everyone on the team knows what it feels like to win, so it just makes us hungry."

The Bombers' 2025 schedule features five regattas until the Liberty League Championship Tournament on May 2 in Saratoga Springs, New York. Greene said the team's Liberty League opponents are looking to dethrone the Bombers. She said the team's toughest competition will feature the Rochester Institute of Technology Tigers, the William Smith College Herons and the Skidmore College Thoroughbreds. The Bombers look to hold their position at the top and clinch their seventh consecutive Liberty League championship on their way to another nationals appearance.

With the varsity eight losing Erin Trojan '24, Laura Trainor '24 and Taylor Volmrich '24, the opportunity presents itself for the underclassmen to fill those gaps. Greene said that despite the upperclassmen-heavy varsity eight, the team has high hopes of young representation at the top of the roster in the future.

"Beth Roberts is going to be on the edge [and] she has potential to crack into that top eight," Greene said. "I think Calla Bobak is also mature beyond her age. It's going to be a contest between freshmen coxswains to see who's

going to earn the spot in the second varsity eight, which will be a boat that competes at [nationals], if we hit that spot."

At the 2024 Liberty League championship, the Bombers swept the competition, winning all four entered events in the 1V, 2V, V4 and novice eight finals, showcasing the team's young talent.

Greene said the strong recruiting by assistant coach Gregg Seiz has put the team in a great position for each athlete to push each other to grow.

She said the team is hoping to build its roster up from its current size, creating more opportunities to add depth within the team.

"A deeper pool creates more competition within the team, and everyone gets stronger," Greene said. "I think with the athletes that we do have, if they can embrace a more consistent [hardworking envi-

ronment] when we're here together, the training is great."

Hammel said the dedication of the team, from top to bottom, creates an unbeatable atmosphere that brings out the best in each athlete.

She said the team's cohesion is a convincing factor in boosting each athlete's confidence.

"It's such a team sport that when you're really struggling in the second half of the race, and you really don't think you can keep going, you're looking at seven other girls who are struggling just as hard as you," Hammel said.

DSCHURTER@ITHACA.EDU



SPRING 2024 STATS

- ALL FOUR BOATS WON THE LIBERTY LEAGUE CHAMPIONSHIPS
- FIRST VARSITY BOAT FINISHED FIFTH IN THE 1V FINAL AT THE NCAA DIII CHAMPIONSHIP
- SECOND VARSITY EIGHT FINISHED SIXTH IN THE 2V GRAND FINAL AT THE NCAA DIII CHAMPIONSHIP

Golf looks to top record-breaking fall performance

BY DAVID SCHURTER
SPORTS EDITOR

For a team that competes in two different seasons, the transition period requires hard work and patience. With a young roster of five student-athletes and a new program record to chase, the golf team returns from the cold, ready to heat up the course.

The golf team splits its schedule into two seasons. During the fall, the team competes at invitational tournaments as a tune up for a

shorter schedule and the Liberty League Championship Tournament in the spring. During the summer, the athletes compete and train on their own to prepare for the fall tournaments.

At the 2024 Liberty League Championship Tournament, the Bombers finished in a tie for second place with the Wellesley College Blue, which was the No. 1 team in the East Region at

the meet last season. The New York University Violets won the team title over the two programs.

The Bombers set their previous program record by shooting 305 (+17) at the championship.

The team is fresh off a record-setting tournament season in the fall in which it shot a round of 293 (+5) to set a new school record Sept. 21 at the Cortaca Cup. At the time, that score was the fifth lowest across

Division III. With the program's prior record broken, expectations have skyrocketed for this

Spring 2025 season.

The Bombers saw career bests across the board in the fall, with every athlete tallying under 80 strokes at the Cortaca Cup. Sophomore Helena Winterberg reached 1-under 71, junior Annika Michel tallied 74 strokes, first-year student Annelise Stencil recorded 77 and senior Rheanna DeCrow hit 79 (+7).

With five athletes on the roster, the team relies heavily on its two upperclassmen leaders, DeCrow and Michel. Although the duo is graduating, the team is building for the future under their mentorship with a talented set of underclassmen.

