

# HAVEN athletics newsletter



Published by the Department of Intercollegiate Athletics at Lock Haven University  
 Lock Haven, Pennsylvania - Volume 2, Issue 1 - December 2005  
[www.lhup.edu/sports](http://www.lhup.edu/sports) - (570) 893-2102

## And The Winner Is...

The Lock Haven University Department of Athletics and the Lock Haven Foundation capped off their summer Tuition Raffle by drawing the names of David and Ruth Hall of Hollidaysburg for the grand prize of \$2,500.



The next Tuition Raffle has already begun -- the grand prize drawing is scheduled for December 23.

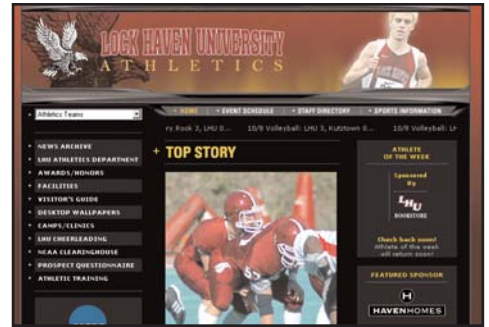
If you have not yet received your brochure and tickets, feel free to call the Department of Athletics at (570) 893-2102.



Mike Hanna, State Representative, Doc Sweitzer, LHU Board of Trustees member, and President Keith T. Miller draw the winner of the Summer Tuition Raffle

## Lock Haven Athletics Gets A New Online Look

If you previously had bookmarked [www.lhup.edu/sports](http://www.lhup.edu/sports) to follow Lock Haven Athletics, it's time for a big change as the Department has launched a new and improved website at [Havensports.com](http://Havensports.com). The Sports Information Office, directed by Al Weston, unveiled its newest project in mid-September with the aim to offer a cleaner look and a more memorable name. Stats, releases, game stories and much more are now available on the site and are being updated hourly.



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

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Photos compliments of LHU Sports Information, Bob McCool, Aaron Russell, Lacy Way, LHU Public Relations, Kranthi Senadhi, Wally Kocher and Danielle Barney.

## LHU's Rudy Records 400th Career Victory



Only the sixth coach in collegiate field hockey to reach the 400 wins mark, Haven mentor **Pat Rudy** eclipsed the milestone during the midway point of the Lady Eagle's 2005 season. Rudy, who is in her 28th season as a head coach and 11th while at Lock Haven, guided the Lady Eagles to a 2-0 win over Robert Morris University on October 12 for her 400th victory. Following the conclusion of the 2005 campaign, Coach Rudy has amassed a 406-112-15 career ledger.

Pictured above (L-R): Graduate Assistant Lacey Pustizzi, Assistant Coach Shanna Vitale, Coach Rudy, Director of Athletics Sharon E. Taylor, and student assistant Ryan Sherburne.

## Men's Cross Country/Track and Field Holding On To Early CHAMPS Challenge Lead



As November drew to a close, it was the men's cross country/track and field team with 1390 points and the lead in the 2005-06 CHAMPS Challenge. The CHAMPS Challenge, now in its second year, is a friendly competition between LHU Athletics teams where teams earn points for projects they complete related to community service, personal development, career development and supporting other teams. The competition ties in with the department's involvement in the CHAMPS/Life Skills program. As part of the NCAA's effort to enhance the all-around student-athlete experience, the CHAMPS/Life Skills program arranges for programming in the areas of personal and career development, community outreach, and works to promote academic and athletic excellence.

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

### 2005-06 CHAMPS Challenge Current Top Five (as of 12/1/05)

1. M. Cross Country/Track and Field..1390
2. W. Cross Country/Track and Field..1190
3. Lacrosse .....1100
4. Women's Basketball .....775
5. Softball .....500



## Fall 2005 Honors & Awards

### Men's Cross Country

NCAA DIVISION II NATIONAL CHAMPIONSHIP - 10TH PLACE  
 NCAA DIVISION II EAST REGION RUNNER-UP  
 PSAC CHAMPION

*PSAC Men's Coach of the Year* - Aaron Russell  
*All-Region* - Chris Robson, Bill Buckenmeyer  
*All-PSAC*

Shawn Moore, Chris Robson, Aaron Benson, Greg Davis

### Women's Cross Country

NCAA DIVISION II EAST REGION CHAMPIONSHIP - 11TH PLACE  
 PSAC CHAMPIONSHIP - 9TH PLACE

### Field Hockey

*(NCAA Division I: 15-5, 7-1 NEC)*  
 NEC REGULAR SEASON CO-CHAMPION

*womensfieldhockey.com Third Team All-American* - Blair L. Wynne  
*NEC Player of the Year* - Blair L. Wynne  
*NEC Defensive Player of the Year* - Courtney Hughes  
*All-NEC First Team*

Blair L. Wynne, Courtney Hughes  
 Rebecca Steffen, Nikki Sweger

*Dartfish/NFHCA All-Region* - Blair L. Wynne, Courtney Hughes

### Football

**(2-9, 0-6 PSAC West)**

*ESPN the Magazine Academic All-District*  
 Steve Szobocsan, Ryan Bickel

*All-PSAC West First Team* - Steve Szobocsan  
*All-PSAC West Second Team*

Jeffrey Eaton, Derek Marshall, Brad Sones, David Show

### Men's Soccer

**(11-7-2, 9-5-2 PSAC)**

PSAC TOURNAMENT SEMIFINALISTS  
*NSCAA/adidas All-Northeast Region*

Paul Hockett, Patrick Long, Ashley Rosindale, William Trimble III  
*PSAC Rookie of the Year* - Paul Hockett  
*All-PSAC*

