

# HAVEN athletics newsletter



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Lady Eagles pose with the visiting team from Edinboro University following a designated Lax4Life home game this season.

## >>LHU Lacrosse Helping Lead Nationwide Campaign For Suicide Awareness and Prevention

The Lock Haven University lacrosse team has been playing an integral role in the recent Division II lacrosse movement to help spread awareness about adolescent and young adult suicide.

The tragedy of suicide impacted the Lady Eagle team twice last year, and the outpouring of support received from teams around the league prompted Coach Selvage to galvanize her team, along with the assistance of Grand Valley State women's lacrosse coach Alicia Groveston, to extend Lax4Life fundraising and awareness events to all NCAA Division II lacrosse programs during the current season.

Thirty-six teams have signed on to play 46 games and sell t-shirts as fundraisers for Allyson's Fund (Allyson Rose Green Memorial Foundation). At \$15 per shirt, the Lacrosse Magazine reports that the initiative has already raised nearly \$17,000 in 2010.

To purchase a Lax4Life tshirt: <http://www.lhup.edu/lacrosse/Apparel%20Sales.htm>

To read more about the origin and organization of Lax4Life, read the Lacrosse Magazine article at: [http://laxmagazine.prestosports.com/blogs/dasilva/030810\\_mondays\\_with\\_matt\\_d-ii\\_teams\\_unite\\_in\\_cause](http://laxmagazine.prestosports.com/blogs/dasilva/030810_mondays_with_matt_d-ii_teams_unite_in_cause)

(Compiled from information released by LHU Marketing and Communications/Sports Information, LHU Lacrosse, and Lacrosse Magazine)



[www.crimsonandwhite.net](http://www.crimsonandwhite.net)

## >>LHU Wrestling's Kids Carnival

The Haven teams assisting with the Kids Carnival prior to one of this season's home wrestling matches may have had as much - or more - fun as the kids attending!



## >>Russell Named USTFCCCA Division II Executive Director

Aaron Russell, LHU's head men's and women's cross country coach and the co-head coach of the men's and women's track & field teams, was recently elected Division II Executive Director of the U.S.

Track & Field and Cross Country Coaches Association (USTFCCCA).

In this position, Russell will preside over the DII Board of Directors and, in conjunction with the CEO of the USTFCCCA, will act as the representative to the NCAA Division II coaching membership. He will assist in lobbying the NCAA Track & Field and Cross Country Sport Committee on issues of importance to all the sports. He will also serve as an ad hoc member to all USTFCCCA Division II committees, and will preside over the Division II general session at the annual coaches convention.



# Winter 2009-10 Honors & Awards

## Men's Basketball

*PSAC West Athlete of the Week* - Eric Brennan (Nov. 23, Feb. 8)  
*All-PSAC West First Team* - Eric Brennan

## Women's Basketball

**(7-18, 2-12 PSAC West)**

*PSAC West Freshman of the Week* -Kacie Hershey (Nov. 30, Jan. 25)

## Women's Swimming

**(8-5, 5-4 PSAC)**

**16TH AT NCAA DIVISION II NATIONAL CHAMPIONSHIP**  
**9TH AT PSAC CHAMPIONSHIP**

*PSAC Champion* - Amanda Terray (200 backstroke)  
*All-American* - 200 Medley Relay (3rd place/ Terray, Brittany Rehrig, Jenna Brooks, Samantha Durham), Amanda Terray (5th/100 backstroke), Brittany Rehrig (7th/100 breastroke)

## Men's Indoor Track and Field

### PSAC CHAMPIONS

*NCAA Championship Participant* -Greg Mock (60 meter dash)  
*PSAC Champion*- Nick Hilton (mile), Greg Mock (55m)  
*All-PSAC (top 3)* - Tim Getz (3rd/5,000 meters), Randy Sylvia (2nd/weight throw), Tyler Thomas (3rd/weight throw; 3rd/shot put), Nick Hilton (1st/mile; 2nd/3,000 meters), Nathan Zondlo (3rd/3,000 meters), Chris Edelman (2nd/800 meters), 4x400 meter relay (2nd/Chris Edelman, Ryan Daugherty, Shawn Wilkinson, Chris Jones), Distance Medley Relay

