

HAVEN athletics newsletter



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(l-r): Amanda Terray, Fabiana Gomez, Nick Gounaris, Vice President of University Advancement Jerry Updegraff, John R. Cattoni, Director of Athletics Sharon E. Taylor, Kristen Kudrick, Jennifer Williams.

>>LHU Athletics Recognizes Cattoni for Contributions

Lock Haven University recently recognized the generosity of alumnus **John R. Cattoni** during halftime of an LHU basketball game at Thomas Fieldhouse.

Cattoni, a 1983 graduate and CIO and Co-owner of Target Systems in Mechanicsburg, created the Cattoni Scholarship Fund that will contribute \$72,000 over the next three years to LHU athletics, specifically supporting football, men's and women's basketball, volleyball, swimming and women's soccer.

At Lock Haven, Cattoni serves as vice president of the Lock Haven University Foundation Board, chairs the Crimson and White Subcommittee of the Board, and is a member of the LHU Football Extra Point Club and the LHU Volleyball Booster Club.

"For the student-athlete, the time management, discipline, dedication and teamwork necessary for athletic success transfer directly to their studies and ultimately their career. The University realizes significant benefits through a successful program," said Cattoni. "For many potential students, one of our sports programs may be their introduction to LHU. Everyone associated with the University can share in the pride and benefits of a successful program. I support our programs because I want to have a positive impact on the future of LHU and our student-athletes."

(from information released by LHU Marketing and Communications/Sports Information)



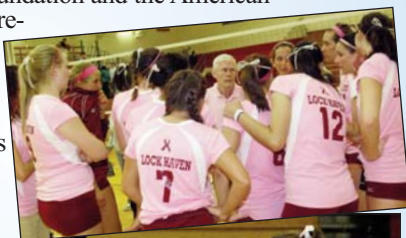
>>Haven Volleyball Digs Pink For Breast Cancer Research

The Lady Eagle volleyball team hosted their first Dig Pink night, supporting the efforts of the Side Out Foundation and the American Cancer Society for breast cancer awareness and research. Fans attended the match dressed in pink, and the Haven squad took the court in pink jerseys created especially for the evening. The event merged awareness and fundraising, as t-shirt sales and a mid-match serving contest aimed to provide monetary support for both charities.

Thanks to everyone who came out and supported the Lady Eagles and for helping raise awareness about breast cancer and cancer research efforts!

(top) Many of the Haven fans stayed after the game to pose for a quick photo with the Lady Eagles.

(right) Lady Eagle Kim Windstein presents Dr. Yvette Ingram, LHU certified athletic trainer and professor, with a team autographed volleyball and t-shirt after Ingram was the Haven's special guest for the ceremonial first serve.



>>LHU SAAC Wins Campus Food Drive Competition

The LHU Student-Athlete Advisory Board, led by President **Jennifer Williams** (right) and Vice President **Brittany Muthard** (left), collected the most canned food items in the campus-wide food drive, Feeding Clinton County, sponsored by the student government. The prize was a check for \$500, which SAAC has chosen to put towards its Make-A-Wish Foundation fundraising efforts.

>>Other Cancer Awareness Efforts in LHU Athletics...

- Lady Eagle Soccer Adopts 'Alex's Lemonade Stand' As Its Charity
- Haven Swimming Raises Funds for Pancreatic Cancer

Upcoming Events:

- *Feb 13: Coaches v Cancer (Men's Basketball)
- *Feb 17: Think Pink (Women's Basketball)

Fall 2009 Honors & Awards

Men's Cross Country

INDIVIDUAL NCAA CHAMPIONSHIP PARTICIPANTS 3RD- NCAA DII ATLANTIC REGIONAL CHAMPION- PSAC CHAMPIONSHIP

PSAC Men's Cross Country Athlete of the Year - Nick Hilton
All-American - Nick Hilton

NCAA Championship Qualifier - Nick Hilton, Brandon Pomerantz
All-Region - Nick Hilton, Brandon Pomerantz, Nathan Zondlo
PSAC Champion - Nick Hilton