Paul Hockett, Patrick Long, Ashley Rosindale, Michael Smith

### Women's Soccer

**(7-12-0, 4-6-0 PSAC West)**

*All-PSAC*

Colleen Kafka, Holly Homsher, Monica Mangual,  
 Lynnette Reitz, Emily Wagner

### Volleyball

**(33-6, 10-0 PSAC West)**

*Ranked as high as #17 on AVCA Division II National Poll*  
 NCAA ELITE EIGHT QUALIFIER

NCAA DIVISION II ATLANTIC REGION CHAMPION  
 PSAC TOURNAMENT RUNNER-UP

PSAC WEST REGULAR SEASON CHAMPION  
*AVCA First Team All-American* - Li YiZhi

*AVCA Honorable Mention All-American* - Inga Kurgonaite  
*Daktronics First Team All-American* - Li YiZhi

*NCAA Elite Eight All-Tournament Team* - Li YiZhi

*NCAA Atlantic Region Championships All-Tournament Team*  
 Stacey Borgia, Inga Kurgonaite, Li YiZhi

*Daktronics Atlantic Region Player of the Year* - Li YiZhi  
*Daktronics All-Atlantic Region*

Inga Kurgonaite, Li YiZhi, Allison Wade

*PSAC West Athlete of the Year* - Li YiZhi

*All-PSAC West*

Allison Furry, Inga Kurgonaite, Li YiZhi, Allison Wade

## LADY EAGLE CROSS COUNTRY HAS STRONG RUN IN 2005



For fourth year head coach Aaron Russell and the Lady Eagle cross country team, the positives from the 2005 season far outweighed any rough patches encountered and bode well for the future of the program. The infusion of young talent into the existing mix of runners made for a more competitive squad which grew stronger as the season progressed.

During the regular season, the Lady Eagles captured runner-up finishes at both the Paul Short Invite as well as the Elizabethtown Invitational. Into the championship portion of their schedule, Lock Haven placed ninth at the PSAC Championships, led by freshman Rebekah Schrader.



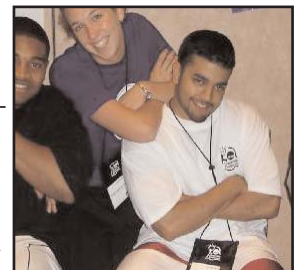
The Lady Eagles would wrap up 2005 at the NCAA Division II East Region Championships in early November, as seniors Holly Bofinger and Sarah Robertson paced the Haven to an 11th-place team finish.

## Student-Athletes Enhance Leadership Skills Through NCAA Programs

Three Lock Haven student-athletes were afforded the opportunity to attend NCAA leadership programming over the past few months.

Kranthi Senadhi, a senior men's basketball player, was the University's representative at the NCAA Leadership Conference. The Leadership Conference is a five-day retreat in Lake Buena Vista, Fla., that provides a forum to openly discuss issues that may affect athletes on their campuses and in their communities. It also provides them with the opportunity to enhance their leadership, communication, decision-making and problem-solving skills.

"The Leadership Conference was one of the best experiences of my life," said Senadhi. "It helped me to develop my people skills. I interacted with over 300 student athletes from all divisions, and was able to take away friendships that I will have for a lifetime."



LHU's Kranthi Senadhi (on the right) worked on leadership skills and discussed student-athlete issues with over 300 participants from all three NCAA Divisions during the Leadership Conference in June.

**"It was awesome to meet other student-athletes that share similar interests and motivations and to begin to work towards common goals with other student-athletes, administrators, and coaches."** -Leigh Ann Miller



(above) LHU Athletics took part in the NCAA Division II Regional Leadership Academy held in Boston, Mass., in September. LHU was represented by (l-r) wrestler Sobhan Namvar, Assistant Director of Athletics Danielle Barney, and cross country/track and field athlete Leigh Ann Miller.

Miller echoed those sentiments, commenting, "...the NCAA Division II Leadership Academy in Boston was one of the most amazing experiences of my life as a student-athlete. It was awesome to meet other student-athletes that share similar interests and motivations and to begin to work towards common goals with other student-athletes, administrators, and coaches."

## ▶▶▶ FIELD HOCKEY DOMINATES CONFERENCE IN SECOND YEAR OF DIVISION I ACTION

The 2005 campaign was proof, if there was need of any, that the Lady Eagles' dominating performance from 2004 in the NCAA Division I Northeast Conference (NEC) wasn't a fluke. This year's edition of Lock Haven field hockey boasted a 15-5 overall ledger with a 7-1 tally in NEC action. Outscoring opponents by a 3:1 ratio, the Lady Eagles continued to prove themselves in the second and final transition year from Division II to Division I. Of their five losses, two came in close losses to highly touted Division I programs such as #11 Ohio State and #8 Penn State.



As the season concluded, LHU grabbed a share of the NEC regular season title with Rider University, the second-straight such accolade for the Haven.