## Women's Indoor Track and Field

### 7TH - PSAC CHAMPIONSHIPS

*All-PSAC (top 3)* - Christy Ohmott (2nd/pole vault)

## Wrestling

**(2-9, 1-5 EWL)**

**4TH - PSAC CHAMPIONSHIPS**  
**6TH - EWL CHAMPIONSHIPS**

*NCAA Championship Participant* - John Trumbetti (133lbs.)  
*EWL Champion* - John Trumbetti (133lbs.)  
*PSAC Champion* - Brock Parker (149lbs.)  
*All-PSAC (top 3)*- Dan Craig (2nd/heavyweight), John Trumbetti (3rd/133lbs.), Owen Wilkinson (3rd/141lbs.), Aaron Ernest (3rd/174lbs.), Jeremie Cook (3rd/184lbs.).



The LHU track and field team has whole-heartedly adopted the well-being of LHU student and track and field alumnus Brian Keefer (seen here at a Play for Brian

event) as one of their key fundraising projects. Reports from track and field fans say Brian, who suffered a severe spinal cord injury, continues to make incremental progress, and many campus events continue to be held to ensure his ability to finish his degree here at LHU and to continue the rehabilitation/therapy process.

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Photos compliments of LHU Sports Information, LHU Athletics, Bob McCool, Kristen Geissler, Jody Preische and Danielle Barney. Releases by members of the Sports Information staff also found on www.havensports.com.

## >>Championship Provides Students With Hands-On Sport Administration Experience

Hosting any championship is a point of pride for a university, but it also entails a tremendous amount of planning and work. When Lock Haven University athletics signed on to host the 2010 NCAA Division II National Swimming and Diving Championships, it did so knowing how great an opportunity it would be, despite the almost 300-mile distance between the two locations along with the usual challenges of running a championship caliber event for over 500 elite student-athletes.

Enter the Sport Administration program and the unique idea to offer an alternative Spring Break for many of the program's students. Working with the LHU athletics administrators, swimming coaches, sport administration faculty, and other volunteers, the result was a mutually beneficial collaboration that produced a true championships experience for the participating student-athletes, and a well-run event much appreciated by fans and event officials.

Student volunteers from swimming and the sport administration major were integral in almost every aspect of the on-site running of the championships. This included ticketing, selling merchandise, helping with timing, organizing the parking, running the awards process, copying and posting results, keeping the stands under control, and many, many more areas that are easily glossed over yet truly important to hosting a top notch meet.

>>>The LHU student contingent was featured on the NCAA website as a Division II feature shortly following the championships.



### The NCAA News



Going the extra mile - More than 50 student-athlete volunteers from Lock Haven University made the four-hour trip west to Canton, Ohio, to help administer the Division II Men's and Women's Swimming and Diving Championships last weekend. The student-athletes spent most of their spring break in event-management mode, picking up valuable experience and assisting their fellow Division II student-athletes along the way. Pictured (from left to right) are sport-administration majors Courtney Johnson, Meagan Wolf and Rachel Rorke.



## >> Women's Indoor Track and Field Places 7th at PSAC Championships

Battling injuries during most of the early season, the Lady Eagle indoor track and field team still managed to finish seventh at the PSAC Indoor Track and Field Championships. Leading the way was sophomore pole vaulter **Christy Ohmott**, who scored all-conference (top three) honors with her second-place finish in the event. A host of other runners and field athletes added to the Haven's two-day total.

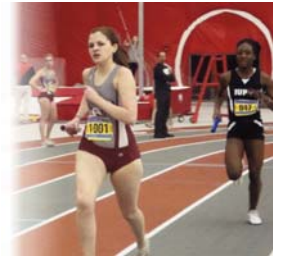
During the regular season, sophomore thrower **Vanita Moses** earned mention as the PSAC Field Athlete of the Week (Feb. 2) after placing as the top Division II thrower (and 11th overall) at the Penn State National Invitational with a throw of 54'2".

