

# HAVEN athletics newsletter



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## Lock Haven University ATHLETICS

*Building Champions*  
**Students, Athletes, Leaders**



In honor of National Student Athlete Day (April 6) and to celebrate the hard work, dedication, and scholarship of the student-athletes who represent Lock Haven University on a daily basis, the LHU Athletics Department's Healthy CHOICES forLife program sponsored the printing of the above poster. The Department of Athletics is proud to promote the positive image our student-athletes portray--academically, athletically, emotionally and socially.

### ▶▶▶ Robson On PSAC's Top Ten List



Following the completion of the Fall semester, Lock Haven cross country junior **Chris Robson** (Lewisberry, Pa.) was selected to the PSAC Fall Top-10.

Robson holds a 3.924 GPA while studying pre-physical therapy. His GPA marks the highest of all fall sport student-athletes at LHU.

This past season, Robson was the top finisher for LHU at the NCAA Championships, taking 44th in 33:08.6. His team-leading sixth-place finish at the East Region championships, a race he finished in 31:50, earned him All-East Region honors. Robson also garnered All-PSAC honors with his 11th place finish in 25:54 at the PSAC Championships. With Robson, the LHU harriers were PSAC champions and East Region runners-up.



The Top-10 Awards, selected by the PSAC's sports information directors, recognize student-athletes who distinguish themselves in the classrooms, as well as in the arena of competition. To be a candidate for the Top-10 Awards, a student-athlete must have achieved a minimum of a 3.25 cumulative grade point average and must be a starter or a key reserve with legitimate athletic credentials.

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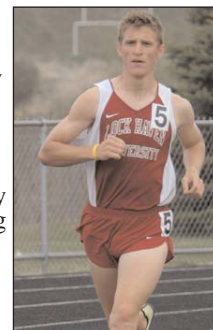
Photos compliments of LHU Sports Information, Bob McCool, Aaron Russell, LHU Public Relations, Eric Smith, Adam Reekie, and Danielle Barney.



### ▶▶▶ Men's Cross Country/Track and Field Maintains Slim CHAMPS Challenge Lead

The men's cross country/track and field teams, who are competing as one team, maintained a slim lead over the women's cross country and track and field teams to continue their dominance of the 2006 CHAMPS Challenge. Most recently, both track and field teams attended the National Day of Hope Ceremony and also held a shoe sale that benefitted the Horizon House, a local homeless shelter.

The CHAMPS Challenge, now in its second year, is a friendly competition between LHU Athletics teams where programs earn points for projects they complete related to community service, personal development, career development and supporting other teams. The competition ties in with the department's involvement in the CHAMPS/Life Skills program.



#### 2005-06 CHAMPS Challenge Current Top Five (as of 4/6/06)

1. M. Cross Country/Track and Field ..1690
2. W. Cross Country/Track and Field ..1640
3. Volleyball ..1500
4. W. Basketball ..1275
5. Lacrosse ..1200

<http://www.lhup.edu/deptofathletics/champslifeskills.htm>

## Winter 2006 Honors & Awards

### Men's Basketball

**(4-23, 2-10 PSAC West)**  
*PSAC Men's Rookie of the Year* - Billy Arre  
*Second Team All-PSAC* - Billy Arre

### Women's Basketball

**(17-9, 5-7 PSAC West)**  
*Second Team All-PSAC* - Ginger Williams  
*Huskies Tip Off Classic All-Tournament Team* - Ginger Williams

### Women's Swimming

**(4-2, 2-2 PSAC)**  
**6TH AT PSAC CHAMPIONSHIPS**  
**#24 RANKED - DIVISION II POWER RANKINGS**  
**COLLEGESWIMMING.COM ALL-ACADEMIC TEAM**  
*All-PSAC* - Diane Sujansky (50 Freestyle)

### Men's Indoor Track & Field

**PSAC CHAMPIONSHIP RUNNER-UP**  
*All-American* - Jim Dempsey (High Jump)  
*NCAA Qualifiers* - Ryan Blood (5000m), Jim Dempsey (High Jump), Paul Martin (60m HH)  
*NCAA East Region Male Track Athlete of the Year* - Ryan Blood  
*PSAC Championships Most Outstanding Male Track Athlete* - Ryan Blood  
*PSAC Men's Track Athlete of the Year* - Ryan Blood  
*PSAC Men's Rookie of the Year* - Paul Martin  
*PSAC Champion* - Ryan Blood (3000m), Paul Martin (55mHH), Shawn Clancy (Pentathlon), Jim Dempsey (High Jump)  
*All-PSAC* - Ryan Blood (3000m, 5000m), Cory Spidell (4x800m), Cristian Pates (4x800m), Ben McConnell (4x800m), Kip Horbal (4x800m), Paul Martin (55mHH, 400m), Ivars Lurups (High Jump)

### Women's Indoor Track & Field

**4TH AT PSAC CHAMPIONSHIPS**  
*NCAA East Region Female Track Athlete of the Year* - Ashley Hartman  
*PSAC Women's Rookie of the Year* - Chelsea Morse  
*PSAC Champion* - Angela Kramer (Pole Vault), Ashley Hartman (200m), Chelsea Morse (High Jump)  
*All-PSAC* - Angela Kramer (Pole Vault), Ashley Hartman (55m, 200m), Maggie Borden (400m), Jen Andrews (Shot Put), Chelsea Morse (High Jump)

### Wrestling

**(6-13, 2-4 EWL)**  
**3RD AT PSAC CHAMPIONSHIPS**  
**6TH AT EWL CHAMPIONSHIPS**  
*National Qualifiers* - Obenson Blanc, Seth Martin, Joshua Medina, Derrick Morgan  
*EWL Champion* - Obenson Blanc  
*PSAC Champion* - Seth Martin  
*All-PSAC* - Seth Martin, Joshua Medina, Obenson Blanc, Carlos Ponce, Derrick Morgan

## ▶▶▶ LADY EAGLE HOOPS REVIVED IN 2006



Bigger, stronger, faster -- the 2006 Lady Eagles took to heart their season's theme of making major improvements. This year fans witnessed an exciting revival of Lady Eagle basketball as Coach Val Curtis' squad broke free of a string of mediocre seasons to post a 17-9 overall record. While the Haven wound up just outside of PSAC Championship play with a 5-7 Western Division mark, its 17 total wins was the fifth-most in school history (tied with 1985-86 team). This year's Lady Eagles also broke new ground in the blocking category, swatting a single-season record 102 shots.

