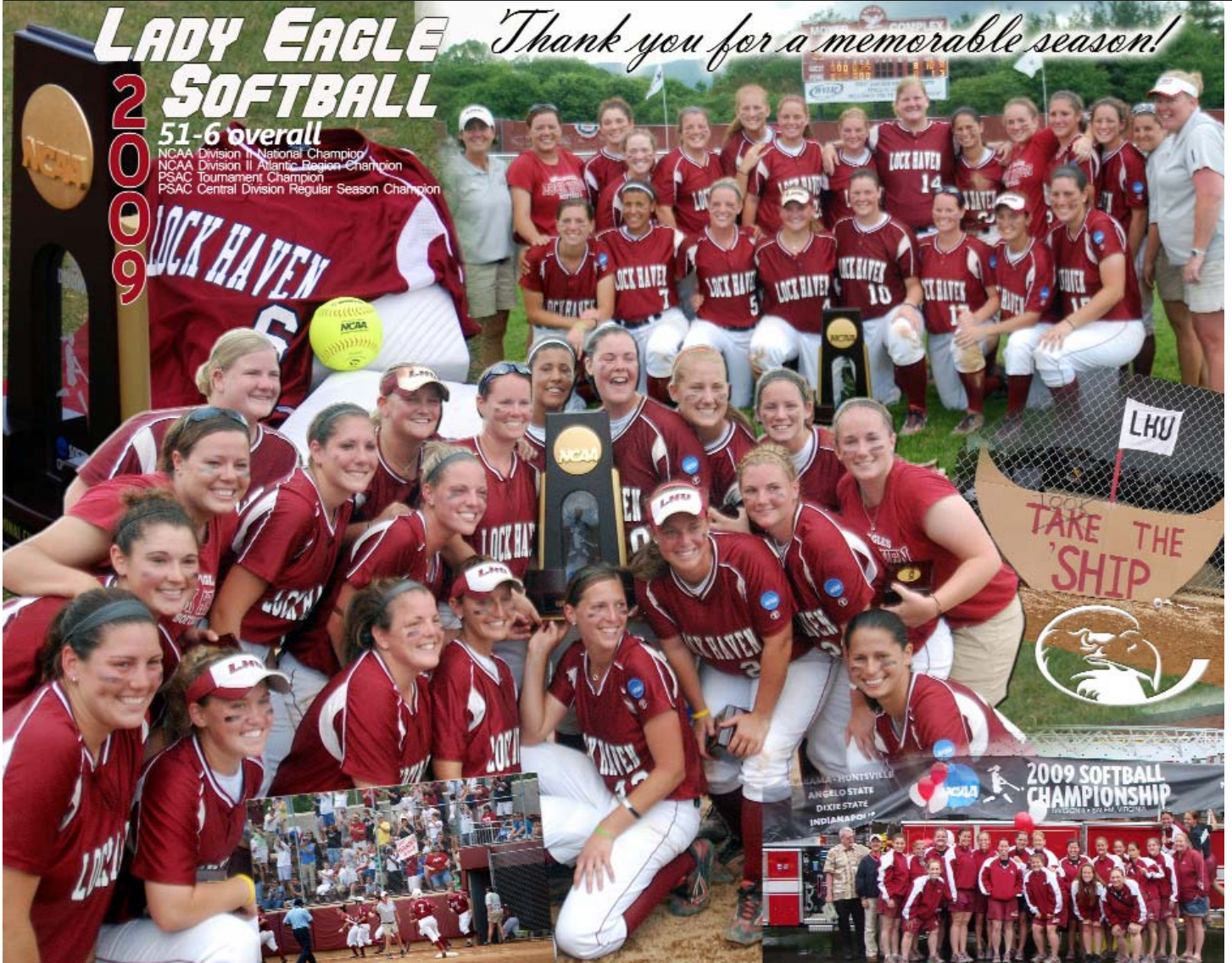


HAVEN athletics newsletter



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NATIONAL CHAMPIONS! NATIONAL CHAMPIONS! NATIONAL CHAMPIONS! NATIONAL CHAMPIONS! NATIONAL CHAMPIONS!



Thank you for a memorable season!

2009
LADY EAGLE SOFTBALL
51-6 overall
 NCAA Division I National Champion
 NCAA Division II Atlantic Region Champion
 PSAC Tournament Champion
 PSAC Central Division Regular Season Champion

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Spring Season Successes...