Lady Eagles collected top honors from the NEC, with sophomore **Blair L. Wynne** (left) earning NEC Player of the Year and senior **Courtney Hughes** being selected as the NEC Defensive Player of the Year. Seniors **Rebecca Steffen** and **Nikki Sweger** (above) joined Wynne and Hughes as First Team All-NEC picks.



### STAT LEADERS

**Goals** - Blair L. Wynne (Arima, Trinidad & Tobago), Nikki Sweger (Dauphin, Pa.), Sarah Huber (Plymouth Meeting, Pa.) - all with 10  
**Assists** - Blair L. Wynne - 9  
**Points** - Blair L. Wynne - 29  
**Game-Winning Goals** - Blair L. Wynne - 6  
**Saves** - Becca Yerkes (West Grove, Pa.) - 63 (1.08 GAA)

## Haven Grappler Published in Wrestling U.S.A. Magazine

(release reprinted from LHU Athletics website; Sports Information Office)

Lock Haven University wrestlers have a tendency to re-write the record books, but freshman **Ollie Cooperwood** (Hartselle, Ala./Maple Heights) is getting recognized for doing a little different style of writing.

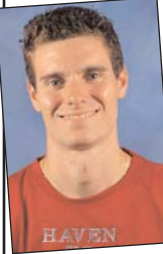


Cooperwood was recently published in the Oct. 1 issue of Wrestling USA Magazine one of the top publications in the country on the sport of wrestling.

In his article, "Never the Less", Cooperwood explains his motivation and what keeps him moving forward in one of the toughest and most physically grueling sports around.

For more information, visit the magazine's web site at <http://www.wrestlingusa.com/>.

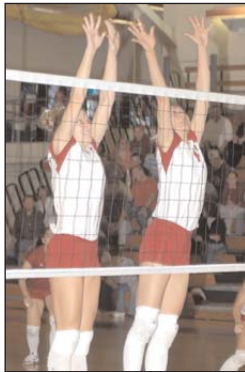
## Former LHU Runner Signs With Brooks



Haven cross country and track alum **Joe Wiegner** will be continuing his athletic career beyond the collegiate ranks, recently signing on to run professionally with **Brooks** Manhattan out of New York City. Wiegner, a 2004 cross country All-American who served as a student assistant for the men's and women's cross country teams this past season, was a member of the 2004 and 2003 national qualifying cross country teams that also captured regional and PSAC titles.



## ▶▶▶ LADY EAGLE VOLLEYBALL SOARS TO NCAA ELITE EIGHT



The NCAA Division II Elite Eight marked the finale of what could be called the most productive season in Lady Eagle volleyball history under 15th year head coach Tom Justice. The PSAC Western Division champions and NCAA Atlantic Region trophy winners, 2005's edition of Lock Haven volleyball more than lived up to the high expectations of the program's reputation.

Following early season tournaments in Michigan and Colorado where the Haven matched up against several nationally ranked competitors, LHU returned home to face-off against PSAC competition. The Lady Eagles strung

together a school-record 26 wins during the middle of the season, and during that span captured 51 consecutive games won -- a streak that ranks LHU second in NCAA history.

A 10-0 record in the PSAC West gave LHU the PSAC West regular season title, and the Lady Eagles played their way to the PSAC Championship title match, where they were stopped in a five-game contest by California (Pa.) University.

The Lady Eagles next hosted the NCAA Division II Atlantic Region tournament, where they fought their way to the finals against Lees-McRae College, who had knocked off the #2 and #3 seeded teams and was primed for the upset. The Haven went up 2-0, but Lees-McRae stormed back to take game three. LHU would bounce back strongly in game four, however, leaving no

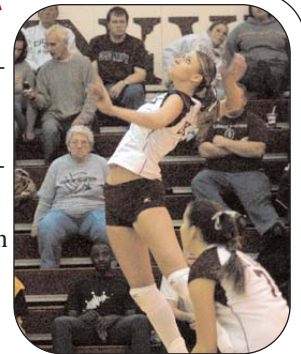


room for question as they pounded out a 30-17 victory for their third-straight NCAA Atlantic Region title.

With the trip to the Elite Eight hosted by the University of Nebraska-Kearney now locked up,

Lock Haven was paired up against Cal-State Los Angeles in the first round of NCAA Championship play. The Lady Eagles would win the first game, but dropped close battles in each of the following two sets to fall behind, 2-1. A solid effort in game four tied up the match and brought on the deciding fifth set. The Haven jumped out in front early, but CalState LA clawed back for the slim 15-13 victory to end LHU's season.

While their national championship hopes were dashed, the Lady Eagles' 33-6 overall record boasts the most wins in school history. Individually, junior middle Li YiZhi earned her second straight AVCA and Daktronics First Team All-America honors and was also named the PSAC West Player of the Year. Four players, Li, along with Inga Kurgonaitė, Allison Wade and Allison Furry, were named to the All-PSAC West teams, while Wade, Kurgonaitė, and Li also earned a selection on the Daktronics All-Atlantic Region squad. A bittersweet close to another successful chapter in Haven volleyball history, the Lady Eagles will have to bid fond farewell to a total of seven graduating from this year's squad before looking ahead to another championship run in 2006.



