

# HAVEN athletics newsletter



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## ▶▶▶ Li Named AVCA Co-Player of the Year and Honda Award Finalist



Haven senior **Li YiZhi (Shanghai, China)** is the most decorated volleyball player in school history, and the talented middle hitter has now been nationally recognized as the American Volleyball Coaches Association (AVCA) Co-Player of the Year and the Division II volleyball finalist for the Honda Collegiate Women Sports Award.

Li received her AVCA Co-Player of the Year award at the banquet held in conjunction with the NCAA Division I Volleyball Championships in Omaha, Nebraska, in mid-December. As the volleyball finalist for the Honda award, Li will be on the national ballot for the Division II Woman of the Year in June.



LHU Coaches Kawakita (left) and Justice (right) with Li and her parents

Other awards pocketed by Li in 2006 include AVCA First Team All-America, All-Atlantic Region and All-Pennsylvania State Athletic Conference (PSAC), as well as the PSAC West Athlete of the Year. Her .468 hitting percentage led all of Division II (third time in four years she has paced the nation), and she topped the PSAC list in kills with 485. She also accumulated 350 digs and added 161 blocks (20th in Division II for blocks per game).



Li YiZhi at the AVCA Awards banquet with her parents and USA Women's National Volleyball Team Head Coach Jenny Lang Ping (second from right).

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*Photos compliments of LHU Sports Information, LHU Athletics, Bob McCool, LHU Track & Field, and LHU Public Relations. Releases by members of the Sports Information staff also found on www.havensports.com.*

▶▶▶ Erb Selected as 2006 Division II Female Athlete of the Year (see page 8)



## ▶▶▶ LHU Athletics Announces Two New Scholarships

The Department of Athletics announced two new scholarships this Fall, providing current and future LHU student-athletes more options for earning scholarship assistance.

The Robert Perry Memorial Scholarship is a \$10,000 grant available to any LHU football player majoring in either English or education.

"My husband was always a huge football fan," said Carolyn Perry, LHU supporter and wife of the late Robert Perry. "In the 1970s, we began to volunteer as academic advisors. He realized how important athletics can be, and I wanted to promote the idea of the student-athlete in memorial to him. When he passed away last year, many of his friends donated money to help make this happen."

Jim and Zonda Gregory are owners of the local Domino's Pizza restaurants, both in Lock Haven and Jersey Shore, Pa. Their scholarship is also a \$10,000 grant available to any student-athlete business major with a 3.5 or above GPA.

"It's part of giving back," said Jim Gregory. "After 10 years of being in business in town, one of the things we've realized is that you have to give back to the community. We chose athletics because graduation levels are that much higher than the rest of students. They have to work hard, and if they apply the same techniques to business, they're sure to succeed."

"We really appreciate the participation of both of these folks," said LHU Director of Athletics Sharon Taylor. "Jim and Zonda Gregory have been heavily involved in LHU athletics for a number of years now, and as their business has grown, so has their commitment here. Carolyn and Bob Perry touched the lives of a number of football players as academic advisors for the University, and now with this scholarship Carolyn formalizes a legacy of assistance both for herself and Bob."



(left to right) Director of Athletics Sharon Taylor, Carolyn Perry, President Keith Miller, Jim Gregory, Zonda Gregory, Director of Athletic Development Troy Miller.



## Fall 2006 Honors & Awards

### Men's Cross Country

11TH at NCAA DIVISION II NATIONAL CHAMPIONSHIPS  
 NCAA EAST REGION CHAMPION  
 PSAC CHAMPION

*All-America* - Ryan Blood (4th place)  
*East Region Athlete of the Year, PSAC Runner of the Year* - Ryan Blood  
*East Region Coach of the Year, PSAC Coach of the Year* - Aaron Russell  
*East Region Champion* - Ryan Blood  
*All-East Region* - Ryan Blood, Aaron Benson, Shawn Moore, Brandon Pomerantz, Cory Spidell  
*PSAC Champion* - Ryan Blood  
*All-PSAC* - Ryan Blood, Shawn Moore, Cory Spidell, Aaron Benson, Brandon Pomerantz, Chris Robson  
*USTFCCCA All-East Region* - Ryan Blood, Aaron Benson, Cory Spidell, Shawn Moore, Brandon Pomerantz

### Women's Cross Country

7TH at NCAA EAST REGION CHAMPIONSHIPS  
 6TH at PSAC CHAMPIONSHIPS

*All-PSAC* - Lindsey Scheller

### Field Hockey

(17-6, 7-1 NEC)