All-PSAC - Nick Hilton, Brandon Pomerantz, AJ Johnson, Mitch Miller

Women's Cross Country

6TH- NCAA DII ATLANTIC REGIONAL 4TH- PSAC CHAMPIONSHIP

All-Region -Lindsey Lambert
All-PSAC -Lindsey Lambert, Lindsay Topper

Field Hockey

(18-5, 7-1 NEC) NCAA DI PLAY-IN GAME PARTICIPANT NEC TOURNAMENT CHAMPION

NFHCA Division I Senior All-Star Game - Alanna Lewis, Suzann Hobart
Longstreth/NFHCA Division I All-Mideast Region First Team - Alanna Lewis, Amy Hordendorf

Longstreth/NFHCA Division I All-Mideast Region Second Team - Suzann Hobart

NEC First Team - Alanna Lewis, Amy Hordendorf, Suzann Hobart
NEC Offensive Player of the Year - Amy Hordendorf
NEC Defensive Player of the Year - Alanna Lewis

Football

(0-10, 0-7 PSAC West)

All-Second Team Defense -Nick Gounaris

Men's Soccer

(7-10-2, 1-7 PSAC West)

All-PSAC West - Lyndell Pompey

Women's Soccer

(4-13-1, 3-10-1 PSAC West)

All-PSAC West First Team - Caitlyn Slattery
All-PSAC West Second Team- Alissa Gamelier, Arielle Gordon

Volleyball

(34-6, 17-2 PSAC) 2ND-NCAA DIVISION II ATLANTIC REGION TOURNAMENT 2ND-PSAC TOURNAMENT PSAC EAST REGULAR SEASON CHAMPION

AVCA Division II All-American - Xuan Gao (HM)
AVCA Atlantic Region Freshman of the Year - Xuan Gao
AVCA All-Atlantic Region - Xuan Gao (1st team), Fabiana Gomez (1st team), Christie Naumann (1st Team), Haley Gribler (HM)
Daktronics All-Atlantic Region - Xuan Gao (1st team), Haley Gribler (2nd team), Christina Laury (2nd team)
NCAA Division II Atlantic Region All-Tournament Team - Fabiana Gomez, Xuan Gao
PSAC East Freshman and Player of the Year - Xuan Gao
All-PSAC East First Team -Xuan Gao, Fabiana Gomez, Haley Gribler, Christie Naumann
PSAC East Coach of the Year - Tom Justice

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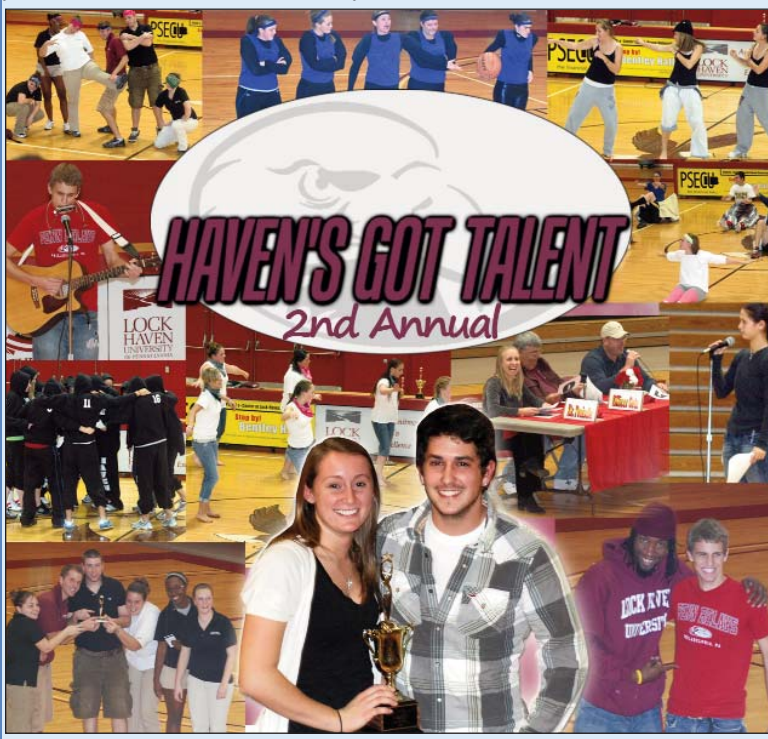
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Photos compliments of LHU Sports Information, LHU Athletics, Bob McCool, Wally Kocher, Kristen Geissler, LHU Cross Country and Danielle Barney. Releases by members of the Sports Information staff also found on www.havensports.com.