At the conference meet, the Haven's top finisher was Ohmott, who cleared 11'5-3/4" for runner-up accolades in the pole vault. Moses captured fourth place in the weight throw (49'11-3/4"). On the track, rookie runner **Lindsey Topper** earned fifth place in the mile (5:10.40). LHU's 4x800 meter relay of **Courtney Whitmoyer**, Topper, **Caitlin Burke**, and **Katie Peters** placed fourth overall in 9:38.25. The Haven's distance medley relay, utilizing the talents of **Alexis Patrick**, Peters, Whitmoyer, and Topper, came across the finish in fourth place (12:28.67), and the 4x400 meter relay of **Colette Young**, **Meagan Wolf**, Burke, and **Cassie Snider** finished fifth with a combined time of 4:02.33.

Meagan Wolf (top); Christy Ohmott (bottom)



Lindsey Topper



## >> 2010 Women's Basketball Campaign Blends Youth and Experience

The Lady Eagle cagers went 7-18 overall and 2-12 in the PSAC West over the course of the 2009-2010 season. The home court advantage was certainly one thing that LHU was able to enjoy on at least a few occasions, as six of their seven wins came in Thomas Fieldhouse. Lock Haven's wins came over Washington Adventist University (formerly Columbia Union) -- a pair -- and home victories against conference opponents Mansfield, East Stroudsburg, Slippery Rock and Mercyhurst.

In the final conference statistical standings, the Haven's best ranking came in the rebounding category, rated 10th overall (+0.6) and fifth in offensive rebounds (16.1 orpg). Junior forward **Kristen Kudrick** was among the PSAC's top ten in free throw percentage, ranked eighth overall after sinking 91 of 112 attempts for a 0.813 percentage.

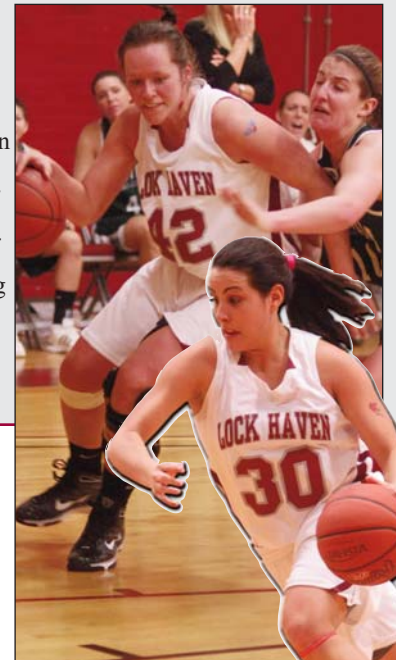
Playing experience gained by several of the Haven's new additions adds to growing potential for future seasons, highlighted by rookie forward **Kacie Hershey's** pair of PSAC West Freshman of the Week honors (Nov. 30, Jan. 25).

**TEAM RECORD: 7-18, 2-12 PSAC West**

### STAT LEADERS

**Scoring-** Kristen Kudrick (Harrison City, Pa.) - 11.2 ppg  
**Field Goal Percentage -** Peaches Nesmith (Philadelphia, Pa.) - .435 (77-177)  
**Three Point Field Goals -** Heather McHugh (Norristown, Pa.) - .279 (31-111); Jaime Donovan (Pipersville, Pa.) - .326 (30-92)  
**Free Throw Percentage -** Kudrick - .813 (91-112)  
**Rebounds-** Kudrick - 147  
**Assists-** Casi Donelan (Fairfax, Va.) - 87  
**Steals -** Sharay Hall (Philadelphia, Pa.) - 40  
**Blocks -** Kudrick - 25

Kristen Kudrick>>



Casi Donelan>>



## >>Field Hockey's Hordendorf Named NEC Fall Scholar-Athlete; 11 Lady Eagles on NEC Fall Honor Roll

Lady Eagle field hockey junior **Amy Hordendorf** earned selection as the 2009 Northeast Conference (NEC) Fall Scholar Athlete for field hockey, and 10 other Lady Eagles earned a spot on the NEC Fall Honor Roll.

Hordendorf, a physician's assistant major from Topton, Pa., was a 2009 Longstreth/National Field Hockey Coaches Association (NFHCA) Division I All-Mideast Region First Team selection and was the NEC Offensive Player of the Year. She led the Haven in both goals (23) and total points (50) throughout the 2009 campaign.