NEC CHAMPION

NEC REGULAR SEASON CHAMPION

*NEC Field Hockey Scholar-Athlete* - Jill Wessner  
*All-NEC First Team* - Blair Wynne, Sarah Huber, Jill Wessner  
*All-NEC Second Team* - Renee Kemmerer, Mandy Daschbach  
*NEC All-Tournament Team* - Jill Wessner, Sarah Huber, Alanna Lewis  
*All-Mideast Region First Team* - Blair Wynne  
*All-Mideast Region Second Team* - Sarah Huber

### Football

(2-9, 1-5 PSAC West)

*All-PSAC* - Rafael Smith, David Show, Adam Lanzendorfer

### Men's Soccer

NCAA NORTHEAST REGION RUNNER-UP  
 PSAC CHAMPIONSHIP RUNNER-UP

*NSCAA Scholar All-American and All-Northeast Region Team*  
 Paul Hockett, Patrick Long  
*ESPN The Magazine Academic All-District Second Team*  
 Paul Hockett  
*Daktronics All-Northeast Region Second Team*  
 Ashley Rosindale  
*All-PSAC First Team* - Pat Long, Chad Feerrar, Ashley Rosindale, Paul Hockett

### Women's Soccer

PSAC CHAMPIONSHIP QUARTERFINALIST

*NSCAA All-Northeast Region Second Team* - Holly Homsher  
*All-PSAC First Team* - Holly Homsher, Lynnette Reitz  
*All-PSAC West Second Team* - Caitlin Martz, Bekah Stonecypher, Diane Wall

### Volleyball

NCAA DIVISION II ELITE EIGHT QUALIFIER  
 NCAA ATLANTIC REGION CHAMPION  
 PSAC CHAMPION  
 PSAC WEST REGULAR SEASON CHAMPION

*AVCA Co-Player of the Year* - Li YiZhi  
*AVCA All-American First Team* - Li YiZhi  
*AVCA All-American Third Team* - Inga Kurgonaitė  
*Daktronics All-American Second Team* - Li YiZhi  
*AVCA All-Atlantic Region* - Li YiZhi, Inga Kurgonaitė  
*Daktronics All-Mid-Atlantic Region First Team* - Li YiZhi  
*Daktronics All-Mid-Atlantic Region Second Team*  
 Inga Kurgonaitė  
*PSAC Tournament MVP* - Li YiZhi  
*All-PSAC First Team* - Li YiZhi, Inga Kurgonaitė  
*All-PSAC Second Team* - Fabiana Gomez, Stacey Borgia  
*Mid-Atlantic Regional All-Tournament Team* - Li YiZhi, Inga Kurgonaitė, Stacey Borgia  
*PSAC West Athlete of the Year* - Li YiZhi

## LADY EAGLE SOCCER ADVANCES TO CONFERENCE PLAYOFFS

The 2006 Lady Eagle soccer team played its way into the program's tenth PSAC playoff appearance, and totaled an 8-11-1 overall ledger under the direction of second-year head coach **Heather Kendra**.

The Lady Eagles had a good year on their home field, totaling six of their eight wins on the pitch at McCollum and across the river, the rain-site of Foundation Field. Fielding a talented mixture of veteran experience and newcomers, many of their games were nailbiters, with five of their losses coming by just one goal.

Notable achievements included an early season win against Shepherd University where Lock Haven registered an 8-0 tally against the Rams, the fifth-highest goal total and the most scored by the team in a single game since 2002. Other high points of the season included a 1-0 overtime win against #13-ranked Slippery Rock University on the road.

With a 4-5-1 ledger in PSAC Western Division action, the Haven earned the third-seed in the division. They were matched up with divisional leader Slippery Rock University in the quarterfinal round. A battle ensued, but the Haven would have to settle with the 0-2 loss to finish off the season.

Five Lady Eagles earned recognition as All-PSAC Western Division standouts: **Holly Homsher, Lynnette Reitz, Diane Wall, Caitlin Martz, and Bekah Stonecypher**. Homsher was also awarded NSCAA All-Northeast Region honors.

### STAT LEADERS

**Goals** - Colleen Kafka (Candor, NY/Candor) - 5

**Game Winning Goals** - Diane Wall (Green

Lane/Pennridge) - 3

**Assists** - Colleen Kafka - 5

**Points** - Colleen Kafka - 15

**Saves** - Emily Wagner (Brick, NJ/Brick Twp) - 98

**GAA** - Emily Wagner - 1.61 GAA

<<Junior Lynnette Reitz



Senior Holly Homsher



## LADY EAGLE HARRIERS RAISE STANDARDS

There's no question that cross country is a demanding sport -- battling hills and sometimes mother nature in order to maintain a pace that leaves even many other athletes breathless. The 2006 Lady Eagle cross country squad, under the watchful eye of fifth-year head coach **Aaron Russell**, took on those challenges and without question built on the growing foundation of women's running at the Haven.

