

HAVEN athletics newsletter



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>> STUDENTS, ATHLETES, LEADERS...

Several LHU student-athletes were selected to represent the Haven at NCAA leadership conferences. Junior women's basketball/softball student-athlete **Ilia Lopez (Bloomsburg, Pa.)** and sophomore track and field standout **Chris Edelman (Elverson, Pa.)** joined **Carol Lugg**, Assistant to the Director of Athletics for Facilities and Event Management, at the NCAA Regional Action Academy in February. Later in the semester, junior track and field student-athlete **JaKia Gumby (Middletown, Pa.)** flew to Florida for the national NCAA Student Development Conference. Men's Basketball

head coach John Wilson, Jr., also got a chance to attend the development conference as an observer. Both conferences afforded the Bald and Lady Eagle student-athletes the opportunity to examine their own leadership skills, how they can be a leader on campus and within their student-athlete group, and to make many connections with student-athletes, administrators, and coaches from other institutions.



▶▶▶▶ 3rd Annual 'A Taste of Lock Haven' Welcomes Community Back to Thomas Fieldhouse

LHU Athletics welcomed the Lock Haven community to Thomas Fieldhouse for the third-annual 'A Taste of Lock Haven' in February -- this time going with a Valentine's Day theme complete with a Kiss-The-Eagle Booth! The combination of great local food, a magician, local musicians, and the opportunity to mingle with student-athletes once again packed the fieldhouse and made for a great evening for all involved.



▶▶▶▶ LHU Athletics Wins Diversity in Athletics Award

Lock Haven University was recently honored for its overall excellence in diversity as one of 14 Division II schools receiving the Texas A&M Laboratory for Diversity in Sport and NCAA Diversity in Athletics Award. To receive the award, departments are scored in the following areas: diversity strategy, gender diversity of department employees, racial diversity of department employees, value and attitudinal (values, attitudes, and personality) diversity of department employees, graduation of African American male student athletes, graduation of African American female student athletes, and Gender Equity compliance (substantial proportionality).

In the official NCAA news release, Charlotte Westerhaus, vice president for NCAA diversity and inclusion, commented, "...many NCAA colleges and universities openly embrace the benefits of having a diverse workforce and a diverse student-athlete body that achieves high standards in academics. The Diversity in Athletics Awards not only provide visibility for member schools with good practices, but also create dialogue that focuses on the essential need for diversity and inclusion in athletics and higher education as a whole."



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Photos compliments of LHU Sports Information, LHU Athletics, Bob McCool, Tammy Rich, LHU Track & Field, Andrew Waeger, and Danielle Barney. Releases by members of the Sports Information staff also found on www.havensports.com.

Winter 2008 Honors & Awards

Men's Basketball

(2-24, 2-10 PSAC West)
First Team All-PSAC - Billy Arre

Women's Basketball

(7-19, 2-10 PSAC West)

Swimming

(5-3, 5-3 PSAC)

9TH AT PSAC CHAMPIONSHIP

NCAA Division II All-America - Amanda Terray (3rd in 200 backstroke; 6th in 100 backstroke)

PSAC Rookie of the Year - Amanda Terray

PSAC Champion - Amanda Terray (200 backstroke)

All-PSAC - Amanda Terray (200, 100 backstroke)

Men's Indoor Track & Field

6TH AT PSAC CHAMPIONSHIP

NCAA Division II Championships Participant - Paul Martin (60m hurdles)

*PSAC Champion - 4x800m relay (Justin Amy, Brandon Pomerantz, Cory Spidell, Ben McConnell)**

All-PSAC (top three) - 4x800m relay, Randy Sylvia (weight throw), Paul Martin (400m, 55m hurdles, high jump), Ivars Lurops (high jump), Ben McConnell (800m), Brandon Pomerantz (mile)

**PSAC All-Time and PSAC Championship record*

Women's Indoor Track & Field

3RD AT PSAC CHAMPIONSHIP

NCAA Division II All-American - Chelsea Morse (2nd in high jump)

NCAA Division II Championships Participants -

Chelsea Morse (high jump), Shala Simms (800m)

PSAC Champion - Amanda Reinmiller (pentathlon), JaKia Gumby (shot put)

All-PSAC (top three) - Amanda Reinmiller (pentathlon),

JaKia Gumby (shot put), Chelsea Morse (high jump, long jump), Jen Andrews (shot put, weight throw).