Batson said Winterberg's progress has caught his attention. Winterberg carded the fourth eagle in program history Oct. 6, highlighting an impressive individual fall. Led by Winterberg, the trio of underclassmen are primed for further breakout performances.

"I am also excited to see how Helena finishes out her sophomore year as she is having one of the best individual performances in the history of the program [by scoring average]," Batson said via email. "She is averaging 76.89 and Ithaca's record held by Sharon Li '15, National Player of the Year, is 76.20."

Bladen, who is coming off an injury-shortened fall season, said she hopes to be a heavy contributor to the team this spring.

"I've been practicing as much as I can with what my body allows, and

I really want to get back to where I was this summer," Bladen said. "I played really, really well ... over the summer. It was unfortunate that I couldn't play as much as I could in the fall."

During the 2023-24 season, Bladen posted a scoring average of 86.13 points, with her lowest 18-hole score reaching 78 strokes and her lowest 36-hole score sitting at 164 strokes.

Despite the team setting its new program record on its home course, Bladen said that the goal will never change; continuing to improve and measuring each competition week by week.

Stencil is another key contributor to the Bombers' young roster. Going into her first spring season with the team, she said she is eager to get back on the course with her teammates and achieve their goals.

"We're ready to hit the ground running," Stencil said. "We've all been working hard in the simulator and we know what we did in the fall season to make it work."

Stencil said the team uses its simulator during the winter to help them work on their swing and mechanics during the transition period when they cannot make it to the course

SPRING 2024 STATS

TIED FOR SECOND AT THE LIBERTY LEAGUE CHAMPIONSHIPS

SHOT TWO SCHOOL RECORDS IN FALL 2024 IN THE 18- AND 36-HOLE EVENTS, SHOOTING A ROUND OF 293 (+7) AND A TWO-ROUND SCORE OF 623 (+47)

because of the weather. Stencil said two of the team's top performers will graduate at the end of the season, but that the team has built a strong culture for future seasons.

"I look at it as we have a whole new team that is going to be here for a couple more years," Stencil said. "Whatever we do this spring season, we're only going to build off of it next fall and next spring, as well."

The team opens its 2025 slate March 14-19 with its annual spring break trip before returning to the northeast March 29-30 for its first match at Vassar College.

DSCHURTER@ITHACA.EDU



▲ ANNELISE STENCEL
ABBY BLADEN

'28
'27

CORNELL CONCERT SERIES PRESENTS

SONA JOBARTEH

"A GRIOT FOR A NEW GENERATION"

CORNELL CONCERT SERIES

Friday **March 21** 7:30PM
BAILEY HALL • CORNELL UNIVERSITY
TICKETS AT CORNELLCONCERTSERIES.COM

CORNELL CONCERT SERIES PRESENTS

CHIEF ADJUAN

CORNELL CONCERT SERIES

Mid Atlantic Arts

Friday **March 7** 7:30PM
BAILEY HALL • CORNELL UNIVERSITY
TICKETS AT CORNELLCONCERTSERIES.COM

Men's lacrosse navigates Liberty League gauntlet

BY JONATHAN FALCO
STAFF WRITER

After falling short to St. John Fisher University 12-11 for its first match of the season, the men's lacrosse team looks to put that loss and its lackluster 2024 season aside. The Bombers are led for a second year by head coach Tommy Pearce as they hope to bounce back.

In Pearce's first year as a Bombers' coach, the South Hill squad finished with an 8-8 season record and a 1-6 record in the Liberty League. This year, the Bombers will look to flip the switch on the Liberty League and reach the conference tournament for the first time since 2021.

Junior midfielder Sam Baker is one of the many players who had to adjust from an old-school lacrosse scheme to the new one that Pearce brings with him.

"Coach Pearce is very modernized — using six guys to beat the other team," Baker said. "He believes that if somebody scores a goal, everybody on the field scores a goal there."