Early in the season the Lady Eagles answered the question of strength and depth with a second place finish at the Kutztown University Maroon & Gold Invitational, placing their top seven within the first 21 finishers. Midway through the season Lock Haven continued to perform above expectations, collecting a fifth place finish in the open division of the Paul Short Invite. The Lady Eagles turned in a runner-up finish at the Elizabethtown Invitational as the regular season wound down.

The team battled through muddy and slippery course conditions to place sixth at the PSAC Championship, a three-spot improvement over the 2005 results. Freshman **Lindsey Scheller (Sunbury/Shikellamy)**, who led the Haven pack throughout most of the season, captured the first All-PSAC honors for a Lock Haven female runner since 2002 with a 15th place finish overall in 24:10.

Lock Haven came back the next week to grab a seventh-place finish at the NCAA East Region Championship. Sophomore **Shala Simms (Upper Darby/Upper Darby)** paced the Haven racers by crossing the line in 26th place, followed closely by junior **Missy Weaver (Denver/Garden Spot)** in 32nd.

While the Lady Eagle harriers will have to wish farewell to seniors **Jodi White (Athens/Athens)** and **Leigh Ann Miller (Newburg/James Buchanan)**, a strong core of runners return to help continue an exciting, upward trend in Haven running.



Senior Jodi White



►► **LADY EAGLE VOLLEYBALL 2006 CAMPAIGN REACHES NCAA ELITE EIGHT**

It gets somewhat tedious to recite the litany of accomplishments of the Haven Volleyball team year after year, but when you're an annual contender for conference, regional, and national honors, there is little one can do but be glad that that's the only problem. In addition to the PSAC West regular season title, the PSAC Tournament championship, the NCAA Atlantic Region crown and Elite Eight appearance, this year's squad also produced AVCA National Co-Player of the Year and Honda Award finalist, Haven middle **Li YiZhi (Shanghai, China)**.



2006 NCAA Atlantic Region and PSAC Champion Lady Eagles

Backing up to the beginning of the season, the Lady Eagles bounded through the regularly scheduled matches with all the usual aches and pains of a young, but talented, squad. A must-win situation against perennial contender California (Pa.) University gave the Haven the top spot in PSAC Western Division, and the opportunity to host the PSAC Tournament. A 3-0 win over Slippery Rock University advanced the Lady Eagles to the championship match against California, which they swept in three to claim the trophy.

Lock Haven hosted the NCAA Atlantic Region Championship, claiming 3-1 victories against North Carolina Central University and Kutztown University to again arrive in the title match against California. As in their previous two match-ups, the Haven was able to silence the Vulcan attack to capture its fourth-consecutive regional title in a 3-1 match.

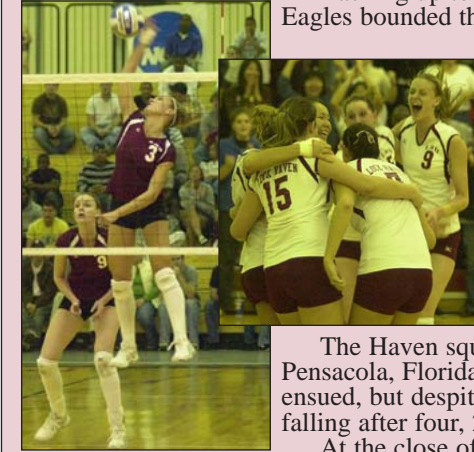
The Haven squared off against West Texas A&M in the NCAA Division II Elite Eight held in Pensacola, Florida, as part of the NCAA Division II Fall Festival. An emotional, back-and-forth battle ensued, but despite the extremely close tallies, the Haven was able to only pocket a win in game three, falling after four, 26-30, 28-30, 30-24, 27-30.

At the close of the campaign, the Haven turned in an overall 32-6 record, the fifth 30-win season for the Lady Eagles under 16th-year head coach Tom Justice. The PSAC title was the sixth in program history and it was also the Lady Eagles' sixth Atlantic Region crown. Individually, standout Li YiZhi earned the highest honor for any Division II volleyball player by being named the American Volleyball Coaches Association (AVCA) Co-Player of the Year and also garnering recognition as the Honda Award nominee for volleyball.

Li along with junior right side hitter **Inga Kurgonaite (Kaunas, Lithuania)** earned All-America awards. Six Lady Eagles were selected for All-PSAC honors, and Li and Kurgonaite were honored as All-Atlantic Region picks.