>>Talent Show Raises Funds For Make-A-Wish

The Second Annual *Haven's Got Talent*, the student-athlete talent show and Make-A-Wish fundraiser, put the entertainment skills of many of the LHU student-athletes and student athletic trainers on display for all in attendance! This year's grand prize winner was the duo of softball player Brittany Favazza and her friend Kevin "Miggs" McMullan for their performance of a popular song. Second-place went to singer/musician/songwriter and cross country All-American Nick Hilton, and third place, along with the People's Choice Award, went to the student athletic trainers for their choreographed performance to a medley of popular songs.

The Lock Haven Student-Athlete Advisory Committee organized the fundraiser, which raised over \$600 for the Make-A-Wish Foundation.



Lock Haven University will serve as host to the 2010 NCAA Division II Men's and Women's Swimming and Diving Championships!

Link to championship information on the LHU Athletics homepage at www.havensports.com!

MARCH 10-13 • C.T. BRANIN NATATORIUM

2010 SWIMMING & DIVING CHAMPIONSHIPS

DIVISION II • CANTON, OHIO

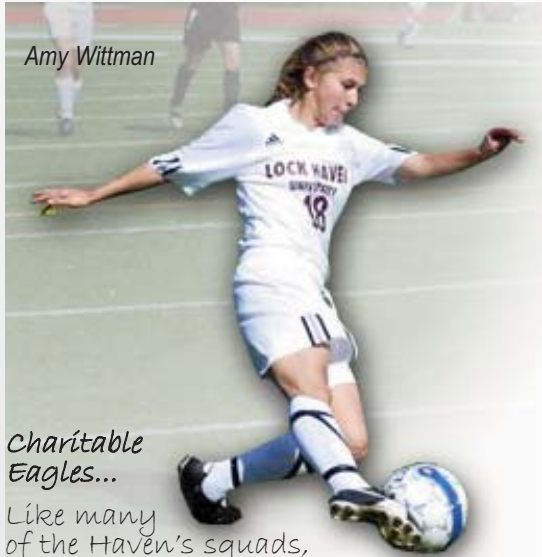
Hosted by Lock Haven University

Call C.T. Branin at 330/438-2738

NCAA.com/tickets

>> Women's Soccer Survives Tough 2009

Three Lady Eagles Named All-PSAC



Amy Wittman

Charitable Eagles...

Like many of the Haven's squads, LHU Women's Soccer embraced the act of giving to others by raising over \$1,100 for Alex's Lemonade Stand.



The Lady Eagle soccer team made it through what turned out to be a tough 2009 season, totaling four wins including three against conference opponents. The Haven opened up the year with a big 12-0 win against Ohio Valley University. The 12 goals was the second highest single-game scoring output in LHU women's soccer history, including a pair of hat tricks from juniors **Jennifer Williams** and **Brittany Cranmer**. A 2-1 conference win in mid-September against Edinboro logged the Lady Eagles' first conference victory of the season. A pair of victories over Clarion rounded out the win column for the Haven, which included a 1-0 win on the road and a convincing 4-1 win on familiar turf at Jack Stadium in their final home contest.

Junior striker **Arielle Gordon** headlined the Haven offense and was regularly among the PSAC leaders in several scoring categories, finishing up the season ranked 11th in points per game with 1.17/gm (21 pts) off of eight goals and five assists. Gordon was also recognized by the conference as an All-PSAC West Second Team player. Joining Gordon on the conference's elite list were junior defender **Caitlyn Slattery** and junior midfielder **Alissa Gamelier**. Slattery was a First Team selection for the Haven after leading the team's defensive efforts. Gamelier, a second team pick, controlled the midfield while also adding a pair of goals and four assists to LHU's scoring efforts.

TEAM RECORD: 4-13-1, 3-10-1 PSAC West

STAT LEADERS

Goals- Arielle Gordon (Ephrata, Pa.) - 8g
Assists - Gordon - 5a
Points - Gordon - 21 pts (8g, 5a)
Saves - Kim Bentley (Springdale, Pa.) - 54
GAA - Bentley - 2.27



Photos from another successful...