### STAT LEADERS

**Kills** - Li YiZhi (Shanghai, China) - 483,  
 Inga Kurgonaitė (Kaunas, Lithuania) - 386  
**Attack Percentage** - Li YiZhi - .439  
**Assists** - Allison Furry (Guys Mills, Pa.) - 876,  
 Kelly Kostelich (Venetia, Pa.) - 637  
**Service Aces** - Li YiZhi - 67, Allison Wade (Duncansville, Pa.) - 53  
**Digs** - Li YiZhi - 510, Allison Wade - 313  
**Blocks** - Li YiZhi - 179, Stacey Borgia (Factoryville, Pa.) - 156



## ▶▶▶ HAVEN MEN'S XC TOP TEN AT NATIONALS

One of the strongest forces to surface in LHU Athletics over the past few years has been Haven men's cross country. While the Haven has always traditionally fronted strong runners, the troops of fourth-year head coach **Aaron Russell** have created a stir on both conference and national levels. This year's team was no different, as the Bald Eagles blazed through the regular season leading up to their third straight PSAC title. Serving as hosts of the NCAA East Region Championships, the Haven squad would qualify for the national meet with a second-place finish just 10 points behind another regional power, Edinboro University.

Competing at the NCAA Division II National Championships for the third straight season, this year's squad boarded a flight to Pomona, California, for the national meet hosted by the University of California-Poly Pomona. At Prado Park, Lock Haven would match up against the nation's strongest runners and, despite the 85-degree dry heat, emerged from the dusty California trails to place tenth overall in the team race. It was the second-straight year for a top-ten finish by the Bald Eagles.

On the season, individually, the Haven's **Shawn Moore, Chris Robson, Aaron Benson, and Greg Davis** earned All-PSAC honors for placing among the top 15 at the conference meet. **Chris Robson** and **Bill Buckenmeyer** each collected All-Region awards.

*(above top) PSAC Champions; (above right, l-r) Greg Davis, Aaron Benson, Shawn Moore; (left) The Bald Eagles on their trip out to the University of California-Poly Pomona for the NCAA Division II National Championships.*



## ▶▶▶ LHU Fans Prove Cross Country Can Be Spectator Friendly

A little body paint, the ability to withstand chilly temperatures, and a whole lot of enthusiasm blend together to create what has become an exciting trend in the whole LHU men's and women's cross country experience. First surfacing a number of years ago at an NCAA Regional championship where the temperature did not reach above 40-degrees, these dedicated, painted LHU rowdies have traversed the courses at PSAC and NCAA Regional championships ever since. If trying to decipher the course map leaves you dizzy, locate these decorated devotees and chances are, you'll have no problem keeping up with the race!



*(top) Haven fans back in 2003... (above, right) LHU fans at 2005 PSAC Championships... (above, left) Haven mentor Jim Dolan sits alongside one of the LHU XC fans after the conference championships... (above right)...and it's not just for the men!*

## ▶▶▶ LHU Mentor Completes Ultimate Adventure

Lock Haven professor emeritus **Jim Dolan**, who guided the men's cross country team from 1969-1985 and the women from 1975-76, logged the 2,175 miles from Springer Mountain, Georgia, to Mount Katahdin, Maine this past spring and summer to successfully complete the full journey of the Appalachian Trail.

"It was an incredible journey," said Dolan.

"The people I met and the memories I have are incredible. It fulfilled one of my dreams."

Hiking 15-20 miles per day was Dolan's norm, interspersed with visits to post offices along the way to pick up packages from his wife, Sue, and stops to visit with former students, associates, family and friends.

Dolan, who was spotted regularly at LHU Cross Country meets this fall, was recently honored as the graduation speaker at the 2005 Winter Commencement.



## ▶▶▶ BALD EAGLE SOCCER REACHES PSAC PLAYOFFS

The Haven men's soccer team extended its 2005 season into the PSAC playoffs, earning a semifinal berth before falling in a penalty kick shootout to eventual conference champ Slippery Rock University. This year's edition of the Bald Eagles, under the watchful eye of fourth-year head coach **Doug Moore**, recorded its seventh-straight winning season with an 11-7-3 overall ledger.

Lock Haven closed out the regular season blazing, taking wins in the final five games to earn a spot in the conference tournament. Once into the tournament, the Haven faced the top-seeded Slippery Rock. The Bald Eagles' **Ashley Rosindale** scored twice in the second half, but the Rock answered each goal to push the extra periods. After two scoreless additional stanzas, Slippery Rock would emerge the 3-2 winner in penalty kicks to advance past the Haven.

Four Haven players earned post-season honors. Sophomore forward **Ashley Rosindale**, sophomore midfielder **Patrick Long**, freshman forward **Paul Huckett** (in photo to the right), and freshman defender **Andrew Smith** were each named to the All-PSAC team, and were also selected to the NSCAA/adidas All-Northeast Region squads. Huckett, who led the PSAC in points per game with 1.47, was also selected as the PSAC Rookie of the Year.