- SOFTBALL** wins a national title;
- LACROSSE** wins PSAC title, is National Runner-Up;
- BASEBALL** makes PSAC Playoffs;
- WOMEN'S TRACK & FIELD** sends 4 to NCAAs;
- MEN'S TRACK & FIELD** qualifies 2 for NCAAs...

 **LHU Finishes 26th in Division II Learfield Sports Directors' Cup!!** 

Photos compliments of LHU Sports Information, LHU Athletics, Bob McCool, LHU Track and Field, Bridgett Roun, Nicole Rall-Miller, and Danielle Barney. Releases by members of the Sports Information staff also found on www.havensports.com.

Spring 2009 Honors & Awards

Baseball

(21-32, 13-11 PSAC West)
PSAC CHAMPIONSHIP PARTICIPANT
All-PSAC West Second Team - Matt Palko (1B)

Lacrosse

(18-4, 7-1 PSAC West)
NCAA CHAMPIONSHIP RUNNER-UP
PSAC CHAMPION

IWLCA and U.S. Lacrosse Division II All-America First Team - Amber Hoch, Leigh Titus, Kayleigh Johnson, Kathleen Zichelli
Womenslacrosse.com All-America First Team - Kathleen Zichelli, Leigh Titus
Womenslacrosse.com All-America Second Team - Amber Hoch, Kayleigh Johnson
IWLCA Defensive Player of the Year - Kathleen Zichelli
Womenslacrosse.com Defensive Player of the Year - Kathleen Zichelli
IWLCA All-South Region First Team - Amber Hoch, Leigh Titus, Kayleigh Johnson, Kathleen Zichelli
IWLCA All-South Region Second Team - Kate Smyth
All-PSAC First Team - Leigh Titus, Kayleigh Johnson, Kathleen Zichelli
All-PSAC Second Team - Amber Hoch, Allison Berger, Jaimie Uzailko
PSAC West Athlete of the Year - Leigh Titus
PSAC West Rookie of the Year - Kayleigh Johnson
PSAC West Coach of the Year - Kristen Selvage

Softball

(51-6, 15-1 PSAC Central)
NCAA DIVISION II NATIONAL CHAMPION
NCAA ATLANTIC REGION CHAMPION
PSAC CHAMPION

Division II Honda Award Winner
Honda Award - Division II Softball Nominee
NFCA Division II First Team All-American
Daktronics Division II First Team All-American
Daktronics Division II Pitcher of the Year
NCAA Championship MVP
 Kristin Erb
NFCA Division II Coaching Staff of the Year - Kelley Green, Kelly Shannon
NCAA Championship All-Tournament Team - Kristin Erb, Sarah Norris, Iliia Lopez, Erica Eisenbise, Julia Popovich
Daktronics All-Atlantic Region First Team - Kristin Erb, Iliia Lopez
Daktronics All-Atlantic Region Second Team - Erica Eisenbise
Daktronics All-Atlantic Region Pitcher of the Year - Kristin Erb
Louisville Slugger/NFCA Division II All-Atlantic Region First Team - Kristin Erb, Amanda Roosa, Iliia Lopez, Sarah Norris, Erica Eisenbise
Louisville Slugger/NFCA Division II All-Atlantic Region Second Team - Brittany Muthard
All-PSAC Central First Team - Kristin Erb, Amanda Gutmaker, Iliia Lopez, Sarah Norris, Amanda Roosa
All-PSAC Central Second Team - Brittany Muthard, Nancy O'Connor
PSAC Central Athlete of the Year - Sarah Norris
PSAC Central Pitcher of the Year - Kristin Erb
PSAC Central Coach of the Year - Kelley Green

Men's Outdoor Track & Field

3RD AT PSAC CHAMPIONSHIP
NCAA Competitors - Nick Hilton (3000m steeplechase), Chris Edelman (400m)
PSAC Champion - Nick Hilton (3000m steeplechase, 1500m), Mitch Miller (5000m), 4x400m relay (Steve Roberts, Ben McConnell, Chris Jones, Chris Edelman)

Women's Outdoor Track & Field

3RD AT PSAC CHAMPIONSHIP
NCAA Competitors - Lindsey Lambert (5,000m, 10,000m), Shala Simms (800m, 1500m), Alaina Leonard (hammer throw), Chelsea Morse (high jump)
PSAC Champion - Chelsea Morse (high jump), Christine Ohmott (pole vault), Alaina Leonard (hammer throw)

>>LHU Finishes 26th in Learfield Sports Directors' Cup

The Lock Haven University Athletics program finished 26th in the final 2008-09 Learfield Sports Director's Cup Division II Standings. That finish once again puts The Haven among the top overall D-II athletic programs, as the Bald and Lady Eagles finished 26th out of 291 total D-II institutions that sponsored intercollegiate athletics. The Haven is one of five PSAC schools among the top 30 programs, evidence of the strength of the Pennsylvania conference.