As a team, Lock Haven jump-started its campaign by going 10-2, the best start by a Lady Eagle squad since 1989-90. Individually, several team members added their names into the career records book. Junior forward Shameka Lee took over the career blocks record with 73 over her three years. Teammate Kristy Shaddock is third on that list and Ginger Williams has moved up to fifth. Point guard Elizabeth Gabrielle currently sits in second place in both three point attempts and steals. Rookies Iliia Lopez and Caniece Montague also appeared on the all-time lists following the 2005-06 campaign, Lopez rated second in three pointers per game and steals per game and Montague ranked seventh in steals per game.

Post-season honors went to junior Ginger Williams who earned All-PSAC Second Team honors after averaging 12.2 points and a team-best 8.1 rebounds per game.

#### STAT LEADERS

**Scoring** - Iliia Lopez (Bloomsburg, Pa.) - 12.5 ppg

**Field Goal Percentage** -

Ginger Williams (Pasadena, Md.) - 51.3%

**Three-Pointers** - Iliia Lopez - 35

**Three-Point Field Goal Percentage** - Lauren Kelshaw (Weatherly, Pa.) - 44.1% (15-34)

**Rebounding** - Ginger Williams - 8.1 rpg

**Assists** - Elizabeth Gabrielle (State College, Pa.) - 105 a

**Steals** - Iliia Lopez - 60 st

**Blocks** - Shameka Lee (Washington, D.C.) - 46 bl



[www.havensports.com](http://www.havensports.com)

## ▶▶▶ LADY EAGLE SWIM TEAM ON THE RISE

Under the direction of first-year Head Coach Andy Waeger, this season's Lady Eagle swim team made several strides. In dual meet action, LHU went 4-2 including conference victories against Mansfield and Millersville. The Haven then jumped from ninth to sixth in PSAC championship competition over the year's span, and rewrote a total of 14 records during the season.

Individually, junior Diane Sujansky (Plum, Pa.) picked up her first All-PSAC honor, and the first for a Lady Eagle since the 2003 season, placing third in the 50 Freestyle (24.48) at the conference championship.

Following the season's end, the Lady Eagles earned a 24th-place ranking in CollegeSwimming.com's Division II Power Rankings. Just as strong in the classroom, the Haven continues to be one of the nation's top-ranked programs after again earning All-Academic team recognition.



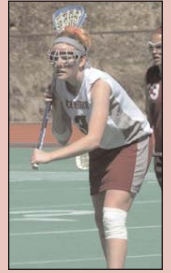
## ▶▶ WOMEN'S TRACK & FIELD FOURTH AT PSAC'S

The up-and-coming Lady Eagle Track and Field team flashed signs of good things to come after a notable 2006 indoor season that included three PSAC champions. The Haven athletes combined for a fourth-place finish at this year's indoor conference championships. Three Lady Eagles outshined the toughest PSAC competition to capture the top spot on the awards stand -- **Angela Kramer (Pottstown, Pa.)** in the pole vault, **Ashley Hartman (Garrett, Pa.)** (pictured) in the 200 meter dash, and **Chelsea Morse (Beaver Dams, Pa.)** in the high jump. Hartman, who also sprinted her way to a runner-up finish in the 55 meters, was selected as the NCAA Division II East Region's Female Track Athlete of the Year, as voted on by the region's coaches. Additionally, Morse collected post-season honors as the PSAC Rookie of the Year.



## Haven Lacrosse Ranked in Preseason Poll

Early in the preseason, Lacrosse Magazine included the Lady Eagle squad in its annual preseason rankings at No. 7 in Division II. Now midway into the season, the Lady Eagles have lived up to expectations. As of April 10, the Haven lacrosse team under fifth-year head coach Kristen Selvage is 9-0 and ranked No. 4 in the most recent IWLCA national poll.



## ▶▶▶ What's New on the Gridiron?

Spring has sprung for the LHU Football team, which kicked off its spring



drills with its annual Hoot 'N' Holler day on April 2. Spring practices culminate with the 2006 Alumni Spring Game, which is slated for Friday, April 28, at 8:30 p.m. under the lights at Hubert Jack Stadium. The following day, the Bald Eagles will host the Dr. Robert Perry Youth Memorial Camp, a free youth football camp put on by LHU players and coaches. Completing the weekend of activities, the Bald Eagles end up at the Clinton Country Club for the annual Alumni Golf Outing. A full schedule and information on the Alumni Spring Game can be located online at [www.havensports.com](http://www.havensports.com).

### SPRING FOOTBALL GAME WEEKEND

- April 28 Alumni Spring Football Game..... 8:30 pm (Hubert Jack Stadium)
- April 28 Post-Game Tailgate..... 10:30 pm (Hubert Jack Stadium)
- April 29 Dr. Robert Perry Youth Memorial Camp..... 8-11:30 am (McCullum Field / rainsite Zimmerli Gymnasium)
- April 29 Alumni Golf Outing..... 1-5 pm (Clinton Country Club)

## Veldhuis Named Outstanding Future Professional

Haven track and field standout **Keith Veldhuis (Thamesford, ONT)** recently earned the Outstanding Future Professional Award for the Pennsylvania State Association for Health, Physical Education, Recreation and Dance (PSAHPERD).