For Pearce, turning a program around is nothing new to him. He helped revitalize Frostburg State University, leading them to a program record 16 wins in 2015, making them a nationally ranked school. Pearce was also named Capital Athletic Conference Coach of the Year in 2013 and 2015 as a member of the Bobcats.

Pearce then coached at Allegany College to be their inaugural

men's lacrosse coach, where he was their coach for five seasons, four of which games were played. When he started in 2020, his Gators only recorded one win in his first year. In his second season, Pearce gave the program an identity by leading them to eight wins and the opportunity to play in the Presidents' Athletic Conference Tournament.

Senior midfielder Graham Brady said he loves how quickly Pearce

maybe not be as hard on you right away. Now, he's definitely changed that mentality and picked up with his attitude."

Pearce said he aligns his goals with the team's goals, which are to win the competitive Liberty League tournament and earn an automatic bid to the NCAA tournament.

"I like to have our team set their goals, and then I think my job as a coach is to lay out a path so that the guys on the team can achieve the goals they set for themselves," Pearce said. "So I would say that their goals involve putting themselves in a position to be in contention for the NCAA tournament."

The Bombers graduated starting goalkeeper Cole Corrigan, defenseman/long stick midfielder Hunter Wallace, midfielder Derek Stout, goalkeeper Charlie Paras and defenseman/long stick midfielder Aidan Martin. The Bombers also lost now graduate student standout attacker John Sramac because he transferred to Robert Morris University.

The Bombers did lose several players this offseason, but they also returned many familiar faces.

Attacker Charlie Niebuhr returns as a graduate student after suffering an injury late last season. Graduate midfielder Kyle Savery returns to the team after missing the entire 2024 season with a torn ACL. Junior attacker Tim Rogers also returns after breaking his foot in the first spring practice of the

Bombers' 2024 season. After missing his first-year season as a Bomber, sophomore midfielder Ethan Adrid takes the field for the first time.

Pearce recognizes how tough the schedule is, both in and out of conference. He also sees it as an opportunity to build a resume for a team that could contend with the best in Division III. Four Liberty League rivals were four of the best teams in all of Division III lacrosse: Rochester Institute of Technology, which went to the national championship last year, St. Lawrence University, Liberty League winner Rensselaer Polytechnic Institute and Union College.

"There's five teams on our schedule that are preseason top 20 in the country," Pearce said. "St. John Fisher had a really great run last year, Hamilton is getting votes. ... When we play teams with a reasonable bus ride, they happen to be pretty good teams. If we're able to win some tough games, we can display ourselves positively to everybody out there."

As Brady eyes the start of this season, he believes this squad has something to prove to all of Division III lacrosse after struggling to get over the hump these past few years.

"I think with this season, we're coming in with a vengeance from the last couple of seasons," Brady said. "I just want to go out and lead our team to the Liberty League tournament, which is something we haven't done in quite some years and is a big goal of my senior class specifically."

JFALCO@ITHACA.EDU

2024 NOTABLE STATS

8-8 RECORD
1-6 RECORD WITHIN THE LIBERTY LEAGUE
DEFEATED RIVAL SUNY CORTLAND 12-11

connected with his new team.

"It's hard going into a new school with a bunch of random kids you don't know and have never met, especially when none of them are your recruits," Brady said. "In the beginning, he didn't seem like the kind of guy to get really on someone, or



▲ GRAHAM BRADY '25
SAM BAKER '26

Women's lacrosse looks to reach further heights

BY FARRELL HUDSON
STAFF WRITER

Following a thrilling season which saw them go to the NCAA regionals, the women's lacrosse team gets set to embark shortly on its 2025 season, one in which the Bombers enter currently ranked No. 11 by the NCAA IWLCAs Coaches Poll. The Bombers look to expand upon their best season to date in the Liberty League.

It was a dream season for the Bombers in Spring 2024, finishing 10-0 in the Liberty League. They also defeated their longtime

Liberty League nemesis William Smith College Herons twice at Higgins Stadium, putting the finishing touches on a masterful conference slate. The Bombers are 26-37 all-time against the Herons, dating back to April 1973.