Lacrosse Murder Mystery Dinner

>> #25 Jeremiah Dunchak and #11 Jarrett Kratzer; #3 Nick Gounaris



>> Football Tackles 2009 Season

Gounaris Garners All-PSAC Honors

The Haven football squad experienced a rough season in 2009, losing several key players to the injury bug as they posted a collective 0-10 ledger. While the win-loss total is one Head Coach John Klacik hopes to reverse in the future, the concentration on fundamentals and development continued as evidenced by the return of several familiar names in addition to a crew of new faces making statements as team leaders in several statistical categories.

Topping the Bald Eagle statistical charts in rushing, receiving, and passing was a duo of red-shirt freshmen and one sophomore who stepped into key roles during 2009. Rookie **Jeremiah Dunchack** stepped up to lead the Haven's ground game after the injury of headlining running back **Ibrahim Smith**, and sophomore **Jay Hartman** added a spark to the receiving corps with 38.3 yards a game and one touchdown. Redshirt frosh quarterback Jarret Kratzer earned the start in five contests and threw for 89 completions and an average of 103.6 yards per game with one touchdown.

The defensive unit was led by veteran reliables junior **Wes Plummer**, senior **Dean Tortorice**, senior **Shane Barie**, and senior **Luke Ellison**. Plummer totaled 62 tackles from his linebacker position to pace LHU defenders. Defensive backs Tortorice and Barie each collected 56 total stops, while linebacker Ellison was on pace with conference leaders with 11 tackles for loss.

In post-season awards, Haven defensive lineman **Nick Gounaris** was honored as an All-PSAC West Second Team member after starting all 10 games and totaling 47 tackles from his position on the line.

TEAM RECORD: 0-10, 0-7 PSAC West

STAT LEADERS

Rushing-Jeremiah Dunchack (Northern Cambria, Pa.) - 15.8 ypg (142 yds)
Receiving - Jay Hartman (Lewistown, Pa.) - 38.3 ypg (32 rec, 383 yds, 1 TD)
Passing - Jarret Kratzer (Reedsville, Pa.) - 103.6 ypg; 1 TD (167-89-6)
Punt Returns - Hartman - 7pr
Interceptions - Four with 1
Kick Returns - Aaron Pryer (Philadelphia, Pa.) - 27 kr/531 yds (19.7 ypr)
Punting - Paul Causey (Pottstown, Pa.) - 33.9ypp (59p/2000 yds)
Total Tackles - Wes Plummer (Altoona, Pa.) - 62 tt
Tackles For Loss - Luke Ellison (McElhattan, Pa.) - 11 tfl (-35 yds)
Sacks - Raymond Brooks (Williamsport, Pa.) - 3 sacks (-22 yds)

>>Lady Eagle Volleyball Tops in PSAC East



After a banner year in 2008 when Lady Eagle volleyball bounced back as one of the headlining teams in the PSAC and the Atlantic Region, the 2009 campaign of the Crimson and White mirrored that success. The '09 Haven squad recorded a 34-6 ledger, the most wins ever for a Justice-led squad. The PSAC East regular season title went to the Haven for the second-straight year, and the Lady Eagles played their way to the PSAC championship final and NCAA Division II Atlantic Regional final, finishing as the runner-up in both of those post-season tournaments.

Regular Season...The Lady Eagles opened up the season with an 8-4 record against some top national-caliber competition in tournament play and a PSAC crossover weekend. Following two early losses in conference cross-divisional play to Clarion and California, the Haven rebounded with a string of 24 consecutive wins stretching into the post-season. During the regular season, LHU went undefeated in Eastern Division action and with only two early overall conference losses, built a 17-2 mark as one of the premier squads in the PSAC. Individually, an LHU student-athlete garnered PSAC East Player of the Week recognition nine of the 11 times the honor was handed out.