The award is given annually to the top Pennsylvania student in these fields that exhibits professionalism in service and potential as well as academic achievement and service to their university and community.

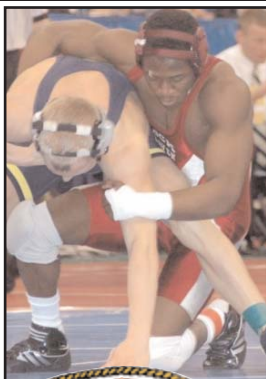
Veldhuis, a former Academic All-American and Pennsylvania State Athletic Conference (PSAC) Top-10 recipient, earned this award for exceptional academic achievement as well as service to Lock Haven University and its surrounding community.

## ▶▶▶ HAVEN WRESTLING SENDS FOUR TO NATIONALS

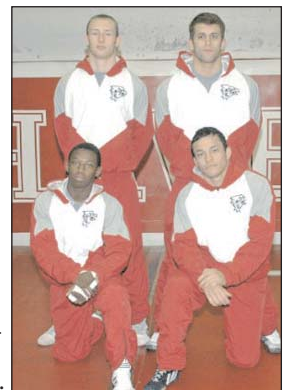
The 2005-06 season of Haven grappling brought a third-place finish at the PSAC meet, a sixth-place showing at the EWL Championships, and culminated with a four-strong Bald Eagle contingent at the national meet.

During the regular season, fourth-year **Head Coach Rocky Bonomo's** troops totaled a 6-13 overall dual meet ledger, including seven matches against top-25 ranked teams. In post-season tournament action, the Haven finished third at the PSAC tournament after 157-pounder **Seth Martin (Selinsgrove, Pa.)** blazed his way to a PSAC title and, in total, five wrestlers earned All-PSAC (top three) honors. In EWL competition, **Obenson Blanc (Naples, Fla.)** outworked his opponents to claim the 125-pound title, and was joined by three others who also earned automatic tickets to the NCAA championships by placing in the top three at their respective weight classes.

The NCAA championship-bound -- tabbed the 'fearsome foursome' -- Obenson Blanc (125 lbs.), **Joshua Medina (Las Vegas, Nev.)** (149 lbs.), Seth Martin (157 lbs.), and **Derrick Morgan (Milan, Pa.)** (184 lbs.) jetted off to Oklahoma City in mid-March for the NCAA Division I national meet. Both Martin and Morgan closed out their seasons after hard-fought losses to top-10 ranked opponents in the first round and subsequent losses in the wrestlebacks. Medina would upset 10th-seeded Daniel Elliot of Gardner Webb in the pigtail round, but then dropped his next two to wrap up his tournament. Blanc also went 1-2 in championship competition, winning his first round match against Michigan's Mike Watts before falling in his next two match-ups.



In its season-ending awards banquet, the LHU Wrestling program honored six of its own: Hildebrandt Award (most team points) - Seth Martin; Hubert Jack Award (coach's award) - Josh Medina; Goldthorpe Award (most outstanding wrestler) - Obenson Blanc; Fredericks Award (academic achievement) - **Matt Fittery (Denver, Pa.)**; Dennis Killion Award (most improved) - Derrick Morgan; Rookie of the Year Award - **Tom Kocher (Lancaster, Pa.)**.



Front: Obenson Blanc, Joshua Medina; Back: Seth Martin, Derrick Morgan

### STAT LEADERS

- Wins - Seth Martin (Selinsgrove, Pa.) - 34 (34-12)
- Pins - Seth Martin - 11
- Major Decisions - Obenson Blanc (Naples, Fla.); Joshua Medina (Las Vegas, Nev.) - Both with 7

## ▶▶▶ YOUTH REIGNS FOR BALD EAGLE HOOPS



The 2005-06 Bald Eagle basketball team had a distinctly young character this season, full of potential for future seasons. Featuring a roster consisting of an even mix of mostly freshmen and juniors, the Haven posted a 4-23 overall ledger. LHU defeated Glenville State on their home floor in the opening contest of the Glenville Orthopedic & Sports Therapy Tournament. A win over Fairmont State over the semester break extended an undefeated streak over the Falcons, and the Haven's victory against California (Pa.) in the final game of the season ended a 32-game skid against the Vulcans.

As a team, the Bald Eagles finished third in the PSAC in assists (15.15 per game), fourth in three-point field goal percentage (36.0%), and fifth in field goal percentage (45.6%). Rookie guard **Billy Arre (Pittsburg, Pa.)** (left) was a regular on the PSAC's Rookie of the Week tab, earning Western Division honors nine of

the 13 weeks along with a Player of the Week nod on one other occasion. At the close of the year, Arre had banked the most points by a freshman in LHU history (490) and was the lone Haven player recognized by the PSAC with Second Team All-PSAC honors.

### STAT LEADERS

Scoring - **Billy Arre (Pittsburgh, Pa.) - 18.1 ppg**  
 Field Goal Percentage - **Ryan Carson (Landisville, Pa.) - 54.1% (20-37)**  
 Three-Pointers - **Michael Dye (Milford, Pa.) - 53**  
 Three-Point Field Goal Percentage - **Billy Arre - 40.3% (27-67)**  
 Rebounding - **Billy Arre - 5.1 rpg / Assists - James Chappell (Coatesville, Pa.) - 106 a**  
 Steals - **Billy Arre - 41 st / Blocks - Billy Arre - 26 bl**



James Chappell>>>

## ▶▶▶ Women's Soccer Nabs Academic Honors

The Lady Eagle soccer program received academic accolades from the National Soccer Coaches Association of America (NSCAA) and adidas, earning a spot on the Team Academic Award list for the 2004-05 school year. The award is given out to any team who has an overall GPA of 3.0 or higher.