### STAT LEADERS

Goals - Ashley Rosindale (Bradford, England) - 12g

Assists - Patrick Long (Lock Haven, Pa.) - 7a

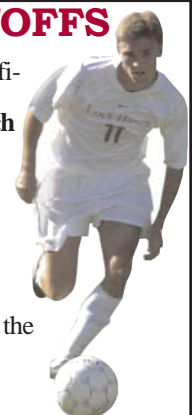
Points - Ashley Rosindale - 28 pts (12g, 4a)

Game-Winning Goals - Patrick Long - 3

Saves - Chad Feerrar (Lock Haven, Pa.) - 55,

William Trimble (Lancaster, Pa.) - 51

Goals-Against Average- William Trimble - 0.99; Chad Feerrar-1.22





## Behind the Scenes Athletic Development

A new face has been working diligently on behalf of Lock Haven University Athletics -- **Troy M. Miller** of Middletown, Pa., was hired over the summer to lead Lock Haven University's athletic fundraising efforts.

Prior to his arrival in The Haven, Miller served as director of development for The Electrochemical Society (ECS), the leading society for solid-state and electrochemical sci-

ence and technology with members from 75 countries worldwide. Miller also has served the Harrisburg-area United Way as director of major gifts and planning.

As director of athletic development, Miller is responsible for identifying and cultivating alumni, corporations, friends and parents; developing strategies to increase funds generated by athletic annual giving as well as for major and deferred gifts; developing proposals and cultivating corporate and business sponsorships and advertising packages in support of athletics; and conducting and marketing external camp and conference programs not handled by the LHU athletic program.

A former high school and collegiate soccer goalkeeper, Miller managed a 3.5 GPA as he earned his English degree from Temple University in 1993.

To learn more about Troy Miller, view the full University press release at: <http://www.lhup.edu/pr/releases/081605%20TroyMiller.htm>.



The LHU Foundation sponsored a foursome during the Lock Haven Rotary Club Charity Golf Tournament on Mon., Sept. 12th.

Hitting the links were, from left to right, Coach Andrew Waeger (Swimming), Troy M. Miller (Director of Athletic Development), Coach Kelley Green (Softball) and Coach John Wilson, Sr. (Men's Basketball).

## Russell Tabbed PSAC Coach of the Year

LHU Head Cross Country Coach **Aaron Russell** was tabbed as PSAC Men's Coach of the Year, his third consecutive honor. Russell led the 2005 Bald Eagle harriers to their third-straight PSAC championship and a top-10 finish at the NCAA Championships.



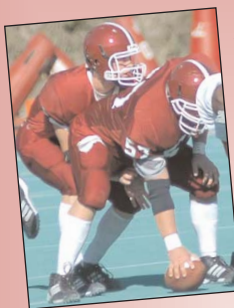
## Former LHU Wrestlers Compete at World Championships

Lock Haven wrestling alum **Sara McMann** (bottom) and **Jenny Wong** (top) both competed for the United States at the World Championships of Women's Freestyle Wrestling in Budapest, Hungary, in late September. McMann, a silver-medalist Olympian, won bronze in the 63 kg/138.75 lbs weight class. Wong placed seventh in the 48 kg/105.5 lbs bracket.



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

## KLACIK ERA BEGINS AT LHU

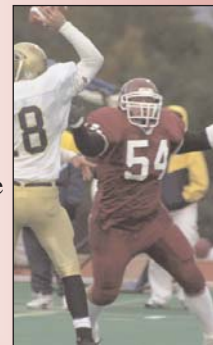


The 2005 Haven gridders took the field under the direction of first-year head coach **John Klacik**, putting up a 2-9 overall ledger. Lock Haven downed Cheyney University to open up the season's campaign. They then would suffer a pair of tough losses and season-ending injuries against NCAA DI-AA James Madison University and Towson University, depleting the young squad. Prior to the remainder of the PSAC Western Division schedule, the Bald Eagles would treat the Homecoming crowd to a 24-12 victory

over Mansfield University for its second win of the 2005 campaign.

In post-season honors, the Bald Eagles had five individuals named to the All-PSAC West teams, including junior **Steve Szobocsan**, who earned First Team All-PSAC West honors as an offensive guard. Four others were selected to the All-PSAC West Second Team. Joining Szobocsan on the all-conference list were junior defensive lineman **Jeffery P. Eaton**, junior defensive end **Brad Sones**, sophomore safety **David Show** and junior tailback **Derek Marshall**.

Two players were honored for their academic achievements -- juniors **Steve Szobocsan**, a Health and Physical Education major, and **Ryan Bickel**, a Criminal Justice major, both earned Second Team *ESPN The Magazine* Academic All-District accolades.



### STAT LEADERS

Rushing - Derek Marshall (Luthersburg, Pa.) - 374 yds/1 TD;  
 Chelstan Anderson (Halifax, Pa.) - 362 yds/4 TD  
 Receiving - Adam Lawrence (Hanover, Pa.) - 185 yds/2 TD  
 Passing - Jason Eby (Ulster, Pa.) - 114-40-6 / 203 yds  
 Kick Returns - Mike Nesby (Rankin, Pa.) - 24 ret./462 yds  
 Field Goals - Dan Hagerman (Scottsdale, Pa.) - 5/11; long of 43 yds  
 Tackles - David Show (Mill Run, Pa.) - 90 tkl/4 TFL/3 PB  
 Derek Harsch (Wellsboro, Pa.) - 73 tkl/4 TFL/2 PB  
 Jon Nalewak (Shamokin, Pa.) - 73 tkl/5 TFL/3 INT

## TEAM FUNDRAISING PROJECTS

### BASEBALL

Winter Clinics (Dec. 29-30, Jan. 22, Feb. 12)

See website at <http://www.lhup.edu/camps> for more details

### WOMEN'S SOCCER

**My Sports Dreams** - Donate to the LHU Women's Soccer Team online and qualify for great prizes! [Go to website ([www.donatemyteam.com](http://www.donatemyteam.com)) or call (1-800-376-5988), use password: LHU SOCCER]

**T-Shirt & Bracelet Sale**- Go to [http://www.lhup.edu/w\\_soccer/news.htm](http://www.lhup.edu/w_soccer/news.htm) for more information.