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**STAT LEADERS**

- Kills** - Li YiZhi (Shanghai, China) - 485 kills
  - Attack Percentage** - Li YiZhi - .465\*
  - Assists** - Fabiana Gomez (Montevideo, Uruguay) - 1193 assists
  - Service Aces** - Fabiana Gomez - 63 aces
  - Digs** - Li YiZhi - 350 digs
  - Total Blocks** - Li YiZhi - 161 blocks
- \*NCAA Division II leader



<http://www.crimsonandwhite.net>

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2<sup>ND</sup> ANNUAL  
"A TASTE OF LOCK HAVEN"**

**THURS., FEBRUARY 8, 2007  
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Call Director of Athletic Development  
Troy Miller for more information  
at (570) 484-3026.

►► **Hall of Fame Ceremony, Mastec/LHU Wrestling Golf Classic Big Success**

Lock Haven wrestling celebrated the 2006 Hall of Fame class on October 7th as the finale to the Fifth Annual Mastec/Lock Haven University Wrestling Golf Classic, honoring the 10-year anniversary of the highest national finish in school history.

During the 1996-97 season, five All-Americans captured a fifth-place finish at the NCAA Division I National Championship, the top placement for any Bald Eagle team at the national meet. Earning that fifth-place team finish were: Mike Guerin, Cary Kolat, Brian Leitzel, Mike Rogers, and Terry Showalter.



The Mastec/LHU Wrestling Golf Classic was a success, welcoming 134 golfers to the Clinton Country Club. The foursome of Dan Klingerman, Rick Quigley, Richard Born, and Bill Pagana captured the tournament trophy, taking the one-stroke victory by shooting a 62. With the generous support of sponsors and participants, the annual event raised over \$28,000. A portion of the money raised from this event goes toward two endowed scholarships for the Lock Haven University wrestling program: the Chris Poff Memorial Scholarship and the Troy Turner Memorial Scholarship, as well as general wrestling grants.

(Pictured, from left): Head coach Rock Bonomo, 1997 All-Americans and Hall of Fame inductees Terry Showalter, Cary Kolat, Mike Rogers, Brian Leitzel, and Mike Geurin, and guest speaker Russ Hellickson, Olympian and former Wisconsin, Ohio State, and international coach.



## ▶▶▶ HAVEN SOCCER ADVANCES TO NCAA REGIONAL FINALS

Ninety-minutes of regulation time is grueling enough, but how about 10 of 24 matches extending into extra periods? The 2006 Bald Eagle soccer team turned in the program's eighth-straight winning season with a record of 17-6-1, but did it the hard way. The effort paid off, however, with wins in seven of the 10 extra stanzas. The National Soccer Coaches Association of America (NSCAA) also recognized the talent, ranking the Haven #21 in its final national poll.

The Haven kicked off the season, tallying a 5-4 mark. It was a 2-1 overtime victory over California (PA) University on Sept. 21, however, that signaled the turning point of the season and initiated a non-loss streak of 12 games. The Bald Eagles won six consecutive games, including two over nationally ranked opponents and three overtime matches, before playing to a draw against #18 C.W. Post. Following the tie, five more victories followed suit as they transitioned from the regular season to the post-season playoffs.

The Haven booters advanced to the PSAC Championship match, where they were on the low end of a 0-1 double-overtime finale played in frigid and blustery conditions against perennial contender East Stroudsburg.

Less than one week later the stage was set for another match-up against East Stroudsburg, this time it was the first round of the NCAA Division II Tournament. And this time, the results were more favorable. The golden goal came off the foot of **Ashley Rosindale (Bradford, England)** in the 93rd minute (yes, overtime), topping the Warriors by a 2-1 final.

On to the Northeast Regional championship tilt, the Haven fell behind and was unable to make up the difference, ending their standout season in a 4-0 loss to host and eventual national champion Dowling College.

Post-season honors rolled in for Haven players, with six (**Patrick Long, Chad Feerrar, Ashley Rosindale, Paul Huckett, Phil Liversedge, and Andrew Clemens**) earning a spot on the All-PSAC team. Five (**Rosindale, Huckett, Long, Liversedge, Feerrar**) made the All-Northeast Regional team, and two, **Paul Huckett** and **Patrick Long**, garnered NSCAA Scholar All-America and All-Northeast Region honors.

### STAT LEADERS

- Goals - **Ashley Rosindale (Bradford, England)-12**
- Game Winning Goals - **Patrick Long (Lock Haven, Pa.) - 5**
- Assists - **Ashley Rosindale, Patrick Long - 8**
- Points - **Ashley Rosindale-32**
- Saves - **Chad Feerrar (Lock Haven, PA) - 58**
- GAA - **Billy Trimble (Lancaster, PA)-0.74 GAA**



*All-Northeast Region and All-PSAC forward Ashley Rosindale*

## ▶▶▶ Two Bald Eagles on NSCAA Scholar Team

Haven men's soccer players **Patrick Long (Lock Haven, Pa./Central Mountain)** and **Paul Huckett (Grimsby, England)** secured mention on the the National Soccer Coaches Association of America (NSCAA) College Men Scholar All-America team, the only players from the PSAC to do so.