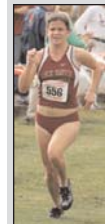


## ▶▶▶ Cross Country Teams Collect All-Academic Awards

Eight members of the LHU men's and women's cross country teams were listed on the United States Track and Field and Cross Country Coaches Association (USTFCCA) Division II All-Academic Team.

Collectively, the Bald Eagles finished in a tie for 23rd in the nation with a combined GPA of 3.25. The Lady Eagles also made the list at 74th, owning a 3.18 team GPA.

Men's harriers honored include: senior **Bill Buckenmeyer (Alexander, N.Y.)**, juniors **Aaron Benson (Mt. Jewett, Pa.)** and **Chris Robson (Lewisberry, Pa.)** as well as sophomores **Greg Davis (Catawissa, Pa.)** and **Shawn Moore (Elverson, Pa.)**. The three Lady Eagle members were: seniors **Holly Bofinger (Warminster, Pa.)** and **Sarah Robertson (Mechanicsburg, Pa.)** and junior **Kathleen Davey (Springfield, Pa.)** (pictured).

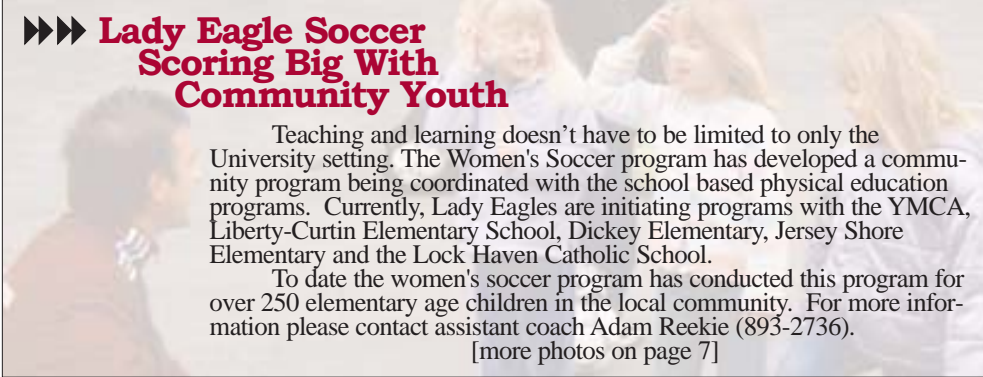


## ▶▶▶ Lady Eagle Soccer Scoring Big With Community Youth

Teaching and learning doesn't have to be limited to only the University setting. The Women's Soccer program has developed a community program being coordinated with the school based physical education programs. Currently, Lady Eagles are initiating programs with the YMCA, Liberty-Curtin Elementary School, Dickey Elementary, Jersey Shore Elementary and the Lock Haven Catholic School.

To date the women's soccer program has conducted this program for over 250 elementary age children in the local community. For more information please contact assistant coach Adam Reekie (893-2736).

[more photos on page 7]



## ▶▶▶ MEN'S INDOOR TRACK STRONG IN '06

Individual sports with team goals always make for an interesting mix of talent and strategy, and the 2006 Bald Eagle indoor track and field team was able to maintain the balance it needed to produce PSAC runner-up honors along with the program's first indoor All-American since the 2000 season. The team portion of the season ended with a second-place finish for the Haven at the PSAC Indoor Championships, which means that the Bald Eagles have never finished lower than second in the five years of the indoor. Individually over the span of the indoor season, 17th year head coach **Mark Elliston's** Bald Eagles put their mark on six individual school records, including one which toppled a long-standing PSAC record.

Junior **Jim Dempsey (Blue Bell, Pa.)** took the "high" road to nationals, clearing a height of 7'1" at the New Balance Games to snap the LHU high jump record as well as a 22-year old PSAC record. While the ink was still fresh, he would better that mark the following week, jumping 7'1-3/4" at the Kent

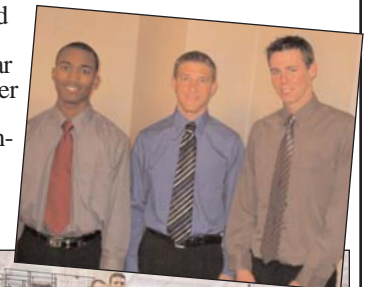


Above: All-American Jim Dempsey clears the bar; Right: NCAA qualifiers Paul Martin, Ryan Blood, and Jim Dempsey; PSAC Runners-up

State Tune Up. Dempsey captured his second-straight PSAC Indoor high jump title before going on to finish sixth at the NCAA Championships in Boston, Mass., to claim All-America honors. His All-America certificate ended a six-year drought for LHU men's indoor athletes at the indoor championships (the last one by Rob Mortensen, who placed 6th in the mile in 2000).

Joining Dempsey at the NCAA Championships were freshman **Paul Martin (Pickering, ONT)** and junior **Ryan Blood (Summerdale, Pa.)**. PSAC Rookie of the Year and conference 55 meter hurdle champion, Martin broke the school's 55 meter hurdle record (7.59) along with the 60 meter hurdle mark (8.35). He advanced to nationals in the 60 meter hurdles, finishing 11th overall. In PSAC championship action, Blood took home the conference 3000 meter title as well as the championship's Outstanding Male Track Athlete honors. He earned his trip to Boston in the 5000 meter run, though he would end up being unable to finish the race. Following the season he received both PSAC and Region Male Track Athlete of the Year awards.

Other school record-setting performances included junior **Fieldon Daubert (Anville, Pa.)**, who upped the record in the weight throw with a heave of 51'2-3/4". Junior **Shawn Clancy (Hornell, N.Y.)** set a new mark in the indoor pentathlon (4617 points) while also continuing on to win the PSAC title in the same event. Sophomore **Cory Spidell (Home, Pa.)** now owns the 600 meter record (1:27.34).