Wrestling

(9-8, 2-4 EWL)

5TH AT EWL CHAMPIONSHIP

4TH AT PSAC CHAMPIONSHIP

NCAA Division I Tournament Qualifiers - Billy Ashnault (133 lbs), Matt Fittery (149 lbs), Ben Hepburn (197 lbs)

EWL Runner-Up - Billy Ashnault (133 lbs), Ben Hepburn (197 lbs)

All-PSAC (top three) - Matt Fittery (149 lbs), Landis Wright (165 lbs), Ben Hepburn (197 lbs), Tom Kocher (174 lbs), John Trumbetti (125 lbs).

>> SWIMMING CROWNS FIRST NCAA ALL-AMERICAN, PSAC CHAMPION

The Lady Eagle swimmers thrived in 2008 under the watchful eye of third-year head coach Andy Waeger. The squad posted a 5-3 dual meet record and finished ninth overall at the PSAC Championships. Throughout the course of the season, the Lady Eagles posted 11 all-time top-five performances along with a pair of Haven records in the 100 and 200 backstroke rewritten by trendsetter and PSAC Women's Swimming Rookie of the Year **Amanda Terray (Coaldale, Pa.)**.

Regular season dual meet victories came against conference opponents Slippery Rock, Mansfield (twice), Millersville, and East Stroudsburg. Once at the PSAC Championship meet, LHU swimmers competing set multiple career-best marks along with five of the top-five performances ever recorded at the Haven. Terray made history as the first PSAC champion, dominating the 200 backstroke with a time of 2:04.27 in the finals. **Amanda Palmer (Exton, Pa.)** was 11th in the 200 butterfly, and the 400 freestyle relay was also 11th place overall.

On the basis of four NCAA qualifying times, the Haven's Terray made the school's first-ever trek to the NCAA Championships held in Columbia, Missouri. At the national meet, she carved out another spot in the Haven history books with two All-America awards, the first NCAA All-America honors for a Lock Haven swimmer. Terray made her way to the awards stand for a third-place finish in the 200 backstroke and a sixth-place finish in the 100 backstroke.



All-American Amanda Terray



>>> LADY EAGLE BASKETBALL WELCOMES BACK ALUMNAE

New Lady Eagle Head Coach Jennifer Smith, along with President Keith T. Miller, Director of Athletics Sharon E. Taylor, and Director of Athletic Development Troy Miller, welcomed back women's basketball alumnae this past winter to take in a game and join the current Lady Eagles in a post-game reception.



<< Haven promotions & event management held a 'Basketball Rodeo' during two basketball doubleheaders this year, giving young cowboys and cowgirls the chance to show off their skills in rodeo-type contests!

>> HAVEN TRACKSTERS TAKE TWO TO NATIONALS



Morse is National Runner-Up in the High Jump

The strides taken by the Lock Haven indoor track and field team under head coaches **Heather Leverington** and **Aaron Russell** are impressive. This season, Lady Eagle track and field yielded an NCAA runner-up, a pair of national qualifiers, two PSAC champions, and a third-place team

finish at the PSAC Championship.

The Haven's **Chelsea Morse** provided the strongest highlight of the NCAA meet, representing the Lady Eagles on the awards podium as the national high jump runner-up. Coming into the meet, Morse's mark of 5'9-1/4" ranked her second in the field. At nationals in Mankato, Minnesota, she cleared a height of 5'7", out-jumping almost all of the competition to tie for second. Junior **Shala Simms** also made the trip, competing in the 800 meters, an event that she set the school-record time in with a 2:15.90.

As a team, the Lady Eagles claimed third in the conference at the indoor championship meet. That performance was headlined by the talents of **Amanda Reinmiller**, who captured her first PSAC pentathlon title, and **JaKia Gumby**, who won the shot put title (photo above). Reinmiller totaled 3380 points in the pentathlon to win the title by 36 points, and Gumby's throw of 42-08.26 meters in the shot put was the second-best throw in Haven history.

Others posting All-PSAC (top three) honors include Morse in the high jump and long jump and **Jen Andrews** in the shot put and weight throw.



The Haven's NCAA Qualifiers (l-r): Paul Martin, Shala Simms, Chelsea Morse

>> BALD EAGLE TRACK & FIELD BREAKING RECORDS

The Haven indoor men's track and field team found itself mired in a sea of injuries this season, yet was able to garner a sixth-place finish at the PSAC Indoor Championship, including a top placing by the 4x800 meter relay squad. Hurdle specialist **Paul Martin** kept the Haven on the national scene, making his third appearance at the NCAA Championships.



Martin made his third straight appearance at the indoor championships in the 60 meter hurdles. The school-record holder in the event, Martin earned an 11th place finish at nationals, just missing the finals, but bettering his own school record time with a new mark of 8.18 seconds.