Long, a senior Secondary Education major, has maintained a cumulative grade point average of 3.40. Huckett, a sophomore Recreation Management major, registered in with a 3.54 grade point average.



*Paul Huckett*



*Patrick Long*

### Time Flies When You're Having Fun...

*Thanks to their penchant for overtime contests, the Bald Eagles played 2258 minutes this year... that's an average of 94.1 minutes a game, or, an extra 98 minutes - one full game plus another 8 minutes - in total.*



## ▶▶▶ Payton Signs On As Assistant Men's Basketball Coach

The Lock Haven University Department of Athletics announced the hire of Donald

Payton as assistant men's basketball coach during the summer.

Payton came to LHU from Barton College where he served as assistant coach for one season. During his tenure, the Bulldogs went 28-4 and won the Carolinas-Virginia Athletic Conference (CVAC) before losing in the Elite Eight to eventual national champion Winona State University.

Before Barton, he led the Golden Bears of Clinton Junior College in Rock Hill, S.C. to two NJCAA Region X Conference Championship appearances. In his two seasons with the Golden Bears, he compiled a 41-22 record.

Payton, a native of Dayton, Ohio, also founded and coached Supreme Court Basketball, a college exhibition team. SCB played various Division I schools in men and women's college basketball.

He earned his bachelors of arts in sociology from the University of North Carolina at Charlotte.



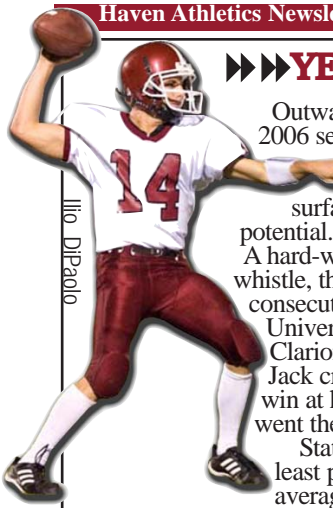
## LHU Football Supporters 'Go Pro' Visit With Alumnus Nick Polk and the Atlanta Falcons



*(top left and above) Lock Haven Football supporters got the chance to catch an Atlanta Falcons game in Baltimore this November compliments of former head coach and 1986 Haven graduate Nick Polk, who is now the Director of Football Operations for the Falcons.*



*(bottom left) Head Coach John Klacik on the sidelines with Polk.*



Ilio DiPaolo

## ▶▶▶ YEAR TWO UNDER KLACIK

Outward appearances can be deceiving, and the 2006 season and accompanying 2-9 overall record was not what Head Football Coach John Klacik had hoped for. Still, underneath the surface of win-loss records lies the spark of potential.

A hard-working unit that never quit until the final whistle, the '06 Bald Eagles picked up their seventh consecutive victory on the road against Mansfield University and also carved out a 14-7 win against Clarion University in front of a packed Hubert Jack crowd. The Haven nearly pocketed another win at home, as a 20-17 overtime contest ultimately went the way of Shippensburg University.

Statistically speaking, LHU was the second-least penalized squad in the PSAC, giving up an average of 42.0 yards a game to violations. The

Bald Eagles were also able to field the third-ranked punt return unit in the conference, running back the ball for an average of 10.6 yards per try.

Representing LHU on the All-PSAC squad lists were three Haven gridders, receiver **Rafael Smith** (Pittsburgh/Woodland Hills), defensive back **David Show** (Mill Run/Connellsville), and offensive lineman **Adam Lanzendorfer** (Roaring Spring/Central). Smith hauled in five touchdown passes in seven games played, totaling 516 yards receiving. Show was the Bald Eagle defensive leader, stopping opponents 94 times, while also pacing the Haven in the open field with nine pass breakups. Lanzendorfer was the anchor of a relatively young offensive line. A three-year starter, this is his first all-conference accolade.



Rafael Smith



Chris Hawkins

### STAT LEADERS

- Rushing** - Chris Hawkins (Glenside/Cheltenham) - 10g / 205 yds / 1 TD
- Passing** - Ilio DiPaolo (Athol Springs, NY/St. Francis) - 11g / 275-141\*-16 / 1406 yds / 9 TDs
- Receiving** - Rafael Smith - 7g / 37 rec. / 516 yds / 5 TDs
- Tackles** - David Show - 94 TT / 43 solo / 9 PB / 2 INT
- Derek Harsch** (Wellsboro/Wellsboro) - 93 TT / 36 solo / 7 TFL / 1 sack
- Punt Return** - Adam Lawrence (Hanover/Shippensburg) - 16 returns / 158 yds / 9.9 ypr
- Kick Return** - Aaron Pryer (Philadelphia/Roman Catholic) - 23 returns / 423 yds / 18.4 ypr
- Punting** - Brandon Pickel (Easton/Easton) - 58 punts / 2176 yds / 37.5 ypr
- Kicking** - Marc Domonkos (Windber/Bishop McCort) - FG: 4-9 / long of 39 yds; PAT: 13-13