### MEN'S SOCCER

#### Clothing Sale

LHU Soccer Camp T-Shirt (\$6) / LHU Admiral Rain Jacket (\$12)

LHU Admiral Team Jersey (\$8)

Contact Assistant Coach Andrew Butler at (570) 893-2108 for details!

### LHU SCC BOOKSTORE

Purchase LHU Athletics gear, and 25% goes back to the specific program

## LHU Athletics Webcasting is Back!



The Lock Haven University Department of Athletics is proud to announce the return of Athletics event webcasting for contests held in Thomas Fieldhouse during the winter season. Thanks to an initiative led by **Dr. Ellen P. (Paddy) O'Hara-Mays** to make the Mediasite server and viewer permanent fixtures on the Lock Haven campus, the Department of Athletics will now have the ability to reach a greater audience.

In addition to the 2005 NCAA Atlantic Region Volleyball Championship match, fans can now go to <http://eagle.lhup.edu/Mediasite/viewer/> to catch any of the home basketball or wrestling contests they've missed, watch a specific event live, or watch one of their favorites a second time!

<http://eagle.lhup.edu/Mediasite/viewer/>

## Annual MasTec/LHU Wrestling Golf Classic Enjoys Record Breaking Success



The Fourth Annual MasTec/Lock Haven University Wrestling Golf Classic held on Sept. 30 was a huge success, welcoming a record total of 152 golfers in attendance at the Clinton Country Club. The first-place team returned to the clubhouse with a score of 60 to top the field. Members of the winning foursome included James Sievers, John Toggweiler, Dana Vidussi, and Tim Collins.



(top) LHU Wrestling supporters Ron Bowes and Austin Shanfelter; (right) Members of the Florida Gold Cup Team present an additional \$2500 donation at the completion of the day's events.

## STRONG FINISH HIGHLIGHTS 2005 WOMEN'S SOCCER CAMPAIGN

The Lady Eagle soccer team closed the books on the 2005 season with a 7-12 overall ledger including a 4-6 mark in PSAC West competition. First-year head coach Heather Kendra's squad got off to a slow start, but soon bounced back to the usual Lady Eagle form, including wins in two of its final three contests.



The Haven went 1-1 against nationally ranked teams, falling by only one goal against #24 New Haven while defeating #18 Indiana (Pa.) by a 3-2 overtime decision to wrap up the season on a high note. Five Lady Eagles earned mention on the All-PSAC list, including First Team honorees forward **Colleen Kafka** and midfielder **Monica Mangual** along with Second Team members goal keeper **Emily Wagner**, midfielder **Holly Homsher**, and defender **Lynnette Reitz**.



### STAT LEADERS

- Goals - Colleen Kafka (Candor, N.Y.) - 5
- Assists - Lynnette Reitz (Montoursville, Pa.) - 5
- Points - Colleen Kafka - 14 (5 g, 4a)
- Game-Winning Goals - Monica Mangual (Kendall Park, N.J.) - 2
- Saves - Emily Wagner (Brick, N.J.) - 84 (1.35 GAA)

## Compliance Corner... NCAA Countable Hours Regulations



NCAA Legislation requires each institution to monitor guidelines regarding many aspects of each sport's playing and practice season. These guidelines are provided for the protection and safety of the student-athletes. Below is a brief summary of that legislation:

### Bylaw 17.02.1.1 Countable Athletically Related Activities

Any required activity with an athletics purpose, involving student-athletes and at the direction of, or supervised by, any member or members of an institution's coaching staff (including strength and conditioning coaches) must be counted within the weekly and daily limitations under Bylaws 17.1.5.1 and 17.1.5.2. Administrative activities (e.g., academic meetings, compliance meetings) shall not be considered as countable athletically related activities.

### Bylaw 17.1.5 Time Limits for Athletically Related Activities

#### 1. Inside of a Playing Season

A student-athlete's participation in countable athletically related activities shall be limited to a maximum of 20 hours per week and four hours per day.

A. Vacation Periods: Daily and weekly hour limitations do not apply to activity during periods between academic terms when classes are not in session

B. All Competition: Competitions count for three hours regardless of actual duration, except exempted scrimmages, which must count as the actual time spent in participation and shall not exceed four hours per day.

#### 2. Outside of Playing Season

A student-athlete's participation in countable athletically related activities outside the playing season (required weight training, conditioning, and voluntary individual skill instruction only) shall be limited to a maximum of eight hours per week, of which no more than two hours can be spent on voluntary individual skill instruction.

A. Individual Skill Instruction: Student-athletes in sports other than football may request individual skill instruction from their coach(es) outside the playing season. A coach may not be involved with more than four athletes at any one time in any facility. The instruction must be voluntary (requested by the student-athlete) and cannot exceed two hours per week.