Lady Eagles who made the NEC Honor Roll include: **Megan Albert** (Sr., Elementary Education), **Carly Fry** (Sr., Psychology), **Suzann Hobart** (Sr., Criminal Justice), **Amy Hordendorf**, **Casey Hughes** (Jr., Health and Physical Education), **Tonia-Marie James** (Jr., Biology-Chemistry), **Mary Keister** (Sr., Physical Therapy), **Teresa Lezama** (Fr., Biochemistry), **Kelsie Minnich** (Fr., Health Science), **Nicole Weaknecht** (Fr., Physical Therapy), and **Sarah Wilson** (Fr., Health Science/Athletic Training).

## >>Field Hockey Team Honored With NFHCA National Team Academic Award

The Lady Eagle field hockey team achieved the NFHCA National Academic Team Award and had 11 student-athletes garner Gladiator by SGI / NFHCA Division I National Academic Squad accolades. The team award is presented only to teams who record a cumulative grade point average of 3.00 or higher.

Individually, 11 members of the LHU squad named to the academic team were: **Megan Albert**, **Carly Fry**, **Suzann Hobart**, **Amy Hordendorf**, **Casey Hughes**, **Talitha Jay**, **Mary Keister**, **Teresa Lezama**, **Kelsie Minnich**, **Nicole Weaknecht**, and **Sarah Wilson**.



## >>Men's Hoops, Christian Lead PSAC in Blocks Brennan Earns All-PSAC West Nod



The Bald Eagle hoops squad completed the 2009-2010 season with an overall record of 6-19 while going 3-11 in the PSAC Western Division. LHU captured two wins at the Indiana Regional Medical Center Holiday Classic Tournament (over Urbana and Felician), and the season's campaign also included a home-away sweep over Edinboro University. The Haven's season included success in overtime contests, winning three-of-four extra minute outings.

In the conference statistical standings, the Bald Eagles combined for a share of the top position in the PSAC in blocked shots, averaging 5.2 per game. The majority of those swats were compliments of senior forward **Warren Christian**, who was the best in the conference in shot denials with 71 for a 2.8 per game average. Christian was also tied for fourth in rebounding, while fellow forward **Eric Brennan** closed out the season tied at third among all conference scorers with 17.5 points a contest.

Post-season honors went to sophomore Eric Brennan, who collected his first All-PSAC West First Team award.

*In the background: Eric Brennan, All-PSAC First Team honoree*

**TEAM RECORD:** 6-19, 3-11 PSAC West

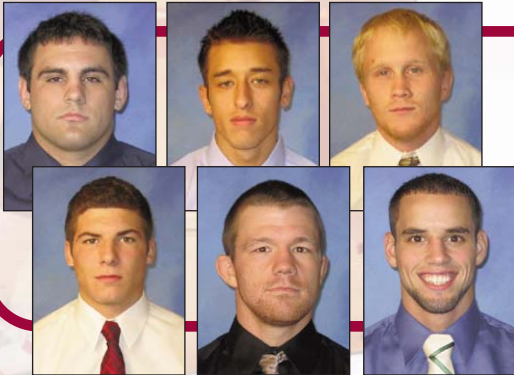
### STAT LEADERS

**Scoring-** Eric Brennan (Chester, Pa.) - 17.5 ppg  
**Field Goal Percentage** - Warren Christian (Baltimore, Md.) - .521 (137-263)  
**Three Point Field Goals** - Sharif Bolton (Philadelphia, Pa.) - .340 (18-53);  
 Eli Hanna (Lock Haven, Pa.) - .322 (48-149)  
**Free Throw Percentage** - Dalexis Pena (Beacon, N.Y.) - .667 (78-117)  
**Rebounds-** Christian - 234 (9.4 rpg)  
**Assists-** Pena - 98  
**Steals** - Brennan - 40  
**Blocks** - Christian - 71

## >>Six Haven Wrestlers on EWL Academic Recognition List

Six members of the Haven wrestling team earned a spot on the 2010 Eastern Wrestling League(EWL) Academic Recognition List. Grapplers **Dan Craig, Seth Creasy, George Ester, Zach Kell, Justin Loudon,** and **Owen Wilkinson** each received the league's accolades for excelling both on the mat and in the classroom.