\*Ninth on LHU single season completions list

## ▶▶▶ Three Haven Athletes Earn NCAA Degree-Completion Award

Lock Haven's **Allison Furry** (Guys Mills, Pa./Maplewood), **Courtney Hughes** (Schwenksville, Pa./Souderton) and **Monica Mangual** (Kendall Park, N.J./South Brunswick) were recipients of the 2006 Division II Degree-Completion Award. The award is given to well-rounded student-athletes who are in need of an extra year or less to complete their degree following the end of their athletic eligibility.

To be eligible for this award, a student-athlete must have completed athletic eligibility and possess a 2.5 cumulative grade-point average. The applicant must also be within 30 hours of completion of an undergraduate degree.

Furry was a four-year setter for the Lady Eagle volleyball team that won two PSAC titles along with three-straight Atlantic Region Championships.

Hughes was a four-year member of both the Division I field hockey team and Division II National Champion softball team. She was a Division II All-American in 2003 for field hockey and 2006 for softball and helped win the national title this past season in softball. Hughes received conference Player of the Year honors in both her sports and was named captain of both squads.

Mangual was a four-year member of the Lady Eagle soccer team. She was a two-time All-PSAC West selection and recorded five career goals and five assists. Mangual was also named team captain her senior season.

The NCAA established the Division II Degree-Completion Award Program in 2001. The 2004-05 NCAA Division II Degree-Completion Award Committee reviewed approximately 139 applications and awarded 98 applicants from 48 institutions.



(top to bottom)  
Allison Furry,  
Courtney Hughes,  
Monica Mangual



### 2006 NCAA Division II Fall Festival

## Wish You Were Here!

NCAA Division II hosted its first-ever Fall Festival this year, holding the men's and women's cross country, men's and women's soccer, volleyball, and field hockey national championships together in Pensacola, Fla. Lock Haven University volleyball and men's cross country teams were both in competition at the Festival. While in Pensacola, the teams took time to cheer each other on, spend time with family, and work on a Habitat for Humanity house. The teams were fortunate to have the bonus of a few other familiar faces in the crowd, with the addition of Director of Athletics Sharon Taylor, several women's soccer players as well as several men's and women's cross country current runners and alumni to the Haven cheering section.

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



▶▶▶ **FIELD HOCKEY CAPTURES NEC TOURNEY TITLE**



Lock Haven is usually fortunate to enjoy a great deal of success in the Fall season, and the Lady Eagle field hockey team is one of the largest contributors to that excitement. Competing in NCAA Division I for the third year, and now allowed to compete in post-season tournaments, the Haven again dominated the Northeast Conference (NEC) and posted an overall 17-6 record.



The Crimson and White opened the season with something completely uncharacteristic to Haven field hockey -- three losses. Those losses included a close game against #7-ranked Penn State (0-2), but the streak would not last and the Haven was quickly back to its more familiar winning ways. The Lady Eagles rebounded with authority, going on to win their next nine contests.

The Haven was seated atop the NEC standings by the close of the regular season, claiming its third regular season title, its second outright (co-champions in 2005). As the top seed in the conference tournament, Lock Haven hosted and proceeded to tear up the competition -- with resounding victories against Rider (4-1) and Sacred Heart University (7-1), the Lady Eagles claimed their first-ever NEC Tournament Championship.

The NEC win advanced the Lady Eagles to the NCAA play-in game against Atlantic-10 champion University of Richmond for the automatic bid into the NCAA Division I tournament. On the road in Virginia, the Lady Eagles struggled to gain momentum early, as the Spiders jumped out to a 3-1 lead by the end of the first half. Despite playing to a 1-1 tie in the second half, Lock Haven would close out its season with a 4-2 loss against Richmond.

Lock Haven put five players on the All-NEC teams, including forwards **Blair Wynne (Arima, Trinidad & Tobago/Sangre Grande)**, **Sarah Huber (Plymouth Meeting/Christopher Dock)**, **Jill Wessner (Kutztown/Kutztown)**, **Renee Kemmerer (Nineveh, NY/Afton)**, and **Mandy Daschbach (Telford/Christopher Dock)**. Wynne and Huber both received additional honors as All-Mideast Region Team members.