B. Voluntary Athletically Related Activities:

1. No requirement to report back to coach/staff information related to the activity;
2. Activity must be initiated and requested solely by the student-athlete;
3. Attendance/participation may not be recorded; AND
4. No penalty for electing not to participate in activity.

### 3. Time Limits

A. Required Day Off - During the playing season, all countable athletically related activities shall be prohibited during one calendar day per week (any seven consecutive days to be determined at the institution's discretion).

B. Day off is not required during preseason practice prior to first day of classes or first contest (whichever is earlier)

### 4. Time Limits - Missed Class Time

A. Practice Activities: No class time shall be missed for practice activities except when a team is traveling to an away-from-home contest and the practice is in conjunction with the contest

B. Competition in Non-Championship Segment - In team sports, no class time shall be missed for competition.

### 5. Time Limits-Vacation Period

A. Daily and weekly hour limitations do not apply to countable athletically related activities during an institution's official vacation period and during the academic year when classes aren't in session

B. Department-wide strength and conditioning coaches who are not countable coaches may design/conduct VOLUNTARY workouts during vacation periods

### 6. Out-of-Season Activities- Summer Activities

A. Institutions may not organize or financially support practices during the summer (e.g. paying fees for use of facility)

B. An institution may not reserve its facility during the summer for student-athletes, except for individual sports.

C. Individual sports-Individual workouts are permissible if requested by the student-athlete

D. Strength and conditioning personnel may supervise or assist voluntary individual workouts for safety purposes.

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

www.havensports.com

## REACHING OUT: 2005-06

Lock Haven University student-athletes are not only recognized in the inter-collegiate athletics community, but also step up to make a difference in the local community.

Communities That Care .....Men's Basketball  
 Hurricane Katrina Donations .....Swimming, Lacrosse, Women's Basketball, Softball  
 Run-A-Thon for The Second Mile .....Men's and Women's Cross Country  
 Sneaker Sale (benefits local child battling cancer)....Men's and Women's Track and Field  
 Glennon Road Clean-Up .....Wrestling  
 Volunteers at Flemington Halloween Festival .....Baseball  
 LHU Homecoming 5K and Kids Fun Run.....Men's and Women's Track and Field  
 Volunteering at the Megatransect .....Wrestling  
 Volunteers at the Flemington Hi-Neighbor Festival .....Lacrosse, Women's Basketball  
 Holiday Food Drive for Salvation Army .....Football  
 Reading in Elementary Schools .....Men's Soccer, Field Hockey



(from top to bottom)  
 LHU Swimmers with Hurricane Katrina donations;  
 LHU Wrestlers after cleaning up Glennon Road;  
 LHU Baseball in costume at the Flemington Halloween Festival;  
 LHU Track and Field and friends at the Homecoming Kids Fun Run.

(above) The LHU track and field teams donated the proceeds of their annual sneaker sale to a young girl from the community battling cancer, Kaitlyn Sechrist, and her family. Haven track and field representatives Brianna Palazzi, Tim Hite, and Keith Veldhuis were fortunate enough to have the opportunity to visit the home of Kaitlyn, her sister Cassandra, and their parents with the donation and a few other goodies from several campus organizations.

*"An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity." -- Martin Luther King, Jr.*

# LHU SCC BOOKSTORE

LHU SCC Bookstore - Parsons Union Building  
 or visit the Bookstore on Main Street in Downtown Lock Haven  
 1-800-872-5634

### STORE HOURS:

Monday through Friday 8 a.m. - 4 p.m.  
 Saturdays 11 a.m. - 3 p.m.

Get your LHU Athletics gear and help support your favorite team! A proud supporter of LHU Athletics, the SCC Bookstore will donate 25% of every sale of athletics gear to that individual program.

<http://www.lhup.edu/bookstore>



# LOCK HAVEN UNIVERSITY WINTER SPORTS Schedules

## WOMEN'S BASKETBALL

### NOVEMBER

15 **LE MOYNE COLLEGE** W, 66-51  
 18 v. Virginia State Univ% W, 75-71 (ot)  
 19 v. Bowie State University% L, 49-56  
 28 **MERCYHURST** W, 68-61  
 30 at Virginia Union University L, 52-56

### DECEMBER

3 at Cheyney University W, 72-57  
 4 at #22/nr Millersville Univ. W, 49-37  
 7 at Alderson-Broaddus College W, 78-52  
 20 **WEST CHESTER UNIV.** 6 pm  
 21 **KUTZTOWN UNIV.** 6 pm

### JANUARY

7 at East Stroudsburg University 1 pm  
 8 at Mansfield University 1 pm  
 11 at IUP\* 5:30 pm  
 15 **BLOOMSBURG UNIVERSITY** 1 pm  
 18 **CLARION UNIVERSITY\*** 6 pm  
 21 **SLIPPERY ROCK UNIV.\*** 1 pm  
 (Take A Kid to the Game Day/  
 J.J. Jumper appearance)  
 25 at Shippensburg University\* 6 pm  
 28 **EDINBORO UNIVERSITY\*** 1 pm

### FEBRUARY

4 at California University (Pa.)\* 3 pm  
 6 **INDIANA UNIV. (Pa.)\*** 6 pm  
 8 at Clarion University\* 6 pm  
 11 at Slippery Rock University\* 1 pm  
 15 **SHIPPENSBURG UNIV.\*** 6 pm  
 18 at Edinboro University\* 1 pm  
 22 at Columbia Union College 6 pm  
 25 **CALIFORNIA UNIV. (Pa.)\*** 3 pm