*(top, l-r) Craig, Ester, Louden; (bottom, l-r) Creasy, Kell, Wilkinson*



*John Trumbetti*

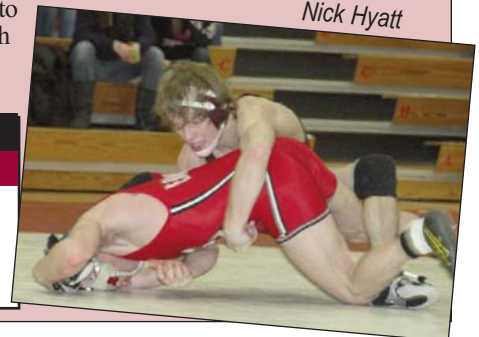
## >>Hard Work Colors Wrestling's 2009-10 Campaign; Trumbetti Represents LHU At National Tournament

Lock Haven wrestling completed its first season under the leadership of head coach Robbie Waller, turning in a 2-9 overall ledger along with a 1-5 mark in the Eastern Wrestling League. While there is still much work to be done, the season contained many highlights, as several wrestlers appeared on the national rankings list throughout the year, and sophomore 133-pounder **John Trumbetti** earned his first trip to the NCAA Division I National Wrestling Championships.

Over the course of the season, a number of Haven grapplers fared well and turned in standout seasons. At the Mat-Town Open, **Nick Hyatt** (125 lbs.) and **Dan Craig** (HWT) wrestled their way to the top in their respective brackets. Trumbetti (133 lbs.) and **Harry Turner** (197 lbs.) each took second place. At the PSAC championships, the Bald Eagles finished fourth overall in the team standings, and **Brock Parker** claimed the 149-pound title for the Haven. At the EWL championships, the Crimson and White placed sixth and Trumbetti captured the crown at 133 pounds after defeating two-time league champion Jimmy Conroy of Pittsburgh, 2-0. The Bald Eagle grappler's win secured him his first bid to the national championships.

At the Division I national championships hosted at the Qwest Center in Omaha, Neb., Trumbetti drew Bucknell's John Marble as his first round opponent. While Trumbetti would drop the bout to Marble, 11-1, he bounced back later that evening to score a second-period pin over Zac Stevens of Michigan in 3:42. In the second round of wrestlebacks, Trumbetti's mission to advance in the tournament was cut short by Cornell's #7-seeded Mike Grey, who came away with a 6-1 decision over the Haven grappler. Trumbetti closed out his successful season with a 27-9 overall record, his second 20-wins season and the most wins on the Bald Eagle squad this year.

*Nick Hyatt*



**TEAM RECORD:** 2-9, 1-5 EWL

### STAT LEADERS

**Wins-** John Trumbetti (Montvale, N.J.) - 27 (27-9; .750)  
**Pins** - Aaron Ernest (Selinsgrove, Pa.), Nick Hyatt (Boyertown, Pa.) - Both with 8  
**Major Decisions** - Kevin Dufresne (Orange, N.J.) - 5  
**Technical Falls** - Jeremie Cook (Venice, Fla.), Owen Wilkinson (Hartland, Mich.) - Both with 3

## >>Bald Eagle Track and Field Captures Fifth PSAC Indoor Crown

The 2009-10 Bald Eagle track and field team captured its fifth PSAC Indoor Championship, edging out the competitive field by just one half a point. A close team race over the course of the entire two-day meet, to claim the overall title the Haven needed to finish no lower than second heading into the 4x400 meter relay, the final championship event. That Haven relay did just that, placing second in the hotly contested race to cement the championship victory.

Over the course of the season, the Bald Eagles' **Nick Hilton** claimed a PSAC Runner of the Week nod early on after finishing fifth in the mile (4:14.48) against Division I competitors at the Penn State Northeast Challenge and anchoring the distance medley relay (10:11.38).