A total of 14 teams are scored from each institution based on finish in their respective Division II national championships, including seven men's and seven women's teams. This past year, the Haven scored points in softball, lacrosse, men's cross country, volleyball, men's indoor track and field, women's indoor track and field, and women's swimming. LHU's Division I field hockey and wrestling finishes are not accounted for in these standings.



>>Erb Repeats as Division II Honda Athlete of the Year



(Information, quote from LHU Sports Information release, June 22, 2009)

(L-R): Ashley Huston (DIII), Kristin Erb (DII), Steve Morikawa of Honda, Courtney Kupets (DI), and Nicole Hester (Inspiration Award)

The most prestigious honor for a collegiate woman athlete in the NCAA Division II once more belongs to Haven pitching ace Kristin Erb. The Honda Award, presented to the overall top female collegiate athlete in each of the three NCAA divisions, again resides in Lock Haven after Erb was voted the best in Division II. The 2009 NCAA Championship's Most Outstanding performer, Erb went 50-5 in the circle and led the nation in ERA at the D-II level while pacing the Haven to its national title. On the season, she posted a 0.47 ERA, only allowing 24 earned runs in 356 total innings. Erb held the opposition to a dismal .152 batting average and struck out 399 on the way to her 50-win season.

Her 50 wins ties the D-II all-time mark for wins in a season. The 50 wins also helped run her remarkable career record to 168-18, standing alone on the top of the D-II list for most wins in a career.

Erb was also a National Fastpitch Coaches Association (NFCA) First Team All-American for the fourth straight time. She was the Pennsylvania State Athletic Conference (PSAC) Central Pitcher of the Year and a First Team All-Region selection.

Erb's most recent softball endeavor is a professional softball contract with the National Pro Fastpitch's (NPF) Philadelphia Force.

Erb on receiving the Honda Award - "The Honda Sports Award is an amazing accomplishment in women's sports at the college level. Not only are you the best in your sport, you're the best in all the women's sports for your division. I'm very proud to have received it not only once but twice in my career. Winning this award shows that all my hard work and dedication has paid off. I couldn't have done this without the help of my coaches and teammates and I thank them for that!"

LHU Summer Camps

Women's Basketball
 Field Hockey
 Football
 Women's Lacrosse
 Women's Soccer
 Men's Soccer
 Volleyball
 Wrestling
 Baseball

www.lhup.edu/camps



>> Women's Track Well Represented At NCAA Meet

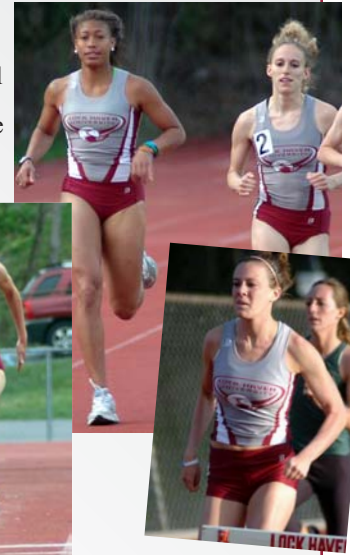
Four Lady Eagles Among NCAA Championship Field

The Lady Eagle outdoor track and field team has continued to mold itself into a solid competitor, both within the conference and on the national level. Within the PSAC conference, the Haven women's squad tallied three individual champions and placed high in enough events to record a third-place finish in the highly competitive field. On the national scene, LHU was represented by four student-athletes in six different events at the NCAA championships, the most females to qualify and compete at the national meet in Haven history.