▶▶▶ **LHU Camps & Clinics**  
 For a full listing of LHU Athletics camps and clinics, as well as other camps and clinics hosted by LHU, view the website at:

[www.lhup.edu/camps](http://www.lhup.edu/camps)

**UPCOMING LHU ATHLETICS CLINICS:**

**Haven Swim School.....April 22, April 29, May 6**  
 LHU Lady Eagle Swim Team will be conducting swim clinics on April 22, April 29, and May 6 at the Zimmerli Pool. Clinics are open to competitive swimmers for all ages from 7 years and up. Offers six clinics a day (free, back, breast, fly, turns, starts), each running 35 minutes followed by a 10 minute intermission. Any questions, contact Andy Waeger at (570) 893-2820 or [awaeger@lhup.edu](mailto:awaeger@lhup.edu).

**Dr. Robert Perry Memorial Youth Football Camp..April 29**  
 Free youth football clinic for players ages 7-12 at McCollum Field (rainsite Zimmerli Gym). This clinic will offer youth the chance to interact with players from the team and learn the fundamentals of the game. Staff and players from the football program will share basic skills and drills showing the correct way to play on offense, defense and special teams. Youth will be able to play and work on offensive and defensive positions throughout the day. Any further questions should be directed to Anthony Naples at (570) 893-2159 or by e-mail at [anaples@lhup.edu](mailto:anaples@lhup.edu).

[www.havensports.com](http://www.havensports.com)

▶▶▶ **Championship Travel** 

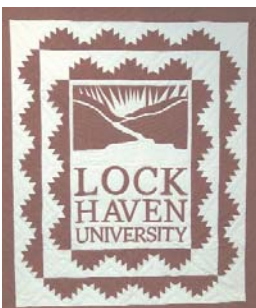


Lock Haven is known for its small university environment, but when it comes to showing support for the athletics teams, the Haven is still able to generate a crowd. Family, friends, and a number of faithful track and field alums joined the

LHU qualifiers at the NCAA Division II Indoor Championships in Boston, Mass. (top). Wrestling fans, families, and alum flocked to Oklahoma to catch the Bald Eagle grapplers in action at the NCAA Division I Wrestling Championships, where Director of Athletic Development Troy Miller helped host a reception after action one evening (below).



**TEAM FUNDRAISING PROJECTS**



**LHU LACROSSE QUILT SALE**

The Lock Haven University Women's Lacrosse Team is sponsoring a quilt sale. All quilts are handmade and can be purchased in twin, queen, and king sizes. Please contact head coach Kristen Selvage by phone or by email if you are interested in purchasing a quilt that will support women's lacrosse scholarships. Coach Selvage can be reached in the office at 570-893-2571 or via email at [kgeissle@lhup.edu](mailto:kgeissle@lhup.edu) or [kselvage@lhup.edu](mailto:kselvage@lhup.edu).



▶▶▶ **LHU Athletics Celebrates 'A Taste of Lock Haven'**

Designed to kick-off the new *Crimson & White Athletics Club*, the Lock Haven Athletics Department served up an exciting evening combining great local restaurants, LHU student-athletes, and the LHU and Lock Haven community when it hosted A Taste of Lock Haven on February 9.

The all-you-can-eat set-up welcomed over 300 guests to sample the fare of Lock Haven restaurants and socialize with LHU student-athletes. The LHU Bookstore, Downtown Lock Haven, Inc., and Lock Haven Athletics each donated gift baskets given away to lucky winners, while the crowd was entertained by the music of LHU student Jason Barry and an LHU Bookstore fashion show. Throughout the course of the evening, several guest speakers also

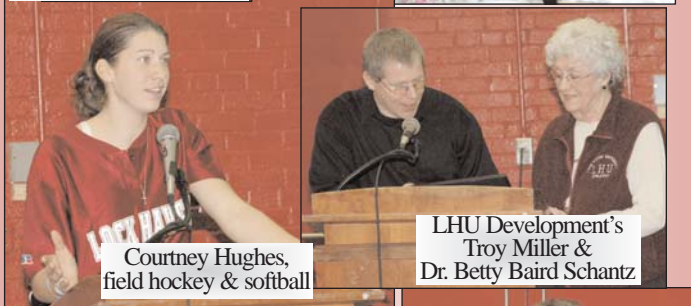
took the podium, including Dr. Betty Baird Schantz, Bob Rolley from The Express, and student-athletes Courtney Hughes (field hockey,



Musician, Jason Barry



Professor Judy Elliott and J.J. in the LHU Bookstore fashion show

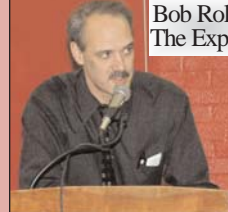
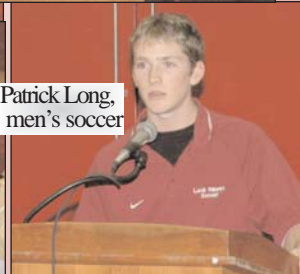


Courtney Hughes, field hockey & softball

LHU Development's Troy Miller & Dr. Betty Baird Schantz



Patrick Long, men's soccer



Bob Rolley, The Express



## Introducing the Crimson & White Athletics Club



The *Crimson & White Athletics Club* is committed to Lock Haven's 18-sport varsity program and serves as a booster club to generate school spirit, increase attendance at sporting events, raise money for the department athletics programs, and build overall enthusiasm for Lock Haven University.