PSAC Tournament...In post-season action, the Haven's top finish in the Eastern Division provided them the opportunity to serve as host for the 2009 PSAC Volleyball Championship. In the first round, the Lady Eagles hosted West Chester University, topping the Golden Rams in three straight sets. The semifinal match pitted the Haven against Clarion University, one of the only two teams in the conference to have defeated the Lady Eagles during the regular season. Lock Haven avenged the loss, capturing the victory in three close sets. Into the title game for the second straight season, the Haven succumbed to the defending champion California in an 0-3 battle.

NCAA Regional Tournament...The Lady Eagles were ranked second in the Atlantic Region after the conference tournament wrapped up, and were selected as the No. 2-seed for the NCAA Division II Atlantic Region Tournament hosted by California. Lock Haven drew Mercyhurst as its first round opponent. LHU started out slow, hitting an abysmal .036 in a 22-25 set one loss. The Lady Eagles rebounded in set two, turning its offense around to hit .545 in a dominating 25-9 win. LHU closed out the match with 25-15 and 25-21 wins,

advancing to the semifinals. The Haven handled Edinboro in three straight sets (25-23, 25-11, 25-20), moving on to the championship bout. For the second straight week in a title match, and the second consecutive year in the Atlantic Region final, once more the Haven faced California. Despite a championship-worthy effort, including 17 kills from **Xuan Gao** and 14 kills for **Haley Gribler**, the Haven closed out the 2009 campaign on a 1-3 loss to the Vulcans.

Honors and Awards...The 2009 season goes down in history as the most successful in terms of wins for the Lady Eagles to date, and it was the sixth 30-wins season on the books for 19th-year **Head Coach Tom Justice**. Rookie outside hitter **Xuan Gao** was named an AVCA All-American, and along with senior setter **Fabiana Gomez**, senior outside hitter **Christie Naumann**, and sophomore outside hitter **Haley Gribler**, earned All-Atlantic Region honors. Gao earned recognition as the PSAC East Freshman and Player of the Year, and teammates Gomez, Gribler, and Naumann joined her on the All-PSAC East list. Rounding out the honors, **Coach Justice** was awarded his second consecutive PSAC East Coach of the Year nod, the sixth time he has received such a coaching recognition from his peers.

<< Christie Naumann, Xuan Gao

TEAM RECORD: 34-6, 17-2 PSAC *PSAC, NCAA Region Runners-Up
STAT LEADERS
Kills - Xuan Gao (Dong Ying, China) - 436 kills
Attack Percentage - Gao - 0.361 (min. avg. of 3.33 attacks per set)
Assists - Fabiana Gomez (Montevideo, Uruguay) - 1217 assists (9.43 per game)
Service Aces - Haley Gribler (Powell, Ohio) - 64
Blocks - Kim Windstein (McMurray, Pa.) - 126 total blocks (43 bs, 83 ba)
Digs - Christina Laury (Horsham, Pa.) - 702 digs



>>Men's Soccer Closes Off Season Strong

The Bald Eagle booters fell on unusual hard times this year, posting a respectable 7-10-2 ledger -- decent by most standards though not what the Haven coaching staff or team was aiming for. Despite being on the outskirts of the playoff race, the team finished strong, going 3-3 at the close of the season -- including a pair of commanding 3-0 wins in its final two match-ups.

Over the course of the 2009 season, Lock Haven soccer had several individuals standout within conference action. Within the conference statistical standings, the Haven's **Greg Shertzer** finished seventh in goals per game (0.53) and ninth in points per game with a 1.26 point average. Keepers **Chris Custer** and **Chad Badorf** each ranked among the PSAC's finest, as their respective goals against averages ranked them seventh (Custer; 1.52) and ninth (Badorf; 1.76) over the course of the season. Another of the Crimson and White, senior defender **Lyndell Pompey**, was awarded post-season honors as a member of the PSAC West First Team after serving as an integral member of the backline in all 18 games this season.