Record Setting... The Lady Eagles got a jump-start early, capturing a team victory at the PSAC West Mandated Meet. The names of this year's Lady Eagles show prominently among the Haven's all-time, top-10 performance lists and a total of nine LHU records were shattered in 2009. Freshman distance sensation **Lindsey Lambert** now owns the school-record times in both the 5,000 meters (17:21.53) and the 10,000 meters (36:02.83). Sophomore **Alexis Patrick** took over the 3000 meter steeplechase record with a school-best 11:53.20. In the 400 intermediate hurdles, junior **Meagan Wolf** bettered a one-year old record in the event to take over the top spot with a time of 1:02.11. Also on the track, senior standout **Shala Simms** took over sole possession of the records in the 1,500 meters (4:33.41) and the 800 meters (2:12.50). Simms ran the third leg of another record setter, as she was joined by **Alyssa Douma**, **Courtney Whitmoyer**, and Wolf to eclipse the 4x800 meter relay record at 9:30.31. Wolf, Simms, and Douma, along with junior **Cassie Snider**, combined to post an LHU-best time of 3:51.69 in the 4x400 meter relay. In the field events, sophomore **Alaina Leonard** claimed the hammer throw's top mark with a 171'0".

PSAC Highlights... At the PSAC Championship, the Lady Eagles' third-place was a true team effort highlighted by the performances of three individual champions. Leonard was on the top of the awards stand for her school-record throw in the hammer. Rookie **Christina Ohmott** became the third Haven vaulter in the history of the program to win an outdoor title in the pole vault, claiming the victory with a clearance of 11'1-3/4". Also claiming the conference title, her second in outdoor track, was **Chelsea Morse**, who won the high jump after jumping 5'7-3/4" in championship competition.

At NCAA Championships... Several LHU student-athletes provisionally qualified for the NCAA championships, and a total of four athletes made the final participant list and journeyed out to Angelo State University in San Angelo, Texas. Lambert qualified in both the 5,000 and 10,000 meters, placing 17th overall in the 10K event at the national meet. Simms competed in both the 800 and 1500 meter races. In the 800 meters, Simms finished fourth in her heat with a school-record time (2:12.50), though her preliminary times fell just short of advancement to the finals. In her initial trip to nationals, sophomore thrower Leonard made it to nationals for the hammer throw and finished ninth in her flight with a best throw of 154-03. Morse also competed at the national championships in the high jump, placing 13th overall with a 5'4-1/4" clearance.



Clockwise, from left: Chelsea Morse, Shala Simms and Alyssa Douma, Meagan Wolf



NCAA qualifiers (L-R): Chris Edelman, Shala Simms, Chelsea Morse, Lindsey Lambert, Alaina Leonard, Nick Hilton.

>> Men's Track Claims Third at PSAC Championships

Edelman, Hilton Represent LHU at Nationals

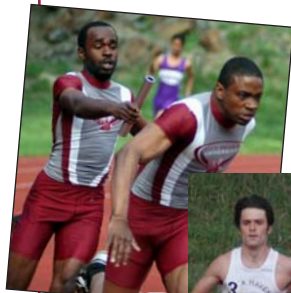
The Bald Eagle track and field team followed up a solid indoor season with another considerably successful campaign during the 2009 outdoor season. The Haven squad combined for a third-place finish at the conference championships, and claimed four event titles over the course of the three-day meet. Additionally, two athletes qualified for and competed at the NCAA Division II national meet in San Angelo, Texas.

Regular Season and Record Setting... Early in the season, the Bald Eagles took first at the PSAC West Mandated Meet. From there, they continued to place high in meets against both Division II and I competition, qualifying several individuals and relays provisionally for the NCAA meet. Along the way, junior **Randy Sylvia** bested the school mark for the hammer throw, owning the record with a throw of 186'0". **Greg Mock**, a junior, is now officially the fastest Bald Eagle in the 100 meters, clocking in at 10.69 this season to topple a 28-year old record previously held by Willie Rivera (10.74; 1981). Junior **Chris Edelman** also rewrote a record that had existed for more than 20 years, running a 47.18 in the 400 meters to pass Steve Reeser's 1988 record of 47.21.

At PSAC Championships... In PSAC competition, the Haven's **Nick Hilton**, a sophomore, went out and captured conference titles in both of his scheduled events. Hilton, also a member of the Haven's regional champion cross country team, won the 1500 meter run in a time of 3:56.38. Later that same day, he proceeded to garner the 3,000 meter steeplechase title by putting up an NCAA qualifying time of 9:24.34. Haven freshman **Mitch Miller** earned the 5,000 meter trophy in an intense, strategic race, overtaking the field at the end and holding on for the 0.36-second victory with a winning time of 15:10.76. In the relays, the quartet of **Steve Roberts**, **Ben McConnell**, **Chris Jones**, and Edelman made it to the top of the awards podium with a solid victory over the rest of the competition in the 4x400 meter relay, winning in an NCAA provisional time of 3:13.70.