**STAT LEADERS**

- Goals - Blair Wynne (Arima, Trinidad&Tobago/Sangre Grande) - 23
- Game Winning Goals - Sarah Huber (Plymouth Meeting/Christopher Dock), Mandy Daschbach (Telford/Christopher Dock) - 4
- Assists - Blair Wynne - 10
- Goals Against Average - Ali Harris (Endicott, NY/Maine Endwell)- 0.76 GAA
- Saves - Becca Yerkes (West Grove/Avon Grove) - 53



**WOMEN'S BASKETBALL (5-6)** - The Lady Eagles under third-year head coach Valerie Curtis won their last three games prior to the break. The Haven currently leads the PSAC in number of steals (and ranks third in steals per game) with 133 (12.09 spg) over its 11-game stretch.

**MEN'S BASKETBALL (3-7)** - Haven cagers under eighth-year head coach John Wilson, Jr., closed out the semester with back-to-back victories in Thomas Fieldhouse over PSAC Eastern Division opponents, including #23-ranked Bloomsburg University.

**WRESTLING (5-3, 1-1 EWL)** - Fifth-year Bald Eagle wrestling mentor Rock Bonomo has guided the squad to an overall mark of five wins and three losses heading into semester break. The Haven grapplers are headlined by #6-ranked Obenson Blanc at 125 lbs. and #15 Seth Martin at 157 lbs.

**SWIMMING (2-2, 1-1 PSAC)** - Haven swimmers grabbed wins in their final two dual meets leading up to the break. Second-year head coach Andrew Waeger has thus far guided six members of his squad to PSAC qualifying times in a combined total of 17 events.

**MEN'S & WOMEN'S INDOOR TRACK AND FIELD** - Lock Haven men's and women's track and field, headed up by the first-year head coaching duo of Heather Leverington and Aaron Russell, competed in one event prior to the break, hitting 20 PSAC qualifying standards and setting one school record.

▶▶▶ **Leverington Joins Track & Field Staff**



The Lock Haven University Department of Athletics and Director of Athletics Sharon Taylor announced in early September the hire of Heather Leverington and subsequent realignment of responsibilities among the coaching staff. The reorganization follows the departure of 17-year LHU head coach Mark Elliston, who moved to Elon University as women's track and field head coach.

Leverington, a native of El Dorado, Kansas, joins the staff as head coach with responsibilities for the field events. She will share the head coach role with Aaron Russell, who was elevated from assistant to head coach in charge of the track events.

Leverington spent two seasons as the assistant coach for the Emporia State University track program from 2004-2006, coaching the Hornets to one individual NCAA championship in the javelin, 13 All-MIAA honors, three All-American honors and nine national qualifiers. Prior to Emporia, Leverington was a graduate assistant with the track and field program at the University of South Dakota.

Arguably the greatest female shot putter in Division II history, Leverington was an Olympic Trials participant in 2000, finishing ninth overall. She has tallied five national championships and a runner-up finish to her credit. Her mark of 54-foot-2.75 broke Kathy Devine's 1978 ESU record and is the second best shot put in Division II history. Leverington was a nine-time MIAA champion, seven-time All-American and twice named ESU Student-Athlete of the Year.

▶▶▶ **Russell Takes on Additional Responsibilities**



Head men's and women's cross country coach Aaron Russell was promoted to head track and field coach in charge of the track events for both men's and women's programs. He has spent eight seasons as an assistant coach with the LHU track and field teams, working mainly with the distance and middle distance runners.

Russell has coached 19 PSAC champions, in addition to numerous NCAA qualifiers, four All-Americans and an NCAA champion. In his capacity as head coach of the men's and women's cross country teams, he has earned three consecutive PSAC men's coach of the year honors.

Russell was a three year member of the PSAC track and field games committee and is beginning his fourth year as a member of the United States Track and Field and Cross Country Coaches Division II Executive Committee.

www.havensports.com



Ryan Blood

## ▶▶ BALD EAGLE CROSS COUNTRY TOPS IN PSAC, NCAA REGION

There's no question that Lock Haven Cross Country Head Coach Aaron Russell has built the program into an annual national contender. Year after year, however, the Bald Eagles have to go out and fulfill expectations -- not an easy task for a team that sets its standards and goals so high. All the hard work in the off-season and pre-season would pay off, as the Haven primed itself for championship action throughout the regular season meets. Peaking in the post-season, the Bald Eagles captured their fourth-straight PSAC title, the NCAA East Region title, and an 11th place finish at the NCAA Championship.