(right) Lyndell Pompey; (left) Greg Shertzer

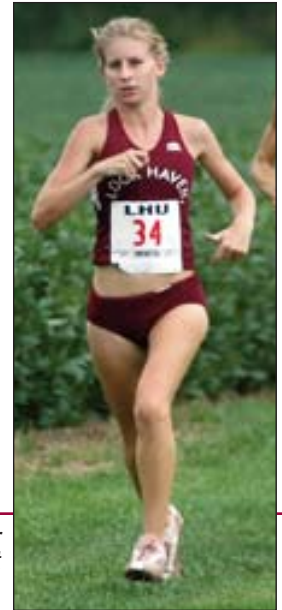
TEAM RECORD: 7-10-2, 1-7-0 PSAC West
STAT LEADERS
Goals - Greg Shertzer (Lebanon, Pa.) - 10 goals
Assists -Shertzer, Terrence Gochera (Lancaster, Pa.), Steve Kretzer (Warfordsburg, Pa.) - 4 each
Points - Shertzer - 24 pts (10g, 4a)
Saves - Chris Custer (Aston, Pa.) - 41; Chad Badorf (Lancaster, Pa.) - 39
GAA - Custer - 1.52 GAA; Badorf - 1.76 GAA

>>Continual Improvement For Lady Eagle Cross Country Lambert and Topper Take All-PSAC Honors

The distance tradition of Haven running in 2009 maintained its level of quality, with a young Lady Eagle unit placing fourth overall at the PSAC Championship and 6th at the NCAA Division II Atlantic Regional. A pair of runners, **Lindsey Lambert** and **Lindsay Topper**, finished among the conference's top 15 to capture All-PSAC honors, and Lambert repeated the feat to earn a spot among the Atlantic Region elite.

Early in the season the Lady Eagles tasted success, including team titles at the LHU Invitational and the Mansfield Mountaineer Flatland Invitational. They put in solid runs at both Paul Short Invitational and the Penn State Nationals, placing seventh at Paul Short and 13th alongside both Division I and II competition in the Penn State meet (which was actually held on LHU's West Branch XC Course due to an early fall ice storm that hit State College harder than it did the Haven).

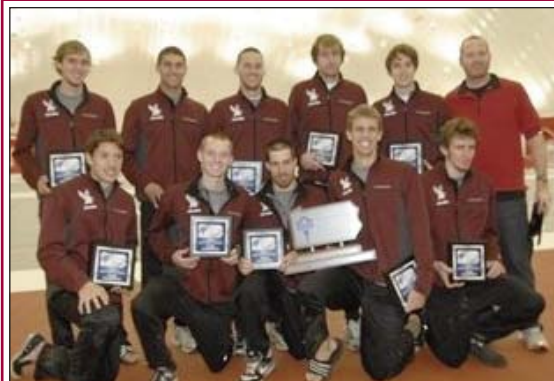
The Lady Eagles combined to place fourth at the conference championship on a heavily saturated Edinboro course. Lambert, a sophomore, led the Haven with an 11th place finish, while Topper, a freshman for the Lady Eagles, was 14th overall. At the regional competition hosted by Mansfield University, Lock Haven turned out a sixth-place finish. Lambert was again the top finisher for the Haven, placing 12th overall.



>>All-PSAC and All-Region harrier Lindsey Lambert



*The **Crimson Crazyies**, the legion of dedicated Haven cross country fans, were at the PSAC Championships, NCAA Regionals, and many even made the trek out to Indiana for the NCAA National Championships to support the Haven runners.*



PSAC Champions- front (l-r) Mitch Miller, Sean Norberg, Josh Gainer, Nick Hilton, Chris Bell; back (l-r) A.J. Johnson, Brandon Pomerantz, Michael Garraway, Jed Yeatts, Nathan Zondlo, Coach Russell.

>>Bald Eagles Nab PSAC Title; Hilton and Pomerantz Race in National Championship

Lock Haven athletics enthusiasts know that the men's cross country teams are going to be solid, and so the success of the 2009 version of the Haven really came with little surprise. That does not mean there was not anything to get excited about, however, as the Bald Eagles -- ranked nationally over the course of the season -- turned out a promising regular season's worth of work before capturing the PSAC title and sending two of their own to the NCAA Division II championships. If those accomplishments were not convincing enough, a regular cast of painted-up characters (Crimson Crazyies-see photos above!) bolstered that tradition as they supplied an overabundance of enthusiasm and support for both men's and women's squads at the PSAC, NCAA Regional, and NCAA National championships!