The Haven's 4x800 meter relay of freshman **Justin Amy**, sophomore **Brandon Pomerantz**, senior **Cory Spidell**, and junior **Ben McConnell**, grabbed the PSAC title in record fashion. The quartet shattered PSAC all-time and championship records in the event with a combined time of 7:47.29.

In addition to Martin and the relay, other Bald Eagles earning All-PSAC (top three) honors included **Randy Sylvia** in the weight throw, who also posted an NCAA provisionally qualifying mark in the event. McConnell also took top-three honors in the 800 meters, Pomerantz in the mile, Martin in the 400 meters and high jump along with the 55 meter hurdles, and **Ivars Luropis** in the high jump.

>> HAVEN WRESTLING ON THE MOVE



Above: NCAA Division I qualifiers (l-r) Ben Hepburn, Billy Ashnault, and Matt Fittery;

Below: Ben Hepburn; Right: Matt Fittery

Just like their brand new lockerroom and wrestling room upgrades, Lock Haven wrestling continues to make strides in its competitiveness and success on the mat, in the classroom, and in the community. This season, the Bald Eagles under head coach **Rocky Bonomo** posted a winning record of 9-8 in dual meet competition including a fifth-place finish at the EWL championships. Individually, a trio of Haven Boyz advanced to the NCAA Division I National Championship in St. Louis, Mo., the 22nd straight season that three or more LHU grapplers made it to the championship meet.

Lock Haven opened up competition with a 6-3 dual meet ledger and a fourth place at the PSAC tournament prior to the start of the always challenging EWL schedule. The Haven went 2-4 in league duals action as the squad approached the post-season qualifying EWL championship meet. There, LHU put two individuals into the finals, as freshman **Billy Ashnault** (133 lbs.) and junior **Ben Hepburn** (197 lbs.) each wound up as the EWL runners-up and earned an automatic ticket to the NCAA tourney. At 149 pounds, junior **Matt Fittery** joined Ashnault and Hepburn with a wild card bid after placing fourth at EWLs, scoring his second career trip to the national tournament. Fittery and Hepburn went 1-2 in championship action, while Ashnault completed competition at 0-2 on the national stage.

Off the mats, the Haven's Matt Fittery was recognized by the PSAC as a Top Ten Award winner, given to only 10 student-athletes in the conference each season on the basis of both athletic and academic merit.

TEAM RECORD: 9-8, 2-4 EWL

STAT LEADERS

- Wins** - Matt Fittery (Denver, PA) - 23 wins
- Major Decisions** - Fittery - 9 md
- Falls** - Daniel Craig (Paw Paw, MI) - 6
- Fastest Pin** - Craig - 16 seconds



>> LADY EAGLE HOOPS OPENS NEW ERA



Lauren Kelshaw

The run-the-court, hard-nosed style of play of this year's Lady Eagle cagers marked a noticeable shift in the Haven's usual game plan, mainly due to the arrival of new **head coach Jennifer Smith**. Unrelenting defense, including 11.8 steals per game, paired with an entire new offense produced a somewhat misleading overall ledger of 7-19 and a team that saw many glimpses of positive things and certain improvement in the future.

A trio of wins in PSAC divisional cross-over action, including victories over nearby rivals Mansfield and Bloomsburg University, dotted the early schedule. Once into conference divisional play, the Lady Eagles fought hard but came up with wins versus only Edinboro and Slippery Rock despite several close contests.

The Haven was paced offensively by sophomore forward **Kristen Kudrick** and junior guard **Lauren Kelshaw**. Kelshaw, a sharp-shooter who played in every game in 2007 but had no starting appearances, made the most of her junior season by making the starting lineup and leading LHU with 16.3 points per contest. Kudrick, a returning post player who saw some starting action the year prior, was one of the first five on the court each contest this year and contributed a team-best 6.1 rebounds along with 13.6 tallies a game.

Speedy sophomore guard **Malika Miller** added 7.3 points but also led the squad with 73 steals (2.81/gm).

TEAM RECORD: 7-19, 2-10 PSAC West

STAT LEADERS

Points - Lauren Kelshaw (Weatherly, PA) - 16.3 ppg
Field Goal Percentage - Kristen Kudrick (Harrison City, PA) - .515 (121-235)
Three-Point FieldGoals - Kelshaw - 46
Three-Point FieldGoal Perc. - Kelshaw - .362 (46-127)
Free Throw Percentage - Casi Donelan (Fairfax, VA) - .776 (38-49)
Rebounds - Kudrick - 6.1 rpg
Assists - Malika Miller (Scranton, PA) - 64
Steals - Miller - 73 / **Blocks** - Kudrick - 17



>>>Malika Miller

▶▶▶ Women's Basketball Claims 2007-08 CHAMPS CHALLENGE Crown

The Lady Eagle basketball team under first-year head coach **Jennifer Smith** was the 2007-08 CHAMPS Challenge champion, compiling 3,550 points to top the field. The Haven's CHAMPS-Life Skills program encourages personal development, career development, community service, and both academic and athletic excellence.