\*PSAC Western Division contest  
 %Bloomsburg University tournament

## WOMEN'S SWIMMING

### OCTOBER

22 at Clarion Fall Classic Invitational 5th  
 29 at East Stroudsburg Univ.\* L, 113-149

### NOVEMBER

5 **MANSFIELD UNIV.\*** W, 119-82  
 12 at Penn State Altoona W, 141-51  
 18-19 at Golden Bear Invitational 4th

### DECEMBER

2-4 at IUP Invite 4th  
 10 **JUNIATA COLLEGE** W, 118-80

### JANUARY

5-13 at Cocoa Beach, FL all day  
 21 **CALIFORNIA (PA) UNIV.\*** 2 p.m.  
 28 **MILLERSVILLE UNIV.\*** 1 p.m.

### FEBRUARY

15-18 at PSAC Championship TBA  
 25-26 at Last Chance Meet TBA

### MARCH

8 at NCAA Championships TBA

\*PSAC contest

## MEN'S BASKETBALL

### NOVEMBER

21 at St. Francis University (Pa.) # L, 54-74  
 22 **UNIV. OF CHARLESTON (WV)** L, 73-78  
 26 at Robert Morris University # L, 64-100

### DECEMBER

3 at Cheyney University L, 72-79  
 4 at Millersville University L, 62-74  
 9 at Glenville State College% W, 89-74  
 10 vs. #22 West Liberty St. Univ.% L, 100-116  
 20 **WEST CHESTER UNIVERSITY** 8 pm  
 21 **KUTZTOWN UNIVERSITY** 8 pm  
 28 at Grand Valley State University 7 pm

### JANUARY

4 **FAIRMONT STATE COLLEGE** 7 pm  
 7 at East Stroudsburg University 3 pm  
 8 at Mansfield University 3 pm  
 11 at IUP\* 7:30 pm  
 15 **BLOOMSBURG UNIVERSITY** 3 pm  
 18 **CLARION UNIVERSITY\*** 8 pm  
 21 **SLIPPERY ROCK UNIV.\*** 3 pm  
 (Take A Kid to the Game Day/  
 J.J. Jumper appearance)  
 25 at Shippensburg University\* 8 pm  
 28 **EDINBORO UNIVERSITY\*** 3 pm

### FEBRUARY

4 at California University (Pa.)\* 5 pm  
 6 **INDIANA UNIV. (Pa.)\*** 8 pm  
 8 at Clarion University\* 8 pm  
 11 at Slippery Rock University\* 3 pm  
 15 **SHIPPENSBURG UNIV.\*** 8 pm  
 18 at Edinboro University\* 3 pm  
 22 at University of Pitt-Johnstown 7:30 pm  
 25 **CALIFORNIA UNIV. (PA.)\*** 5 pm

\*PSAC Western Division contest  
 %Glenville State College tournament

## INDOOR TRACK & FIELD

### DECEMBER

3 at Bucknell Blue & Orange(no team scores)

### JANUARY

14 at Penn State Univ. Relays 10 am  
 21 at Bucknell Octagonal 5:30 pm  
 27 at Bucknell Heptathlon 11 am  
 27-28 at Penn State National Invite 11 am  
 28 at Bucknell Hept/Open 11 am

### FEBRUARY

3-4 at Akron Open 10 am  
 3-4 at NYC Armory 10 am  
 11 at PSAC East Challenge 10 am  
 18 at Kent State Open 10 am  
 25-26 at PSAC Championships 12 pm  
 (East Stroudsburg, Pa.)

### MARCH

10-11 NCAA Indoor Championships 10 am  
 (Boston, Mass.)

## WRESTLING

### NOVEMBER

5 at SRU Open Ind. results  
 13 at PA Duals (University Park, Pa.)  
 v. Mercyhurst W, 25-17  
 v. #8/8 Lehigh L, 3-32  
 v. York W, 28-11  
 19 **UNIV. OF WISCONSIN** L, 3-45  
 26 **MAT TOWN USA** 4th

### DECEMBER

3 **MILLERSVILLE UNIV.** W, 33-3  
 18 at Clarion Duals (Clarion, Pa.) 1 pm  
 v. Kent State  
 v. Drexel  
 v. Pitt-Johnstown  
 29 at Southern Scuffle TBA  
 (Greensboro, N.C.)

### JANUARY

8 **CORNELL UNIVERSITY** 7 pm  
 11 **PENN STATE UNIVERSITY** 7 pm  
 22 at Ashland Duals (Ashland, Ohio) 10 am  
 27-28 at PSAC Championships TBA  
 (Slippery Rock, Pa.)

### FEBRUARY

3 **EDINBORO UNIV.\*** 7:30 pm  
 4 **CLEVELAND ST. UNIV.\*** 7:30 pm  
 10 University of Pittsburgh\* 7:30 pm  
 11 West Virginia University\* 7:30 pm  
 17 **BLOOMSBURG UNIV.\*** 7:30 pm  
 19 at Clarion University\* 2 pm

### MARCH

4-5 at EWL Championships TBA  
 16-18 at NCAA Division I TBA  
 National Wrestling Championships  
 (Norman, Okla.)

\*Eastern Wrestling League (EWL) contest