Regular Season... The regular season started out with a bang, as the Bald Eagles topped local Division I rival Penn State in the Dolan Duals, highlighted by junior **Nick Hilton's** second-place finish (which was actually the top collegiate runner finish, an unattached runner won the overall title). The Haven next captured the team title at the LHU Invitational, sweeping the top four individual spots enroute to the victory. At the

Mansfield Mountaineer Flatland Invitational, Lock Haven grabbed another team title in the 6K race while also finishing second in the 10K race. The following outing was at the Paul Short Invitational hosted by Lehigh University, where LHU was the 26th-place finisher in the College Men's Gold Race. Up next was the PSU National, which was hosted by the Haven after weather conditions forced the venue change. In the mix with both Division I and quality Division II squads, the Bald Eagles placed fourth as a team.

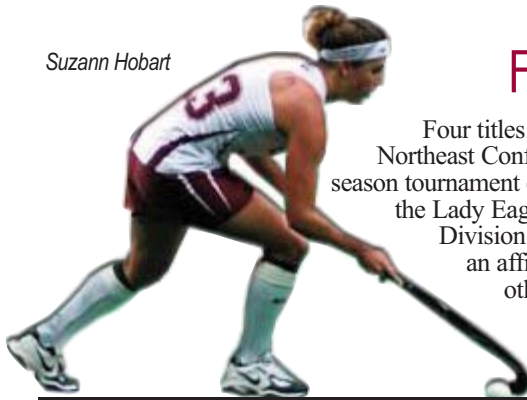
The Post-Season... Post-season was certainly notable for the Bald Eagles who claimed the program's fifth PSAC title in seven years by conquering an extremely wet and muddy course in Edinboro, Pa. Four of the Haven's runners crossed the finish line among the race's top eight and earned All-PSAC honors, including individual conference champion **Nick Hilton** (26.17.5), the Haven's sixth individual title-winner over the history of the meet. At the NCAA Regional meet, while the team finished in third-place, just out of the national championship qualifying slot, three runners, Hilton (2nd), **Brandon Pomerantz** (5th), and **Nathan Zondlo** (12th), were in the top 15 to earn all-region honors. Additionally, Hilton and Pomerantz both garnered a trip to the NCAA National Championships by virtue of their top-five performance. In the season finale held at the University of Southern Indiana in Evansville, Indiana, Hilton finished 25th and Pomerantz placed 104th in the top-notch field. For Hilton, who was the top PSAC finisher in the race, it marked his first cross country All-America honor as well as the fourth-best finish by an LHU athlete at the national race. Post-season honors came Hilton's way as the third-year standout was selected as the PSAC Men's Cross Country Athlete of the Year.



(left) Nick Hilton, All-American & PSAC Men's Cross Country Athlete of the Year; (right) Brandon Pomerantz. [photos by PrettySporty.com]

Suzann Hobart

>>Field Hockey Captures Fourth-Straight NEC Championship



Four titles in four years. Since the Lady Eagles made the move to the NCAA Division I and the Northeast Conference, the outcomes have been nothing short of stellar as the Haven has captured the post-season tournament crown in all four of the years it was eligible for championship action. The legacy left by the Lady Eagles in the NEC will be hard to match as the team played its final season in the northern Division I conference in 2009, which will now only include full-time Division I members (LHU was an affiliate member for field hockey only). Preparations for the future continue the same as in any other year, though the Lady Eagles anxiously await the selection of a new conference in which to compete.

In 2009, however, the goal was set on winning another NEC title and earning the opportunity to challenge for a spot in the NCAA Division I tournament. The Lady Eagles opened up the season with high-level competition, going 3-3 early in the campaign. Once the Haven hit its stride, however, the Crimson and White rolled off 13-straight wins during the regular season. Only a double-overtime loss on the road at Rider in the final game of the regular season slowed down the Lady Eagles, who would end up ranked second in the NEC with a 7-1 record over the course of the conference schedule.