NCAA Championships... Continuing on into the track and field post-season were Hilton along with junior Chris Edelman. Hilton's best steeplechase time earned him a spot at the NCAA national championship, as did Edelman's season-best time in the 400 meters. Edelman posted a 48.24 in his heat, placing fifth, but was unable to advance through to the final round. For Hilton, his time of 9:21.48 advanced the sophomore Bald Eagle to the finals. In the event final, Hilton ran a 9:23.41, finishing in 11th place overall.

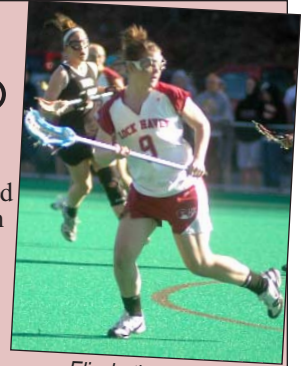
Clockwise from bottom: Randy Sylvia, Chris Jones and Greg Mock, Nathan Zondlo, Brandon Pomerantz, and Nick Hilton.



>>Lady Eagle Lacrosse Wins PSAC Title; Finishes as National Runner-Up



(above) Leigh Titus;
(right) Krystalle Neighbor



Elizabeth McAuliffe

The 2009 campaign felt like a special season even before it began; there was a certain anticipation and energy about it, and the Lady Eagles responded with one of their most successful seasons yet. The Haven entered the season ranked fourth in the preseason poll, and was picked by the league's coaches to finish first in the Western Division of the PSAC. A historical anniversary also ramped up the excitement, as the year marked the 30th since the 1979 squad captured the AIAW national lacrosse title -- the first national championship for the LHU lacrosse program. Despite its youth -- there was only one senior on the team -- the 2009 edition of LHU lacrosse used the growing excitement to its advantage and claimed not only the Western Division regular season title, but the PSAC championship, and advanced all the way to the NCAA Division II national championship finals.

Regular season... The Lady Eagles outscored their opponents by an average of just over seven goals per contest, blazing through most of the regular season. The only losses suffered included an early-season loss to Limestone College (10-11), and mid-season losses against Mercyhurst College (12-13), and C.W. Post (13-18). LHU built a 7-1 mark in the PSAC West, capping off the regular season by avenging the Mercyhurst loss with an 18-16 win over the Lakers on the road, and battling through a double-overtime contest against Gannon University for a 19-16 victory.

Lady Eagles win PSAC championship!...Serving as hosts for the PSAC Tournament, the Haven met up with Bloomsburg in the first round, stretching out a slim half-time lead by outscoring the Huskies 11-to-4 in the second half for the 21-11 win. For the conference trophy, LHU faced perennial foe and five-time defending PSAC champion West Chester University. The Lady Eagles captured the 13-10 victory after jumping out to an early lead, then holding off a come-back attempt in the second half to claim LHU's fourth PSAC title overall and first since 1981.

NCAA First Round... Fresh off their conference title, the Lady Eagles earned the #2-seed in the South Region for the NCAA national championship tournament. First up for the Haven was another shot at Mercyhurst, the South's #3-seed. The first round contest proved to be a battle, as the teams entered halftime intermission deadlocked at 8-8. The Haven came out of the break firing, however, piling up five unanswered goals in the first ten minutes of the second half to set the tone for the remainder of the game. LHU went on to outscore Mercyhurst 9-3 in the latter half and grabbed the decisive 17-11 win.

NCAA Final Four in Salem, Va. ... The Lady Eagles' win advanced them to the national semifinals in Salem, Va., where they faced the South Region's top-seeded Limestone College. A back-and-forth contest throughout, LHU jumped out to a 2-0 lead early. Limestone countered with four quick, unanswered goals to take over the lead. The Haven rebounded, however, and scored six straight in the remainder of the half while keeping Limestone off the scoreboard for the 8-4 midway lead. Opening the second half, it was Limestone reversing the trend with a 5-0 run to get the game back to even, and then put the Haven down a score. Four ties and three lead changes later, the game was knotted at 12-12 with two minutes remaining. Junior **Leigh Titus** earned a free position shot with 0:55 left on the game clock, and followed through for the goal, elevating the Haven into the lead. The Haven outlasted a last second Limestone offensive push, advancing to the national championship game with the 13-12 win.