The Haven won the Maroon & Gold Invitational early in competition, and wrapped up the regular season with a team win at the Elizabethtown Invitational. After winning the last three PSAC titles, the Haven men were the favorite heading into the conference race at Bloomsburg University. A messy mix of rain, cold, and fog rolled in to pose an additional challenge, however, and potentially equalize the field of competition. Any worries were tossed aside as soon as the race started, as senior **Ryan Blood (Summerdale/East Pennsboro)** jumped out to an early lead and continued to distance himself from the field. The rest of the Bald Eagles followed suit, and after Blood reached the finish in first in 25:44, another five Haven runners crossed the finish in the top twenty. The record-tying six All-PSAC honors wrapped up the conference title for the Bald Eagles.

The next week the Bald Eagles headed off to Slippery Rock University for NCAA regional competition. Having to finish first or second in order to advance to the national meet, the Haven assembled a top notch race and captured its third East Region title in four years. Blood again paced the pack and in doing so captured the first individual regional title for any Haven runner, winning in 31:35 over the 10K course. The top five Crimson and White racers all came in among the first 15, securing the Haven a trip to the NCAA national meet.

Lock Haven packed its bags and flew to Pensacola, Fla., for the NCAA's Division II Fall Festival. In the days preceding the race, the Bald Eagles made time to work on a Habitat for Humanity build as well as cheer on the Lady Eagle volleyball team. The day of the race, Haven family, fans, and alums flocked to the Escambia County Equestrian Center, and the Bald Eagles did not disappoint, placing 11th overall in the team standings. Haven frontrunner Ryan Blood proved himself to be one of the top runners in the nation, running with the lead pack and placing fourth in 29:27 for his first All-America certificate. The senior harrier's fourth-place finish is also the best individual effort in LHU history at the national championships.



Team at Habitat build

Post-season honors were plentiful, with Coach Aaron Russell earning East Region and PSAC Coach of the Year accolades. **Blood** was selected as the East Region and PSAC Runner of the Year, while **Brandon Pomerantz (Holland/Council Rock North)** garnered PSAC Rookie of the Year honors.

(Below) LHU at PSAC Championships;  
(Bottom) On the beach in Pensacola.



Loyal Haven student supporters made their way out to both PSAC and NCAA East Regional Championships to paint up and cheer on the Bald and Lady Eagle cross country teams.



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## ▶▶ LHU Softball Mentors Named National Coaching Staff of the Year

Haven Softball staff members **head coach Kelley Green** and **assistant coach Kelly Shannon** were named Speedline/National Fastpitch Coaches Association (NFCA) Division II National Coaching Staff of the Year. The pair was honored during the NFCA National Convention in Tuscon, Arizona, in early December.



Aided by graduate assistant coach Lynn Spiezio, Green and Shannon led LHU to its first National Championship in softball, finishing 56-4 overall during the 2006 season.

LHU set numerous team records during 2006, including wins, batting average (.333), fielding percentage (.973) and ERA (0.55).



## ▶▶▶ Erb Selected as Division II Female Athlete of the Year

Lock Haven softball's **Kristin Erb (Reading, Pa./Exeter Township)** was selected as the Division II Female Athlete of the Year as part of the Collegiate Women Sports Awards, sponsored by Honda. The presentation of the award was made in the prestigious Low Library on the campus of Columbia University.

Erb was joined by the University of Portland's **Christine Sinclair** (the Division I honoree),

Randolph-Macon College's **Megan Silva** (the Division III honoree) and Williams College's **Lindsay Payne** (the Inspiration Award winner) as the select group of female student-athletes at the exclusive event.

Multi-time Olympic gold medalist **Jackie Joyner-Kersey** (seen in middle above and with Head Coach Kelley Green and Kristin Erb to the left) served as guest speaker for the event.



The 2006 Lady Eagle NCAA Division II Softball National Championship team received its championship rings at halftime of a September football game. Joining the Lady Eagles in the celebration were (right side) President Keith T. Miller, athletic trainer Yvette Ingram, Director of Athletics Sharon Taylor, and Student Cooperative Council President Matt Wise (in bottom row), along with (left side) Associate Director of Athletics Peter Campbell and Assistant Director of Athletics Danielle Barney.

2006 NCAA DIVISION II NATIONAL CHAMPIONS



LHU President Miller hosted a Block Party for the national champion softball team over the summer, including congratulations from State Representative Mike Hanna and Lock Haven mayor Rick Vilello. Earlier in the day, the Lady Eagles were featured in the Best of Clinton County parade, and signs were added at two main routes into Lock Haven to celebrate the team's success.



## Community Involvement



LHU student-athletes have dedicated countless hours to the local community, volunteering for events like the Megatransect, the Flemington Hi-Neighbor's Halloween Party, the Kids Fun Run at the Homecoming 5K, and the Tiger's Den Playground project.

Other projects included a food drive for the Salvation Army, a Run-A-Thon for The Second Mile, a shoe sale with proceeds going to the Tiger's Den playground, Trash Clean-Ups, and various sport clinics.