At the PSAC championship, individual titles from Hilton and **Greg Mock** helped pace the Haven contingent to the team victory. Hilton captured first in the mile with a championship meet record of 4:08.78, and Mock claimed the 60 meter dash title with a winning time of 6.82. Second-place finishes were recorded by **Randy Sylvia** (weight throw), Hilton (3,000 meters), **Chris Edelman** (800 meters), and the 4x400 meter relay of **Chris Jones, Shawn Wilkinson, Steve Roberts, and Edelman**. Rounding out the All-PSAC (top three) performances were **Tim Getz** (5,000 meters), **Tyler Thomas** (weight throw, shot put), **Nathan Zondlo** (3,000 meters), and the distance medley relay of **Josh Gainer, Sean Harper, Brandon Pomerantz and Hilton**.



While several individuals and relays provisionally qualified for the NCAA championships, Greg Mock represented the Haven as his 60 meter dash time was high enough on the performance list to make it into the championship field. Out in Albuquerque, New Mexico, for the national meet, Mock finished 10th overall in the preliminary round with a time of 6.89.

Post-season honors were presented to Haven track and field head coaches Aaron Russell and Heather Leverington, who were honored as the PSAC's Men's Coaches of the Year.



Greg Mock>>

## >>Haven Swimming Becoming A Conference, National Force Lady Eagles Return Home As All-Americans



All-Americans  
Amanda Terray, Samantha Durham,  
Jenna Brooks, Brittany Rehrig

The Lady Eagle swim team, under the guidance of fifth-year head coach Andy Waeger, had a banner year in 2010, topped off by a bundle of All-America awards captured while serving as the host of NCAA Division II national championships.

The Haven had a record eight swimmers qualify individually for the PSAC Championships. On day one, the foursome of **Amanda Terray, Brittany Rehrig, Jenna Brooks, and Samantha Durham** started the championships off right by hitting an automatic qualifying and school record time in the 200 medley relay (1:45.75), and the quartet would eventually place third overall in the finals. **Kasey Campbell** bettered her own school mark in the 1,000 freestyle (10:54.70) and finished 19th overall. Day two ushered in even more accomplishments, including an NCAA "A" cut time in the 100 backstroke (57.50) for Terray. Terray, Rehrig, Brooks, and Durham tacked on a few more school records, placing third in the 400 medley relay (3:53.89) and fifth in the 200 freestyle relay (1:37.07). Lock Haven continued to impress, as Terray would take second in the 100 backstroke (56.80; NCAA qualifying and school record) before continuing her conference reigning third-straight title in the 200 backstroke in 2:02.81. Finally, among other impressive performances, freshman Brittany Rehrig added to her relay accomplishments by setting a new school record and placing third in the 100 breaststroke (1:05.58).

Adding to the excitement of being the host institution for the NCAA Division II National Swimming and Diving Championships, the Lock Haven contingent of national qualifiers was the largest it has ever been with the first qualifying relay. Terray, Rehrig, Brooks, and Durham won their heat of the 200 medley relay, then clocked a 1:43.83 in the finals to finish third and garner All-America status. Their time broke the school record and was the second-fastest ever swum in the race in PSAC history. The quartet finished 14th overall in the 200 freestyle relay, booking another school record (1:32.62), and Brooks took third in her heat of the 100 butterfly.

On the third day of Nationals action, Rehrig came into the 100 breaststroke outside of the top 10 in seed time, but tied for eighth after the preliminaries then won a swim-off to advance to the finals. That evening, Rehrig took yet another step forward and took seventh overall in 1:05.31 for her second All-America award.

In the final day of competition, the foursome set a new school mark in the 400 freestyle relay in 3:33.64 and was 21st overall, while Terray placed 16th overall in the 200 backstroke in 2:06.81.

LHU Swimming at the NCAA Championship banquet:  
(l-r) Amanda Terray, Brittany Rehrig, Samantha Durham,  
Head Coach Andy Waeger, Jenna Brooks,  
Graduate Assistant Katie Kuntz



Jenna Brooks



Amanda Terray





## >>Haven Duo Tabbed As PSAC Men's Indoor Track and Field Coaches of the Year

LHU Men's Track and Field **Head Coaches Aaron Russell and Heather Leverington** were selected by their peers as the 2010 PSAC Indoor Men's Track and Field Coaches of the Year. The coaching duo, who is complimented by assistant coach Chad Warren, led the 2010 Bald Eagles to the PSAC Indoor title, the fifth indoor championship in program history.