Playing in only the second national championship game in Haven lacrosse history, LHU drew the North Region's Adelphi University. The outcome of the contest was not the same as that of the 1979 championship team, as the Lady Eagles were outmatched that day in Salem by a final 4-16 margin. Still, the runner-up finish at the national finals did not overshadow the fact that the season posted the most wins ever for an LHU lacrosse team (18), and it was the first national championship game appearance and PSAC championship for ninth-year head coach **Kristen Selvage**.

Post-season honors abound... Post-season awards were abundant for the Lady Eagles, as Leigh Titus (Athlete of the Year), **Kayleigh Johnson** (Rookie of the Year), and Coach Selvage (Coach of the Year) made it an LHU sweep of the PSAC West honors. Six players were on the All-PSAC squad, including Titus, Johnson, **Kathleen Zichelli**, **Amber Hoch**, **Allison Berger**, and **Jaimie Uzailko**. On the IWLCA All-South Region team were **Kate Smyth**, Hoch, Titus, Johnson, and Zichelli. Earning IWLCA and U.S. Lacrosse Division II All-America honors were Hoch, Titus, Johnson and Zichelli.


TEAM RECORD: 18-4, 7-1 PSAC West

STAT LEADERS

- Goals-** Amber Hoch (Souderton, Pa.) - 71
- Assists -** Kayleigh Johnson (Fairport, N.Y.) - 38
- Ground Balls -** Kathleen Zichelli (South Orange, N.J.) - 97
- Draw Control -** Amber Hoch - 53
- GAA -** Heather Sacko (Fairport, N.Y.) - 9.46
- Saves -** H. Sacko - 114; Kira Nuttall (Baltimore, Md.) - 85

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>>LHU Third in PSAC's Dixon Trophy

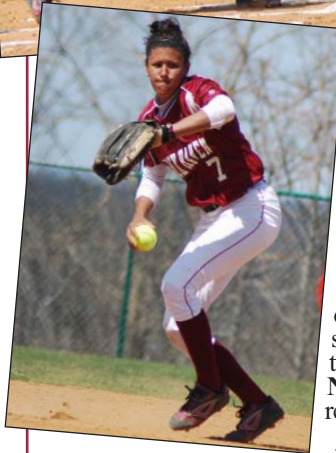
Lock Haven finished third in the final 2008-09 Pennsylvania State Athletic Conference's (PSAC) Dixon Trophy standings. California (Pa.) took home top honors and Shippensburg was second with LHU and Slippery Rock tying for the third spot. The Dixon Trophy is given to league's most successful athletics program, and is named after F. Eugene Dixon, Jr., former chairman of the Board of Governors of Pennsylvania's State System of Higher Education. Each institution's point total is calculated by adding its top six men's finishes and top six women's finishes in 22 conference sports.

2008-09 Dixon Trophy Top 5

1. California161.0
2. Shippensburg158.0
3. Lock Haven153.0
4. Slippery Rock153.0
5. IUP151.5

View full standings on the PSAC website at www.psacsports.org

>>Lady Eagles Crowned D-II Champs; Seniors' Legacy Shines



High expectations are a given in LHU Softball in every aspect of the program, and the national title in 2006, a runner-up finish in 2007, and third place in 2008 only strengthened the drive to reclaim the championship trophy once again in 2009. A total of eight seniors returned for their final season, all contributors to the past three seasons of success. The tradition that preceded this year's team -- to which those eight seniors were fully connected -- demands excellence, and it was without abandon that the 2009 squad went after not only maintaining the path of seasons past, but expanding the Haven softball legacy.