Among the basketball team's projects were the Think Pink Day as well as a day spent assisting in various projects at the Susqueview Home (photos at left). They were also active supporters of other LHU athletics teams, attending several contests during each season in order to cheer on the Haven.



>> LHU DIAMONDMEN GET BATS SWINGING IN 2008

For the Haven diamondmen, the 2008 season had its ups and downs -- the Bald Eagles finished with a 16-34 overall mark under 16th-year head coach **Smockey Stover**, also rounding up a 5-15 record in the PSAC West.

During the early season, LHU went 6-10 in tournaments at the Builder Invitational in Newport News, Va., and down at the Gene Cusic Classic in Fort Myers, Fla.. The return trip home led to the always tough PSAC crossover and Western Division schedule. The Haven split a pair of doubleheaders with the Eastern Division's Bloomsburg University and East Stroudsburg University, capturing one of the two in each home and away outing against the crossover opponents. Within conference action, the Bald Eagles did the same against Clarion University, pocketing one win at Foundation Field and one on the road. The Haven also collected wins over Slippery Rock and California (Pa.), as well as a season-best margin of victory of 17-2 and 15 hits in a conference tilt against Indiana (Pa.).

As a team, the Bald Eagles posted their best collective batting average since 2003, recording a .273, and also totaled the most homers in the past six years with 22 sent over the fence. Five hitters recorded batting averages of .300 or better, as junior shortstop **Zach Schuler** paced the Bald Eagles at a .351 clip at the plate. Defensively, sophomore hurler **Josh Rote** and rookie **Andrew Simonik** each collected a team-best four wins from the mound, while senior pitcher **Pat Young** ranked among conference leaders with 46 strikeouts.

TEAM RECORD: 16-34, 5-15 PSAC West



(batting) Tim Bremen;
 (pitching) Tyler Rumsey

STAT LEADERS

Hitting:

Batting Average - Zach Schuler (Mt. Wolf, PA) - .351
Hits - Mark Strouse (Milford, PA) - 59
2B -Schuler 9 / **3B** - Schuler - 4
Home Runs- Matt Palko (Freeland, PA) - 7 HR

RBI - Palko - 34 RBI
Stolen Bases - Strouse - 11 (11/20)
ERA - Josh Rote (McElhattan, PA) - 4.58
Wins - Rote, Andrew Simonik (Jermyn, PA) - 4
Appearances - Erik Christensen (Milford, PA) - 19
Strikeouts - Patrick Young (Allensville, PA) - 46



>> BALD EAGLES EARN PSAC RUNNER-UP HONORS

Martin Claims All-America Award in Hurdles

The Bald Eagle track and field program sometimes goes unnoticed, flying low under the radar, but definitely not because it doesn't deserve the attention. The Haven squad assembled enough points from all areas of competition to capture second at the 2008 PSAC Outdoor Track and Field Championships, send a pair of student-athletes to the NCAA Championships, and gather up one All-America certificate.

Paced by All-American **Paul Martin's** 400-meter hurdle victory and East Region Track Athlete of the Year **Ryan Blood's** titles in the 5,000 meter and 10,000 meter races, the Haven wrangled up a second-place finish at the 2008 PSAC Outdoor Track and Field Championship. Runner-up finishes were garnered by rookie **Nick Hilton** in the 3000-meter steeplechase and the Bald Eagles' 4x400 meter relay quartet of **Martin, Ben McConnell, Shawn Wilkinson, and Chris Edelman.**

Several individuals hit provisional qualifying marks for nationals during the course of the season, and the Haven was represented at the 2008 NCAA Division II National Championship in Walnut, Calif., by Martin (400m hurdles) and Blood (5,000m, 10,000m). Blood would only run in the 10,000 meters due to a lingering injury, but finished 14th overall in a fast field of distance specialists in a time of 30:55.88.

Martin advanced through the preliminaries of the 400-meter intermediate hurdles to the finals, where he finished sixth overall in a time of 52.31 for his first individual All-America certificate.

Ryan Blood was named East Region Track Athlete of the Year after shattering Haven records in the 1,500, 3,000, 5,000, and 10,000 meter races, including a PSAC Championship record of 14:19.80 in the 5,000 meters. Additionally, Haven assistant coach **Chad Warren** was voted on by his peers as the East Region Men's Assistant Coach of the Year. Warren, who was with the LHU program first as a student-athlete and now the past seven seasons as an assistant, has primary responsibilities with the Haven's jumpers and sprinters.