Through contributions to the annual athletic fund, donors are automatically enrolled as members of the *Crimson & White Athletics Club*, a status that entitles them to receive membership benefits corresponding to their donation level. *Crimson & White Athletics Club* members are alumni/ae, former student-athletes, and fans who believe a strong intercollegiate athletic program can enhance individual character and University spirit, as well as increase Lock Haven's national visibility.

### Why join?

1. To belong to the *Crimson & White Athletics Club* is an investment in the youth of America and supports one of Lock Haven University's most visible endeavors.
2. A strong, winning athletic program brings pride to everyone associated with Lock Haven, builds school spirit, and focuses national attention on Lock Haven University
3. It is fun to belong to the *Crimson & White Athletics Club*, attend games, and follow Lock Haven's teams.

### Why does Lock Haven Athletics need my support?

Lock Haven has many wonderful stories to tell of academic and athletic success for its letter winners. The opportunity to attend college, get a college degree, and play college sports is the dream of many young people. Providing these opportunities for young people is expensive. Very few athletics programs are operated strictly on university money. Lock Haven is no different. Therefore, private support is crucial if Lock Haven is to develop and grow a successful athletic program and provide opportunities for young people to reach their dreams.

<http://www.lhup.edu/foundation/AthleticDEV.htm>



## ▶▶▶ Wrestling Recruits



The Lock Haven University wrestling program recently received recognition for its efforts in recruiting. This year's recruiting class of fourth-year head coach Rocky Bonomo's staff picked up a No. 19-ranking among all Division I programs in the annual W.I.N. Magazine poll.

## LHU Athletics Tuition Raffle



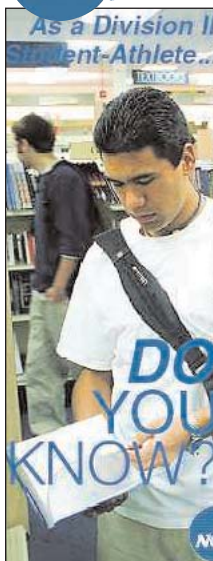
LHU Athletics is happy to announce that the grand prize winner of the 2005 Winter Tuition Raffle was Dr. Cindy Allen, a professor in the Health and Physical Education Department. We were able to convince our hard-working Director of Athletic Development Troy Miller to take a moment out of his busy schedule to give us a hand in presenting Dr. Allen with her check (above).

With the Winter 2005 Tuition Raffle declared a success, the Lock Haven Department of Athletics is now hard at work preparing for the upcoming Summer 2006 Tuition Raffle. Be sure to watch for the arrival of the new brochure and tickets in the next few months!

*"I value the athletics programs and I respect the hardworking student-athletes as well as those students involved in extracurricular activities across campus. Any time faculty and staff can support the University athletics programs and student organizations, it proves to be a great opportunity and benefit to those particular groups. I encourage faculty and staff to contribute and support those programs."*-Dr. Cindy Allen



## ▶▶▶ Compliance Corner... Student-Athlete Advisory Committee



1. What a "redshirt" season really is?
  2. Who your school's Student-Athlete Advisory Committee (SAAC) chair or president is?
  3. That there are people besides your coaches that can help you as a student-athlete?
  4. How to find out what it takes to stay academically eligible for athletics?
  5. That each institution in the NCAA is represented by a student-athlete on the national SAAC?
  6. That the NCAA national office can provide explanations of rules if you just ask?
  7. There are rules regarding permissible practice and playing time?
  8. How long you can actually participate in collegiate athletics?
  9. How athletic grants and scholarships are distributed?
  10. That the NCAA has a program to help student-athletes with life skills outside of athletics?
- For the answers to these and other important student-athlete related questions, visit your campus compliance coordinator or go to [www.ncaa.org/d2saac](http://www.ncaa.org/d2saac)

A student-athlete advisory committee (SAAC) is a committee made up of student-athletes assembled to provide insight on their experience. The SAAC also offers input on the rules, regulations and policies that affect student-athletes' lives on NCAA member institution campuses.

NCAA legislation mandates that all member institutions have SAACs on their respective campuses. Further, NCAA legislation also requires that all member conferences (in LHU's case the Pennsylvania State Athletic Conference) as well as each of the three national divisions (I, II, and III) have SAACs.

There are several functions of campus SAACs, including: the promotion of communication between athletics administration and student-athletes, a means to disseminate information, a way to provide feedback and insight into athletics department issues, and a vehicle for building a sense of community within the athletics program involving all athletics teams.

This year's LHU SAAC has been active in several endeavors, including a charitable donation from all the student-athletes to the Salvation Army during the holidays, another successful spare change drive (this year termed as "Penny Wars") that raised almost \$800 for the Make-A-Wish Foundation, and the printing of a student-athlete poster that works to promote a positive student-athlete image around campus.