Regular Season and PSAC Championship... With the national title on their minds, the Haven team actually struggled to find its pace early, going 6-4 on a cross-country trip to Hawaii. That many losses early did not sit well with the squad, and they promptly 'bounced back' to win 22-straight games. A 15-1 mark in the new PSAC Central Division earned LHU the regular-season title. The PSAC Softball Championship had a new look this year, with a First Round playoff weekend that divided out top, second, and third seeds from the three divisions. The Lady Eagles hosted one of the three first-round tournaments, emerging as the winner in the double-elimination bracket following two commanding victories over Shippensburg University, 7-0 and 11-1. Of the three PSAC teams advancing after the First Round, LHU earned top-seed honors and hosted the championship finals the following weekend. The Haven faced off against Bloomsburg, the only PSAC team to defeat the Lady Eagles in the regular season (and it was in extra innings), for the PSAC title. There would be no way the Haven would allow a team to beat them again, especially at Lawrence Field, and especially for the team's fourth-straight PSAC trophy. The Lady Eagles stacked up three runs in the top of the second inning off of RBIs from **Britt Muthard** and **Julia Popovich**. Bloomsburg managed to cross home plate once in the lower portion of the fourth, but LHU responded with a five-run sixth to put the contest out of reach. With just one out, three straight Haven batters were walked, loading the bases for Muthard. A long single off the bat of Muthard plated two of the three. A few plays later, Popovich added her third and fourth RBIs of the day on a single, and **Sarah Norris** secured the third hit and fifth RBI before the close of the inning. The Haven put away the Huskies in the remaining innings, capturing the program's fourth-straight conference championship.

Regional Tournament... With the conference title tucked away, a new championship journey was just beginning for the Lady Eagles as a new NCAA tournament format had the Haven hosting a first round of regional competition. A 3-0 run through the first round included wins over Bowie State (an 8-0, no-hitter) and a pair over California (PA) (3-0 and 3-0). The Haven also earned the right to host the Super Regional tournament, taking on Kutztown University in a best-of-three series in order to advance to the Elite Eight.

In the first contest, the Haven outlasted the Golden Bears in a nine-inning 1-0 victory with the winning RBI off the bat of **Amanda Roosa**. In the second game, Kutztown threatened with a quick run off a solo homer in the bottom of the first inning of play. A single by LHU's Popovich provided the tying run in the fourth inning, and the game remained knotted at 1-1 all the way through 10 innings. In the top of the 11th, a solo bomb from Muthard over the outfield fence secured the victory, as LHU held Kutztown off the scoreboard in the bottom of the inning to capture the NCAA Atlantic Regional title with the 2-1 win.

Division II World Series in Salem, Va. ... The Haven headed south to Salem, Va., for the 2009 NCAA Division II Softball World Series (and location of the 2006 NCAA championship), one of eight teams remaining in the national field. First up for the Haven was LeMoyne College. On the strength of a shutout defense and a 10-hit effort led by a 4-for-4 outing at the plate by Norris, LHU opened up play in the tournament with a 5-0 victory. Next up was Alabama-Huntsville, who shunned the Lady Eagles with their first loss since the regular season, outplaying the Haven, 3-1. Needing to keep winning to keep the dream of a national title alive, LHU scored a run in each of the second and third innings against the University of Indianapolis for the 2-0 win and further advancement in the tournament. In the process, **Kristin Erb** collected her 97th shutout and another place in the NCAA Division II records as the all-time leader in the category. The win would put LHU up against North Georgia, who had no losses in tournament action; in order to advance to the championship game, the Haven needed a pair of wins.

A much-energized Lock Haven unit tackled the mission with bats blazing, taking down North Georgia -- twice -- first by a five-inning, 8-0 victory, and again with an 8-1 score. The offensive flurry was widespread. In the 8-0 win, Erb helped her own cause with two hits and two RBI. In the 8-1 victory, LHU's Norris, Roosa, **Erica Eisenbise**, Muthard, and Popovich each posted two hits, including homers from Roosa and Muthard.

NCAA Championship game... The wins over North Georgia catapulted LHU into its third championship game in four years, where the new tournament bracket paired up the Haven with Alabama-Huntsville in a winner-takes-all match-up for the Division II trophy. After suffering their only post-season loss to the Chargers a few days earlier and with the title on the line, the Haven's offense was just as amped up as it had been against North Georgia. A tense few innings at first, the Haven put up three hits in the first four innings but was unable to plate any runners. One bright spot was Norris' first hit of the game, with which she pocketed the NCAA record for hits at the national championship (12). The turning point of the game came in the fifth inning of play. With runners on first and third, Erb sent a double out to deep left field to score both on the base paths. Pinch running for Erb, **Kirsten Labant** advanced to third on a wild pitch, helping set up Lopez for the sacrifice RBI to centerfield.