>> HAVEN LACROSSE PRODUCES ANOTHER STANDOUT SEASON

Leigh Titus



The 2008 Lady Eagle lacrosse team was ready for big things, and they did not fail in their efforts to make good on that promise, rolling to their fourth-straight winning season and a trip to the PSAC Championship finals. The Haven totaled a 15-4 overall mark under seventh-year head coach **Kristen Selvage**, also adding up a 12-2 ledger within conference competition.

Lock Haven went 3-2 to open the season, its only losses to NCAA semifinalist Limestone College and eventual NCAA champion and conference nemesis West Chester University. From there, the Lady Eagles settled into a seven-game win streak before another loss to West Chester in regular season action. LHU would close out the conference slate in second place, and with a commanding 25-9 victory over Bloomsburg University in the PSAC Tournament Semifinal, advanced to its third consecutive championship match-up. Again matching up with West Chester, the Lady Eagles found themselves on the low end of a 17-8 margin in the championship final to wrap up their 2008 campaign.

As a team, the Haven ranked first in the PSAC in shot percentage (.505), second in goals (16.79) and assists (9.16) per game. Nationally, Lock Haven ranked third in points (493) and fourth in scoring offense (16.79gpg) across all of Division II.

It was a record-breaking season for junior midfielder **Jessica Blickenstaff**, who became the Haven's career points leader with 210 goals and 107 assists for an all-time LHU best of 317 points in just three seasons.

In post-season honors, three Lady Eagles were named to the IWLCA Division II All-America squad, including Blickenstaff, midfielder **Leigh Titus**, and defender **Kathleen Zichelli**. Earning a spot on the IWLCA/South All-Region squad were Blickenstaff, attacker **Amber Hoch**, Titus, and Zichelli. Five Lady Eagles secured All-PSAC status, Blickenstaff, Hoch, midfielders Titus and **Caitlyn Watts**, and goalkeeper **Kira Nuttall**.

TEAM RECORD: 15-4, 12-2 PSAC

STAT LEADERS

Goals-Jessica Blickenstaff (Thurmont, Md.) - 75g

Assists- Blickenstaff - 43a

Total Points-Blickenstaff - 118 pts.

Groundballs -Kathleen Zichelli (South Orange, NJ) - 66

Face-Offs Won-Rachael Williams (Gettysburg, PA) - 16

Caused Turnovers-Caitlyn Watts (Willow Grove, PA)-24

Saves - Kira Nuttall (Baltimore, Md.) - 193 sv

Goals Against Average - Nuttall - 9.90gaa



(above):
Rachael Williams;
Jessica Blickenstaff

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SEMESTER HOURS:
M-F 8am - 4pm, Sat 11am- 3pm

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<http://bookstore.lhup.edu>



www.crimsonandwhite.net

>> HAVEN SOFTBALL NABS THIRD-STRAIGHT PSAC, REGION CROWNS

While the advantage of having built a dominating reputation might be enough for most, ninth-year **head coach Kelley Green** knows that to continue to wins requires much more. The Lady Eagle softball team was national champion in 2006 and finished as the national runner-up in 2007. This season, the Haven backed up its reputation with its third-straight PSAC and NCAA Mid-Atlantic Region titles, as well as a semifinalist finish at the national tournament.

The Lady Eagles were nearly perfect throughout the conference season, taking the Western Division title with a 19-1 mark and earning the right to host the PSAC tournament. As hosts, the Haven ran off three straight victories with an 11-0 scoring margin to capture its third-straight PSAC championship.

Lock Haven kept up the momentum in NCAA regional action, entering as the top seed and disposing of the competition with four-straight wins. The Lady Eagles opened with a 1-0 win over Bowie State, followed up by a 2-0 tilt against California (PA).

Due to the bracket and double-elimination format, the Haven would face-off against Bloomsburg in the next two regional games. Lock Haven put up the game's only run in the bottom of the seventh of the first game to grab the 1-0 victory. With two outs in the bottom of the last inning of regulation, short stop **Ilia Lopez** reached base on an error, stole second, then rounded the remaining bases home on a long single by **Erica Eisenbise**. The championship game was a bit different, as LHU notched three runs in the opening stanza and added another three in the final inning to secure the NCAA Mid-Atlantic Region Championship with a 6-1 victory over the Huskies.