The Bombers concluded their 2024 campaign with a 17-9 defeat in the NCAA third round against Pomona-Pitzer College. For the South Hill squad, a chapter was closing, as it was the last time that several impactful seniors would be taking the field.

One of the key factors to the Bombers' success was offense. The trio of All-Americans Caroline Wise '24, Maizy Veitch '24 and Sydney Phillips '24 all placed in the top offensive categories in the Liberty League last season.

Wise finished third in assists per game (1.94) and ninth in points per game (3.78). Veitch finished sixth in the conference in goals per game (2.95), fifth in assists per game (1.75), third in points per game (4.7) and sixth in shots per game (6.2). Phillips finished seventh in the conference in goals per game (2.85) and ninth in shots per game (5.4).

Graduate attacker Chloe Nordyke also returns this season, who registered 81 of her 88 collegiate goals on South Hill in her junior and senior seasons.

A challenge facing the team this season is the departure of goaltender Lexi Held '24.

On South Hill, Held was a force between the pipes, boasting a third-best goals per game average, only surrendering a slim (9.22) per game in 2024, also coming second in the conference in save percentage (50.8) and second in saves per game (9.20).

This year, the Bombers are tasked with navigating between first-year goaltenders Mikaela Dattilo and Jocelyn Cote to see who will emerge in the starters' role.

Despite the loss of multiple high-performing seniors, the Bombers still maintain the same optimism as they did entering the 2024 season.

Junior midfielder Lily Cody, a preseason All-American, said an energized group of underclassmen is a byproduct of the foundation that was laid by the Class of 2024.

"There are so many new players stepping up and the energy has been intense at practice," Cody said. "The graduating class of seniors set the tone at practice last season for what was to be expected."

Cody said the motivation for last year's senior class came from the team's toughest moment: a rejection from the NCAA regional tournament in 2023.

"We learned a lot from them after we had that rough season," Cody said. "They were preaching revenge throughout the course of last winter."

Bombers senior defender Kaitlyn Russell said the Bombers were able to find success last season as a result of their selflessness.

"Last winter, we worked extra hard and made sure our bodies were in shape and ready to compete because we had a lot to give and prove to one another," Russell said.

While players used revenge as their motivator, head coach Karrie Moore, who since her arrival on South Hill in 2015 has guided the team to a 122-39 overall record, said she sees things a little differently.

"The message I preached to our team after 2023 was — it's the same thing as when people complain about the officiating — 'Just win by

more and you won't have to worry,'" Moore said.

That mindset ultimately led the Bombers to the most successful season in program history, as they compiled an 18-2 record in 2024, winning 15 straight games, also capturing their first Liberty League title and reaching the NCAA Division III Regional Third Round.

While looking back on last year is nostalgic, Moore said she wants to make sure that a reputable brand of lacrosse is here to stay.

"I want people to know and feel that it wasn't just one great senior class that we had, this is what our program standard is about," Moore said.

FHUDSON@ITHACA.EDU

2024 NOTABLE STATS

18-2 RECORD
WON THE LIBERTY LEAGUE CHAMPIONSHIP
UNDEFEATED WITHIN THE LIBERTY LEAGUE
ADVANCED TO THE THIRD ROUND OF THE NCAA DIII CHAMPIONSHIP