NEC Championships... Entering the NEC Championship as the second seed, the Haven advanced to the finals with a solid 2-1 victory against Quinnipiac. Playing for the title, Lock Haven faced an upset-

TEAM RECORD: 18-5, 7-1 NEC
**NEC Champion, NCAA Play-In Game Participant*

STAT LEADERS

Goals- Amy Hordendorf (Topton, Pa.) - 23 goals
Assists - Emma Wessner (Kutztown, Pa.) - 9 assists
Points - Amy Hordendorf - 50 points (23g, 4a)
Game-Winning Goals - A. Hordendorf - 6 gwg
Goals Against Average - Erin Terreson (Robesonia, Pa.) - 1.22 GAA
Saves - Terreson - 82 saves

minded Monmouth, who had defeated top-seeded Rider in the semifinals. After a tense 0-0 opening half, the Lady Eagles came alive and put two into the back of the cage to capture their fourth straight NEC trophy.

NCAA Play-In Game... The Northeast Conference victory qualified the Haven for an NCAA Division I Tournament Play-In game against American University. Hoping for a more favorable outcome on the road in Washington, D.C., after falling to American in the same situation in 2008, the Lady Eagles' path to the tournament was unfortunately ended by another tough American team, 1-2.

Post-Season Honors... Post-season honors flooded in for the Haven, who was home to the NEC's Offensive and Defensive Players of the Year, junior forward **Amy Hordendorf** and senior defender **Alanna Lewis**. Senior forward **Suzann Hobart** was also honored as an NEC First Team selection. On the regional level, Hordendorf and Lewis received Longstreth/NFHCA Division I All-Mideast Region First Team honors, while Hobart was on the Second Team list. The pair of seniors, Lewis and Hobart, were also selected to participate in the NFHCA Division I Senior All-Star game.



Amy Hordendorf



NEWS FLASH!!
LHU Field Hockey Accepted As Affiliate Member to the Atlantic 10!!

Read more at:
<http://www.lhup.edu/sports/fieldhoc/rel1037.pdf>



>>Bald Eagle Wrestling Under New Leadership

The Lock Haven University wrestling team has acquired a new crew of top-notch coaches. **Robbie Waller**, a 2003 Oklahoma graduate and former Division I national champion, was named as the Bald Eagles' head coach following a short stint as the Associate Head Coach at LHU and a four-year run as assistant at his alma mater.

Matt Lackey, a 2003 Illinois graduate and also a former Division I national champion, serves as the Haven's assistant coach. **Teyon Ware** is currently serving as a volunteer assistant coach for the Bald Eagles. Ware is a 2007 Oklahoma graduate with two

national titles, and is also currently training for the 2012 Olympic games.



Head Coach
 Robbie Waller



Assistant Coach
 Matt Lackey



Volunteer Assistant Coach
 Teyon Ware.

(right)
 2003 NCAA Division I National Champions -- all three current Bald Eagle mentors were at the top of their weight class that year.





>>LHU's Houck Named Assistant Coach of the Year

Shannon Houck, the assistant coach for the Lock Haven University lacrosse team, was recently named Intercollegiate Women's Lacrosse Coaches Association (IWLCA) Outstanding Assistant Coach of the Year. This past season, Houck assisted the Lady Eagles to an 18-4 record as they captured a PSAC title and advanced to the NCAA Division II Championship game.

Houck is a 2008 graduate of Lock Haven University, and was a three-time All-PSAC player for the Lady Eagles.

www.crimsonandwhite.net



>>LHU Student-Athletes Spread Holiday Cheer

Lock Haven student-athletes participated in the Haven Holidays Parade in downtown Lock Haven in early December. A large Haven contingent, the assembly of student-athletes, student athletic trainers and even a festively-dressed Bald Eagle greeted parade onlookers and handed out candy canes and t-shirts to those in attendance.



While the parade was the most visible way LHU athletes spread holiday cheer, several other good deeds have become customary for Bald and Lady Eagle teams in December including (but not limited to):

- LHU Athletics** - Adopt-A-Family
- Softball** - Adopt-A-Family
- Men's Soccer** - Women's Center Collection & Donation



The women's basketball team hosted its annual **CHILI COOK-OFF** again this Fall, providing the community with the opportunity to taste some of the best chili in Clinton County! Local performers, The Sirens (below), were also on hand to entertain everyone in attendance.

The Bald Eagle poses with a few of the many Crimson Crazies who cheered on the LHU Cross Country teams at the NCAA Division II Atlantic Regional Cross Country Championships.



The wrestling team's Halloween 10K was a success in its first year -- here are the run's participants before the start!