Capturing their third-straight regional title was nice, but LHU's championship schedule allowed only a short time to savor that victory, as the very next day the Lady Eagles boarded a plane headed for Houston and the NCAA Division II National Championships. In the first round, the Haven faced Humboldt State. Humboldt would take that game in ten innings, grabbing the first lead at 1-0 before the eventual 2-1 win despite a game-tying homer in the top of the seventh by **Deven Glezen** to bring on the extra stanzas. The Haven stayed alive in the double-elimination tournament by bouncing back for a 3-0 win over C.W. Post and a 3-0 victory against Ferris State. The next LHU opponent turned out to again be Humboldt State. Just over four hours and 17 innings into a grueling, scoreless battle, Humboldt would string enough together to score and shut the Haven out of the remainder of the tournament, 0-1.

Despite any disappointment the Haven may have felt in not earning the championship, its third-place finish in the nation, three All-America awards, a handful of All-Mid-Atlantic and All-PSAC honors, and 49-8 overall record were nothing short of incredible. **Kristin Erb**, **Amanda Roosa**, and **Sarah Norris** each collected NFCA All-America honors, while the trio was joined by Erica Eisenbise for Louisville Slugger/NFCA Mid-Atlantic All-Region awards. Erb was selected as the PSAC West Pitcher of the Year, while Roosa was voted PSAC West Player of the Year. **Head Coach Kelley Green** was named PSAC West Coach of the Year, her fifth such honor. The All-PSAC West list included six Haven athletes, including Erb, Roosa, Norris, Eisenbise, **Amanda Gutmaker**, and Ilia Lopez.

TEAM RECORD: 49-8, 19-1 PSAC West

STAT LEADERS

Batting Average - Amanda Roosa (Pompton Lakes, NJ) - .352

Hits - Roosa - 64

2B -Roosa, Sarah Norris (West Chester, PA), Erica Eisenbise (Wernersville, PA) - 11

Home Runs- Norris - 16 / **RBI** - Roosa - 61

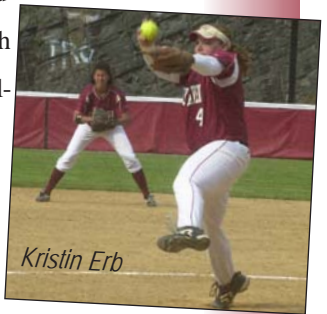
Stolen Bases - Julia Popovich (Lemont, PA) - 13

Pitching:

ERA - Kristin Erb (Reading, PA) - 0.26*

Wins - Erb - 43 **Innings Pitched** - Erb - 356.0

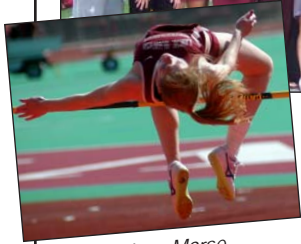
Strikeouts -Erb - 420 **National Leader*



Kristin Erb



Sarah Norris



Chelsea Morse, All-American high jumper

>> LHU GRABS SECOND AT PSAC CHAMPIONSHIPS

The Lady Eagle track and field program has silently risen to become one of the top contenders in the PSAC, grabbing third place at indoor conference championships before earning runner-up honors at the outdoor track and field conference championships. The outdoor season also heralded another All-America trophy for the school-record holding high jumper **Chelsea Morse**.

At the PSAC Outdoor Championships, the Lady Eagles finished second with the help of championship performances by senior thrower **Jen Andrews** in the shot put (44'0.5"), sophomore **Cassie Snider** in the long jump (17' 11-3/4"), and basketball-track and field dual sport athlete **Malika Miller** in the triple jump (37'9-1/2"). **JaKia Gumby** placed second in the discus and third in the shot put, **Alaina Leonard** was second in the hammer, and Morse earned All-PSAC (top three) honors in the long jump (2nd) and the high jump (3rd). Also of note, junior **Shala Simms** hit an NCAA provisional mark in the 800 meters, finishing fourth, and senior **Angela Pierce** broke a 21-year old record in the 400 meter hurdles with her fourth-place time of 63.18.

Out in Walnut, California, for NCAA Division II Championship competition, the Lady Eagles were represented well by Morse, who garnered runner-up honors in the high jump. The junior phenom finished just one jump away from the national title by clearing a school-record height of 1.76 meters (5'9-1/4") on her second attempt, grabbing her third national runner-up finish and fourth overall All-America honor.

Morse was also a post-season honoree, being voted as the PSAC and NCAA East Region's Field Athlete of the Year.



LHU's Morse and Blood with their NCAA East Region awards

LHU welcomed back members of the 1988 NCAA Runner-Up Lady Eagle squad (right) as well as all Haven Softball alum (below) during a home doubleheader this season.