▲ KAITLYN RUSSELL '25
LILY CODY '26

HOME CALENDAR 2025

LACROSSE

M

W

3 P.M. MARCH 1
WIDENER

1 P.M. MARCH 8
SCRANTON

4 P.M. MARCH 11
HARTWICK

7 P.M. MARCH 19
BROCKPORT

2 P.M. MARCH 22
VASSAR

7 P.M. MARCH 25
HAMILTON

12 P.M. APRIL 5
UNION

12 P.M. APRIL 19
CLARKSON

3 P.M. MARCH 1
CORTLAND

1 P.M. MARCH 15
RIT

4 P.M. MARCH 26
ROCHESTER

4 P.M. APRIL 4
CLARKSON

3 P.M. APRIL 5
ST. LAWRENCE

6 P.M. APRIL 22
HAMILTON

1 P.M. APRIL 26
SKIDMORE

ROWING

M

W

10 A.M. MARCH 29
CAYUGA DUALS

12 P.M. APRIL 5
RIT, MARIETTA, WILLIAMS

9 A.M. MARCH 29
CAYUGA DUALS

10 A.M. APRIL 5
RIT, ROCHESTER

TENNIS

M

W

2 P.M. APRIL 5
UNION

2 P.M. APRIL 6
ST. LAWRENCE

2 P.M. APRIL 26
SKIDMORE

3 P.M. APRIL 27
HOBART

10 A.M. APRIL 5
UNION

10 A.M. APRIL 6
ST. LAWRENCE

11 A.M. APRIL 27
WILLIAM SMITH

SOFTBALL

BASEBALL

1 P.M. / 3 P.M. MARCH 30
ST. JOHN FISHER

3 P.M. / 5 P.M. APRIL 2
GENESEO

1 P.M. / 3 P.M. APRIL 5
UNION

3 P.M. / 5 P.M. APRIL 15
CORNELL

1 P.M. / 3 P.M. APRIL 18
CLARKSON

1 P.M. / 3 P.M. APRIL 19
ST. LAWRENCE

1 P.M. / 3 P.M. APRIL 26
ROCHESTER

1 P.M. / 3 P.M. MAY 3
RIT

3 P.M. MARCH 21
ST. LAWRENCE

12 P.M. / 3:30 P.M. MARCH 22
ST. LAWRENCE

3:30 P.M. APRIL 4
RIT

12 P.M. / 3:30 P.M. APRIL 19
ROCHESTER

4 P.M. APRIL 22
CORTLAND

4 P.M. APRIL 25
HOBART

4 P.M. APRIL 29
BROCKPORT

EDITOR-IN-CHIEF
MANAGING EDITOR
SPORTS EDITOR
SPORTS EDITOR
PHOTO EDITOR
ASST. PHOTO EDITOR
ASST. PHOTO EDITOR
CHIEF COPY EDITOR
PROOFREADER
PROOFREADER
DESIGN EDITOR
DESIGN EDITOR
AD SALES MANAGER
ITHACAN ADVISER

LORIEN TYNE
NOA RAN-RESSLER
DAVID SCHURTER
JACOB INFALD
LUCIA IANDOLO
MEI DENNISON
MARISSA MOSCHELLA
CAROLINE FENNEL
REESE SCHENKEL
CHAYANNE THOMPSON
KAIDEN CHANDLER
OSLENE VANYANBAH
GRACE VANDERVEER
CASEY MUSARRA

COPY EDITORS

GILLIAN FLETCHER
CHARLOTTE LIEBER
LEAH MCLEAN
ISABELLA MCSWEENEY
NATALIE MILLHAM

CHECK OUT OUR PODCAST:
HOW IC SPORTS



ITHACA COLLEGE

EDTECHDAY 2025

THURSDAY, MARCH 20TH | 9 AM TO 3PM CAMPUS CENTER ITHACA COLLEGE



FREE & OPEN TO EVERYONE

Educational Technology Day is an exciting opportunity for people in the upstate New York area to see the latest in computer and communications technologies. Learn how technology is currently being used in education, and see what can be expected in the coming years. This year's Ed Tech Day will feature more than 40 National and Regional Technology Vendors – Including Corning, Dell, and Many Others!

See What's New in Educational Technology with:

- Over 40+ Tech Vendors!
- 50+ seminars, tours, and demonstrations!
- Featured speakers such as...
 - Emily Laird
AI Integration Technologist / Lecturer
 - Jacob VanRyn
NECC (National Esports Collegiate Conference)
 - Armando Nevares Luis
Microsoft
 - FBI
 - NYSERNet



More information and to register visit website
*Ithaca College Community members do not need to register
www.ithaca.edu/edtechday

Individuals with disabilities requiring accommodation should contact us at 607-274-1530 or e-mail edtechday@ithaca.edu as much in advance as possible.