(l-r) Head Coaches Aaron Russell, Heather Leverington



## >>Double Duty For LHU's Moore

Starting this summer, LHU Men's Soccer Coach **Doug Moore** will also serve as head coach for the Lady Eagle Soccer program. Moore does have previous experience in coaching women's programs, as he served as head coach for the Haven in 2001 and led the Lady Eagles to a PSAC championship and an NCAA

Division II Northeast Region title. Moore replaces Heather Davis, who recently resigned to take a position at the University of New England.



## >>Lady Eagle Soccer Earns Team Ethics Award

The Lock Haven women's soccer team earned a National Soccer Coaches Association of America (NSCAA) Team Ethics Award. The award recognizes teams that "exhibit fair play, sporting behavior and adherence to the Laws of the Game, as reflected by the number of yellow caution cards or red ejection cards they are shown by referees throughout the season."

The Lady Eagles claimed the Silver Award, given to teams that accumulate no red cards and a maximum of five yellow cards.



Joe Walker  
LHU '02  
(www.texastech.com)

## >>LHU Alumnus New Football Strength Coach at Texas Tech

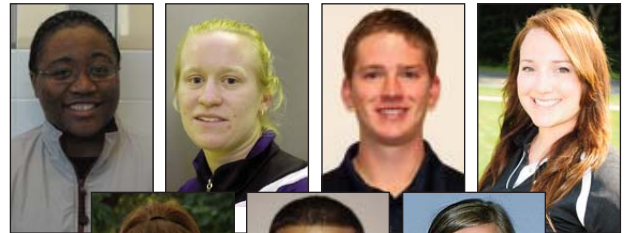
**Joe Walker**, a 2002 graduate of Lock Haven University and a former Bald Eagle football player was named the new head football strength coach at Texas Tech.

Walker was the assistant strength coach at Auburn the last two seasons. He graduated from Lock Haven in 2002 with a degree in recreation management/fitness option and was a four-year member of the Haven football program, playing from 1998-2001.

Walker is listed at No. 10 in the records books on the Bald Eagles all-time tackle for a loss list.

## >>Recent Haven Athletics Alum Take on Collegiate Coaching Assignments

Several recently graduated Lock Haven student-athletes have followed in the footsteps of their respective coaches by moving into the collegiate coaching ranks. While this is not an exhaustive list, and many others take on high school coaching positions, below is a sampling of several recent LHU graduates now working in collegiate athletics:



## >>LHU Grad In As New Offensive Coordinator at Notre Dame

**Charley Molnar**, a 1984 Lock Haven graduate and former Bald Eagle football player has been named the new offensive coordinator at Notre Dame.

Molnar, who also began his coaching career at Lock Haven from 1984-1986 earned the Ross E. Nevel Jr. Unsung Hero Award following his senior football season at Lock Haven in 1983.

Molnar has spent the last four seasons coaching under new Fighting Irish head coach Brian Kelly at both Cincinnati and Central Michigan.



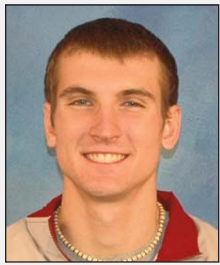
Charley Molnar  
LHU '84

(More from the sports information office is on the LHU Athletics homepage at [www.havensports.com](http://www.havensports.com))



(top, l-r): JaKia Gumby (Slippery Rock University Track and Field graduate assistant), Lynnette Reitz (Lycoming College Assistant Lacrosse and Soccer Coach), Patrick Long (Bucknell University, Assistant Men's Soccer Coach), Kelly Wengertner (American International College, Head Volleyball Coach); (2nd row, l-r): Abby Cerrone (Washington College Assistant Field Hockey Coach), Kranthi Senadhi (Indiana (PA) University, Assistant Men's Basketball Coach), Sarah Norris (West Chester University Assistant Softball Coach); (3rd row, l-r): Emily Wagner (Lock Haven University Women's Soccer graduate assistant), Paul Hockett (Bloomsburg University Men's Soccer graduate assistant), Danielle Fraser (Lock Haven University Assistant Softball Coach); (4th row, l-r): Phil Liversedge (Lock Haven University Men's Soccer graduate assistant), Megan Bullock (Marywood University Assistant Field Hockey Coach), Ryan Yurchick (Lehigh University, Assistant Track and Field Coach), Inga Kurgonaite (Bucknell University Women's Volleyball graduate assistant).