>> CRIMSON & WHITE HOOPSTERS WORKING HARD

The Crimson and White basketball team struggled to find its rhythm this year, closing the books on the 2007-08 season with an overall mark of 2-24. Ninth-year head coach **John Wilson, Jr.**'s Bald Eagles were competitive on the court despite the record, and did put up a pair of 'w's' over conference opponent Shippensburg University including an overtime victory on the road.

Individually, junior forward **Billy Arre** was a mainstay in the scoring column for the Haven, averaging a PSAC leading 20.6 points per game, which also ranked him 14th nationally. Arre and **Kelvin McLean** paced the Bald Eagles on the boards, Arre pulling down 5.2 a game and McLean contributing nearly the same with 5.1 rebounds per contest. Arre was also clutch from beyond the arc, hitting for 66 treys. Rookie guard **Eli Hanna** added 25 threes at a team best .385% clip.

In post-season awards, Arre was selected as an All-PSAC West First Team honoree, his third time on the all-conference list. Arre, who currently sits third on the LHU career scoring chart with 1,615 points, needs just 102 points to take over that record. With the 2007-08 season's numbers, he continues to maintain his hold over the all-time points per game record with 20.19 ppg, and ranks sixth overall in blocks (61) at the Haven.

TEAM RECORD: 2-24, 2-10 PSAC West

STAT LEADERS

Points - Billy Arre (Pittsburgh, PA) - 20.6 ppg
Field Goal Percentage - Arre - .436 (190-436)
Three-Point FieldGoals - Arre - 66
Three-Point FieldGoal Perc. - Eli Hanna (Lock Haven, PA) - .385 (25-65)
Free Throw Percentage - Arre - .841 (90-107)
Rebounds - Arre - 5.2rpg
Assists - Jeff Eveillard (New Rochelle, NY) - 57
Steals - Arre - 28 / **Blocks** - Arre - 15

Field Hockey's Wynne Named 2008 Charlotte E. Smith Award Winner

The Lock Haven University Department of Athletics recently held its 29th annual LHU Women's Athletics Dinner to honor the accomplishments of Lady Eagles both on the field and in the classroom.

This year's key note speaker was Diane E. Schumacher, Director of Athletics at Howard Community College. Schumacher is a member of the Amateur Softball Association (ASA) Softball Hall of Fame among many other impressive accomplishments.

This year's academic awards for highest grade point average went to junior **Lauren Kelshaw (Weatherly, Pa./Weatherly)** and senior **Stephanie Kudrick (Coudersport, Pa./Coudersport)**.

The evening wrapped up with the presentation of the Charlotte E. Smith Award, awarded to the LHU Outstanding Senior Women's Athlete. This year's recipient was **Blair Wynne (Arima, Trinidad & Tobago/Sangre Grande)** of the LHU field hockey team. Wynne, a 2007 All-American, was the 2007 Northeast (NEC) Player of the Year and NEC Offensive Player of the Year. She was also named NEC tournament MVP after leading the Lady Eagles to their second consecutive tournament title. Wynne led the team in every major offensive category while pacing the Lady Eagles explosive offensive attack on the year.



Blair Wynne, Charlotte E. Smith Award winner, and banquet speaker and special guest Diane Schumacher.

(release by LHU Sports Information)

Spring 2008 Honors & Awards

Baseball

(16-34, 5-15 PSAC West)

Women's Lacrosse

(15-4, 12-2 PSAC)

2ND AT PSAC CHAMPIONSHIP

IWLCA/US Lacrosse NCAA Division II All-America First Team - Jessica Blickenstaff, Leigh Titus

IWLCA/US Lacrosse NCAA Division II All-America Second Team - Kathleen Zichelli

Women's Lacrosse.com All-America - Jessica Blickenstaff, Leigh Titus, Kathleen Zichelli

IWLCA South All-Region First Team - Jessica Blickenstaff, Leigh Titus

IWLCA South All-Region Second Team - Amber Hoch, Kathleen Zichelli

All-PSAC First Team - Jessica Blickenstaff, Amber Hoch, Leigh Titus

All-PSAC Second Team - Caitlyn Watts, Kira Nuttall

Softball

(49-8, 19-1 PSAC West)

PSAC WEST CHAMPION

PSAC TOURNAMENT CHAMPION

NCAA DIVISION II MID-ATLANTIC REGION CHAMPION

3RD AT NCAA NATIONAL CHAMPIONSHIPS

Daktronics Division II Pitcher of the Year - Kristin Erb

Daktronics All-American First Team - Kristin Erb

Daktronics All-American Third Team - Amanda Roosa

Daktronics Mid-Atlantic Region Pitcher of the Year - Kristin Erb

Daktronics Mid-Atlantic Region Player of the Year - Sarah Norris

Daktronics Mid-Atlantic Region First Team - Kristin Erb, Sarah Norris, Amanda Roosa