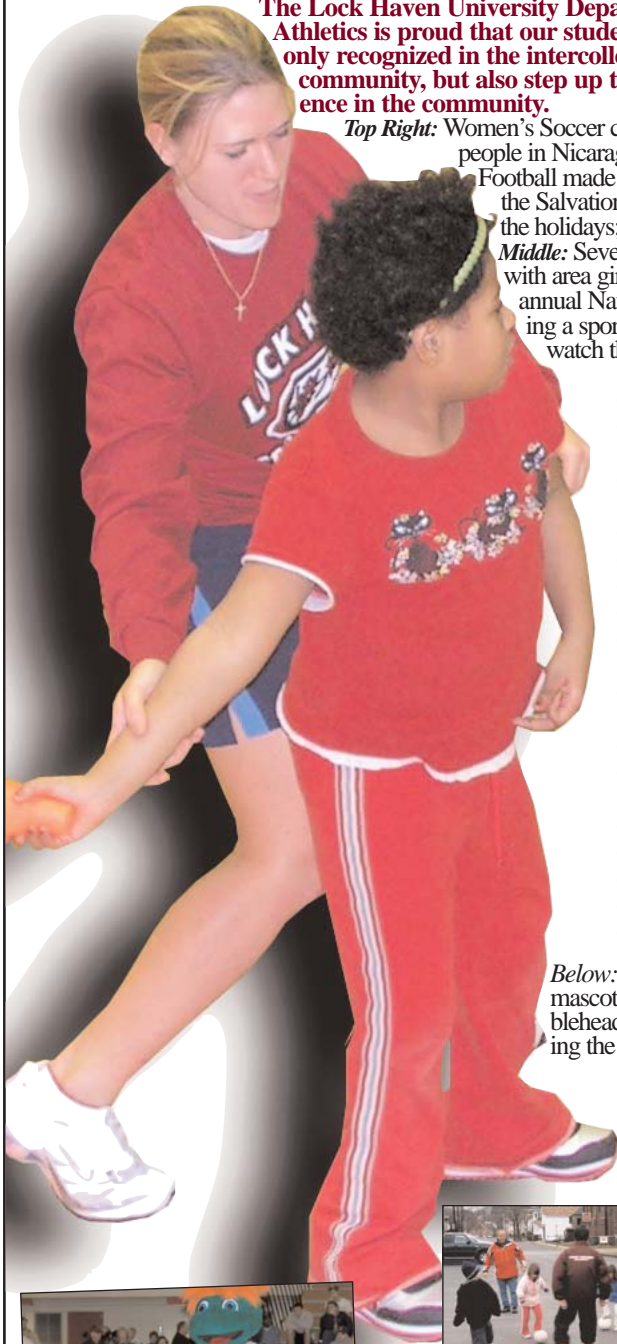
Additional plans for this semester include the second annual Power Hours event, an alcohol-free evening open to all LHU students filled with games, food, and the chance to interact with others on campus.

**\*\*If you have questions regarding this or any compliance related issue, please contact Lock Haven University Director of Athletics Sharon E. Taylor at (570) 893-2102.\*\***

www.havensports.com

## REACHING OUT IN 2005-06

The Lock Haven University Department of Athletics is proud that our student-athletes are not only recognized in the intercollegiate athletics community, but also step up to make a difference in the community.



*Top Right:* Women's Soccer collected shoes for people in Nicaragua; *Middle Right:* Football made a food donation to the Salvation Army just before the holidays; *Bottom Right & Middle:* Several teams worked with area girls during LHU's annual National Girls and Women in Sport Day, providing a sports clinic prior to a pizza party and the chance to watch the Lady Eagle basketball team in action.



- Communities That Care **MEN'S BASKETBALL**
- National Girls and Women in Sport Day **FIELD HOCKEY, WOMEN'S TRACK & FIELD, VOLLEYBALL, WOMEN'S SOCCER**
- Hurricane Katrina Donations **SWIMMING, LACROSSE, SOFTBALL, WOMEN'S BASKETBALL**
- Run-A-Thon for The Second Mile **MEN'S & WOMEN'S CROSS COUNTRY**
- Glennon Road Clean-Up **WRESTLING**
- Monetary Donation to Salvation Army **ALL TEAMS**
- Volunteers at Flemington Halloween Festival **BASEBALL**
- Sneaker Sale (benefits local child battling cancer) **MEN'S AND WOMEN'S TRACK AND FIELD**
- LHU Homecoming 5K and Kids Fun Run **MEN'S & WOMEN'S TRACK & FIELD**
- Volunteering at the Megatransect **WRESTLING**
- Volunteering at the Flemington Hi-Neighbor Festival **LACROSSE, WOMEN'S BASKETBALL**
- Holiday Food Drive for Salvation Army **FOOTBALL**
- Reading in Elementary Schools **MEN'S SOCCER, FIELD HOCKEY**
- Soles for Souls (Shoes for Nicaraguan hospital) **WOMEN'S SOCCER**
- LHU Soccer in the Community (outreach program) **WOMEN'S SOCCER**
- J.J. Jumper (NCAA Basketball mascot) Assistance **VOLLEYBALL**

*Below: (left corner)* LHU basketball welcomed NCAA Basketball mascot J.J. Jumper along with several youth organizations to a doubleheader; *(top middle)* Haven soccer assistant Adam Reekie teaching the sport to Lock Haven elementary school children



# LOCK HAVEN UNIVERSITY SPRING SPORTS

## Schedules

### BASEBALL

#### FEBRUARY

24-26 at Builder Baseball Invitational (Norfolk, Va.)  
 24 v. Bloomsburg University L, 7-13  
 24 v. East Stroudsburg University L, 4-11  
 25 v. #20 Kutztown University L, 1-6  
 25 at Apprentice School L, 2-9  
 26 v. Bloomsburg University W, 7-4

#### MARCH

3 at Apprentice School% L, 4-2 / L, 8-9.  
 4 at Elizabeth City St. Univ% W, 9-4, W, 9-1  
 5 at Apprentice School W, 14-5  
 11-18 at Gene Cusic Collegiate Classic (Ft. Myers, Fla.)  
 11 v. St. Anselm College% W, 2-1/L, 6-7  
 12 v. Southwest Minnesota State%L, 3-4/W, 9-4  
 14 v. West Chester University L, 2-9  
 15 v. Millersville University L, 5-7  
 17 v. Univ. of Minnesota-Duluth%L, 5-14/L, 1-8  
 18 v. Southern New Hampshire% L, 2-5/L, 0-3  
 25 **E. STROUDSBURG%** L, 5-7/W, 3-2  
 31 **#36 SLIPPERY ROCK\*%** L, 6-9/W, 3-2

#### APRIL

1 at #36 Slippy Rock\*% L, 0-4/L, 3-7  
 4 **#37 MANSFIELD %** L, 4-11/L, 3-8  
 7 **CLARION UNIV.\*%** W, 2-1/L, 2-8  
 8 at Clarion University\*% L, 6-8/L, 3-6  
 12 at East Stroudsburg University% 1 p.m.  
 14 **#29 SHIPPENSBURG UNIV.\*%** 1 p.m.  
 15 at #29 Shippensburg University\*% 1 p.m.  
 17 at Millersville University%^ 1 p.m.  
 21 at California University (Pa.)\*% 1 p.m.  
 22 **CALIFORNIA (Pa.)\*%** 1 p.m.  
 25 **BLOOMSBURG UNIVERSITY%1 p.m.**  
 28 **IUP\*%** 1 p.m.  
 29 at IUP\*% 1 p.m.