## >>Edelman Named PSAC Top Ten Award Winner

Haven track and field senior **Chris Edelman (Elverson, Pa.)** was selected as a PSAC Winter Top 10 Award winner following a standout final indoor season. A health science major in the pre-physician assistant track, has been a Dean's List student every semester and is a three-time Academic All-American.

Edelman was an integral part of the Lock Haven PSAC Indoor Track and Field Championship, anchoring the second-place 4x400 meter relay which clinched the team title. He also placed second in the 800 meter run (1:55.45), and was on the third-place distance medley relay and the fourth-place 4x800 meter relay.

To be a candidate for the PSAC Top 10 Awards, a student-athlete must have achieved a minimum of a 3.50 cumulative grade point average and must be a starter or key reserve with legitimate athletic credentials for their respective team. The winter sports eligible for consideration for the Winter Top 10 Awards are men's and women's basketball, men's and women's swimming and diving, men's and women's indoor track & field and wrestling. At the end of the academic year, the Top 10 Award winners from each of the three seasons are eligible for the PSAC Pete Nevins Scholar-Athlete of the Year Awards, given to one male and one female candidate.

The LHU Athletics and LHU Swimming contingent at the 2010 NCAA Division II Swimming & Diving Championships orchestrated a pair of community outreach events:

*As host of the event, Lock Haven encouraged participating teams to donate books for a local middle school reading program (left).*

*LHU also worked with the facility supervisors to bring in a group of local third-graders as a reward for good academic progress. The third graders spent the morning with several collegiate swimmers, learning about swimming and college, watching the meet, and getting their chance to pose on the awards stand (right).*



[www.crimsonandwhite.net](http://www.crimsonandwhite.net)



# HAVEN SUMMER CAMPS...

Summer camps help promote LHU Athletics and support LHU student-athlete scholarships...spread the word!

### CAMP

- Haven Soccer Academy - Individual Camp
- Baseball Day Clinic
- Wrestling - Elementary Kids Camp
- Girl's Wrestling-Intensive Freestyle Training
- Boy's Basketball
- Football Big Man Clinic
- Football 7-on-7 Team Passing Clinic
- Wrestling - Team Camp I
- Girl's Wrestling-Intensive Freestyle Training
- Women's Coaching Academy
- Girl's Wrestling-Wrestling School for Beginners
- Wrestling - Team Camp II
- Haven Soccer Academy - Team Camp
- All-American Volleyball Hitters Camp
- All-American Volleyball Setters Camp
- All-American Volleyball All-Skills Camp
- Field Hockey
- All-American Volleyball Team Camp & Coaches Clinic
- Boy's Soccer - Camp 1 (Individuals & Teams)
- Girl's Lacrosse Individual and Team Camp
- Boy's Soccer-Camp 2 (Individuals & Teams)

### AUDIENCE

- Girls, Grades 8-12
- Boys and Girls, Ages 5-12 years
- Boys and Girls, Grades 1-6
- Girls, Junior & Senior High
- Boys, Senior High
- Boys, Senior High
- Boys and Girls, Junior & Senior High
- Girls, Junior & Senior High
- Women, Aspiring Coaches
- Girls, Junior & Senior High
- Boys and Girls, Junior & Senior High
- Girls, Grades 9-12
- Girls, Grades 9-12
- Girls, Grades 9-12
- Girls, Junior & Senior High
- Girls, Grades 9-12
- Boys, Grades 9-12
- Girls, Grades 9-12
- Boys, Grades 9-12

### DATES

- June 18-20
- June 21-24
- June 26-29
- June 27-July 2
- July 5-8
- July 10
- July 10
- July 11-15
- July 11-15
- July 11-20
- July 16-20
- July 16-20
- July 18-22
- July 25-29
- July 25-29
- July 25-29
- July 25-28
- August 1-5
- August 1-4
- August 1-4
- August 4-7

More camp information can be located online at [www.lhup.edu/camps](http://www.lhup.edu/camps) or by contacting Matt Hardy (mhardy2@lhup.edu or 570/484-2358)