NFCA All-America - Kristin Erb (1st Team),

Amanda Roosa (2nd Team), Sarah Norris (3rd Team)

NCAA Division II Mid-Atlantic Region Tournament MVP - Kristin Erb

Louisville Slugger/NFCA All-Region First Team - Erica Eisenbise,

Kristin Erb, Sarah Norris, Amanda Roosa

PSAC West Pitcher of the Year - Kristin Erb

PSAC West Player of the Year - Amanda Roosa

All-PSAC West First Team - Erica Eisenbise, Kristin Erb, Amanda

Gutmaker, Sarah Norris, Amanda Roosa

All-PSAC West Second Team - Ilia Lopez

PSAC West Coach of the Year - Kelley Green

Men's Outdoor Track & Field

2ND AT PSAC CHAMPIONSHIP

NCAA Division II All-America - Paul Martin (400m hurdles-6th)

USTFCCCA East Region Runner of the Year - Ryan Blood

USTFCCCA East Region Assistant Coach of the Year - Chad Warren

NCAA Division II Championships Participant - Paul Martin (400m hur-

dles), Ryan Blood (5,000m, 10,000m)

PSAC Champion - Ryan Blood (5,000m, 10,000m), Paul Martin (400m

hurdles)

All-PSAC (top three) - Ryan Blood (5,000m, 10,000m), Paul Martin

(110m hurdles, 400m hurdles), Nick Hilton (3000m steeplechase),

4x400m relay (Martin, Ben McConnell, Shawn Wilkinson, Chris

Edelman), Ivars Lurops (high jump), Brandon Pomerantz (1500m)

Women's Outdoor Track & Field

2ND AT PSAC CHAMPIONSHIP

NCAA Division II All-America - Chelsea Morse (2nd in high jump)

USTFCCCA East Region Field Athlete of the Year - Chelsea Morse

PSAC Women's Field Athlete of the Year - Chelsea Morse

NCAA Division II Championships Participant -

Chelsea Morse (high jump)

PSAC Champion - Jen Andrews (shot put), Malika Miller (triple jump),

Cassie Snider (long jump)

All-PSAC (top three) - Jen Andrews (shot put), Malika Miller (triple

jump), Cassie Snider (long jump), Chelsea Morse (high jump, long

jump), JaKia Gumby (shot put, discus), Alaina Leonard (hammer)



<<Spring Student-Athlete Picnic... The Sunday before finals, the Haven's Student-Athlete Advisory Committee (SAAC) hosted a Student-Athlete Picnic, providing a hearty meal of barbecued chicken and pork for all those in attendance.

Walk For Wishes>>...

SAAC members and more than 100 LHU student-athletes took to the river walk prior to the picnic to participate in the Walk for Wishes to help raise funds for the Make-Wish Foundation. Over the year, the group raised almost \$800 for the charity.



<<Poster Material... Student-athletes from SAAC posed for a poster highlighting the positive aspects of being a student and an athlete at LHU. The posters were handed out at games and to professors on campus. There are still a few available...stop by the athletics office if you would like one!

A Feast of A Different Kind>>...

Why we continue to do this, we'll never know, but it remains a popular event... Pizza Eating contests were held at halftime of a women's lacrosse contest and in between games during a baseball doubleheader to add a little excitement to the downtime..



<< Women's Wrestling Groft is National Runner-Up... Lock Haven women's wrestling club's Rachael Groft (Abbottstown, Pa.) placed second at the National Collegiate Wrestling Association's Women's Collegiate Wrestling Championship held on March 15th and 16th at the Lakeland Center in Lakeland, FL.

Groft's performance was historic -- it came as part of the first-ever women's folkstyle collegiate tournament. Women's wrestling is growing tremendously at all levels, and as a result, proponents are optimistic the NCWA tournament will grow rapidly.

Groft was joined in making history by LHU freshman Alexa Reynolds, and junior Jenny Benoist, who both also competed at the tournament.

Any women interested in Lady Eagle wrestling should contact Coach Fike at x4806, tfike@lhup.edu, 224 Thomas Fieldhouse.

Giving Back to the Community...

Just a few glimpses into LHU student-athlete work in the community...

(Below left) LHU wrestlers are shown below after helping Professor Emeritus Sandy Bell with a yardwork project, and following a little work unloading furniture for the LHU Foundation...



(Right) Members of the LHU Softball team turned their attention to home building, participating in a Habitat for Humanity build while in Houston, TX, for the NCAA National Championships.



(Below) Haven men's soccer players Chad Feerrar and Ashley Rosindale ran a soccer clinic for local youth during the fall semester.