#### MAY

4-6 PSAC Championships TBA

%7-inning Double Headers

^Game played at Clipper Magazine Stadium home of the Lancaster Barnstormers

\*PSAC West contest

BOLD CAPS indicate home contest (Foundation Field)

Rankings from American Baseball Coaches

Association/Collegiate Baseball magazine Poll

### #7 SOFTBALL

#### FEBRUARY

24 at Barton College W, 4-0/W, 3-0  
 25 at Catawba College W, 13-2/W, 18-1  
 26 at Lenoir-Rhyne College W, 4-1/L, 1-2

#### MARCH

14-20 at Rebel Spring Games (Orlando)  
 14 v. SW Minnesota State Univ. W, 2-1  
 14 v. American International W, 2-0  
 15 v. Univ. of Minnesota-Duluth L, 2-3  
 15 v. W.V. Wesleyan W, 5-0  
 16 v. Adelphi University W, 3-0  
 16 v. Wayne State College W, 1-0  
 18 v. Tiffin University W, 3-1  
 18 v. Minnesota State-Mankato L, 2-7  
 19 v. #16 Caldwell College W, 6-0  
 19 v. Southern New Hampshire W, 6-0  
 20 v. Southern New Hampshire W, 10-0  
 20 v. Eckerd College W, 2-0  
 25 **WEST CHESTER** W, 3-0/W, 8-0  
 28 **E. STROUDSBURG** W, 7-1/W, 3-0  
 31 **SLIPPERY ROCK\*** W, 10-2/W, 4-0

#### APRIL

1 **CALIFORNIA (PA.)\*** W, 3-2/W, 5-3  
 5 at Millersville University W, 5-0/W, 9-1  
 7 **CLARION UNIV.\*** W, 11-0/W, 19-0  
 8 at Indiana (Pa.)\* W, 10-0/W, 8-0  
 14 **EDINBORO UNIV.\*** 2:30 p.m.  
 15 at Slippery Rock University\* 1 p.m.  
 17 **KUTZTOWN UNIV.** 2:30 p.m.  
 18 at Mansfield University 2:30 p.m.  
 21 at California University (Pa.)\* 5 p.m.  
 22 at Edinboro University\* 1 p.m.  
 28 Indiana (Pa.)\* 2:30 p.m.  
 29 at Clarion University\* 1 p.m.

#### MAY

4-6 at PSAC Championships (West top seed)  
 11-13 at NCAA Mid-Atlantic Regional  
 18-20 at NCAA College World Series (Salem, Va.)

\*PSAC West contest

BOLD CAPS indicate home contest (Lawrence Field)

### OUTDOOR TRACK & FIELD

#### MARCH

25-26 at Fred Hardy Invitational (Richmond, Va.) (Indiv. Results)  
 1 at Maryland Open (University of Maryland) (Indiv. Results)

#### APRIL

8 **PSAC EAST CHALLENGE** (no tm score)  
 14 at Bucknell Dec/Hep and Distance Carnival 4 p.m.  
 15 at Bucknell Open 9 a.m.  
 21 Bald Eagle Invite (High School) 11 a.m.  
 22 at Bucknell Five-Way 11 a.m.  
 27-29 at Penn Relays 11 a.m.  
 30 **LHU QUALIFIER** 10 a.m.

#### MAY

4-6 at PSAC Championships (California University (Pa.)) TBA  
 13 at NCAA Last Chance TBA  
 25-27 at NCAA Championships TBA

BOLD CAPS indicate home contest (Hubert Jack Stadium)

### #4 LACROSSE

#### MARCH

17 v. Merrimack Collge (Hilton Head, S.C.) W, 21-12  
 19 v. #6 Limestone College (St. Paul's High School, Baltimore) W, 9-8  
 23 at #3 West Chester University\* W, 13-11  
 26 **#7 GANNON UNIVERSITY** W, 12-10  
 28 **MILLERSVILLE UNIV.\*** W, 13-7  
 31 at Shippensburg University\* W, 15-13

#### APRIL


5 at Mercyhurst University W, 14-5  
 8 **INDIANA UNIVERSITY\*** W, 19-10  
 10 at East Stroudsburg\* W, 22-7  
 13 **#3 WEST CHESTER UNIV.\*** 4 p.m.  
 15 at Millersville University\* 1 p.m.  
 19 **SHIPPENSBURG UNIV.\*** 4 p.m.  
 22 at Bloomsburg University\* 1 p.m.  
 23 **#10 PHILADELPHIA UNIV.** 2 p.m.  
 25 **BLOOMSBURG UNIV.\*** 3 p.m.  
 27 at Indiana University\* 4 p.m.  
 29 **E. STROUDSBURG UNIV.\*** 1 p.m.

#### MAY

5 at PSAC Semifinal TBA  
 6 at PSAC Championship TBA  
 13 at NCAA Division II Semifinal @ Benedictine University TBA  
 14 at NCAA Division II Championship @ Benedictine University TBA

\*PSAC contest

BOLD CAPS indicates home contest (Charlotte Smith Field)



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