With the 3-0 lead, the flood gates opened and the Haven scored five more times in the sixth inning to grab the commanding 8-0 lead. Before the inning was over, Eisenbise scored on a passed ball, RBI hits were registered by Muthard and Erb, along with a two-run double by Lopez. In the bottom of the sixth, Erb added her ninth strikeout of the inning and nothing got past the LHU infield, putting three quick outs in the book for the 8-0 championship victory. Not only an amazing way to cap off the season for the Lady Eagles, the win was the first in championship tournament history by the eight-run rule (ending the game after six innings instead of the regulation seven). The squad's 32 runs over its six-game world series appearance tied the record for most runs in the championship portion of the tournament.

Post-season awards... The list of post-season awards is lengthy -- among the notables, the coaching duo of **Kelley Green** and **Kelly Shannon** was named the NFCA Division II Coaching Staff of the Year, and senior pitcher Kristin Erb was the Division II Honda Award winner. A detailed list of all the post-season awards can be located on page 2!

TEAM RECORD: 51-6, 15-1 PSAC Central	
STAT LEADERS	
BA- Sarah Norris (West Chester, Pa.) - .374	Hits - Norris - 70
2B - Ilia Lopez (Bloomsburg, Pa.) - 15	3B - Nancy O'Connor (West Chester, Pa.)-3
HR - Norris - 14	RBIs - Lopez - 45
SB - Lopez - 15	
ERA - Kristin Erb (Reading, Pa.) - 0.470	Wins - Erb - 50
Strikeouts - Erb - 399	Shutouts - Erb - 33





>>Bald Eagle Wrestling Among NWCA's Finest Sixth-Straight Year for Haven Wrestlers On Top 30 All-Academic Team List

The Lock Haven University wrestling team, under the direction of **Rocky Bonomo**, was among the Division I's finest for the sixth-straight year on the Top 30 All-Academic Teams list compiled by the National Wrestling Coaches Association (NWCA).

The only PSAC or EWL team on the list, the Bald Eagles posted a combined team grade-point average of 2.965, ranking them 24th overall. Academic team list leaders include American University, Harvard University, Stanford University, and Duke University.

>>LHU Softball Mentors Tabled NFCA Staff of the Year

Capping off their national championship run, the 2009 National Fastpitch Coaches Association (NFCA) Division II Coaching Staff of the Year award went to Haven mentors **Kelley Green** and **Kelly Shannon**. Green, head coach, and Shannon, assistant coach, along with student assistant Shawna Bellaud, guided the Haven to its second national title in four years in addition to its fourth-straight NCAA regional title and PSAC championship. The staff is not a stranger to being considered the season's best -- it is the second National Coaching Staff of the Year accolade for the duo, who also nabbed the honor in 2006 following that national championship season.



>>Haven Baseball's Stover Picked For Local Sports Award

Bald Eagle diamondmen mentor **Paul "Smokey" Stover** was presented with the "Service in Sports Award" at the 2009 Night of Champions awards ceremony in



Williamsport, Pa. At left is Stover alongside former MLB pitcher and Williamsport native Mike Mussina.



Coach Green

>>Green Accepts Position at Coastal Carolina; Shannon In As Head Coach

LHU Softball mentor **Kelley Green** has accepted the head coach position at Division I's Coastal Carolina University. In her 10 seasons as Lock Haven's head coach, she guided the program to a 346-134 (.721) overall record while establishing the Haven into a Division II powerhouse. Over her coaching span at LHU, the Lady Eagles won four PSAC titles, four NCAA Regional championships, and were twice the Division II National Champions.

Taking over the helm of the Haven softball program will be **Kelly Shannon**, who has served as the LHU assistant coach the past six seasons.

Check out releases for more information on both coaches at www.havensports.com/!



Coach Shannon



NATIONAL CHAMPIONSHIP BLOCK PARTY!!

LHU and LHU Athletics invited the community to campus to help celebrate the Lady Eagle softball team's national championship. A bright and sunny day welcomed more than a hundred strong from the campus and community, including many from local Little League Softball teams. The Lady Eagles signed national championship posters and t-shirts, and the crowd then helped recognize the team's success by listening to proclamations and congratulatory remarks from President Keith Miller, Director of Athletics Sharon Taylor, State Representative Mike Hanna, State Senator John Wozniak as represented by Julie Brennan, Lock Haven Mayor Rick Vilello, and Head Coach Kelley Green.

These young Haven fans couldn't make it down to Salem, Va., for the game, so they tuned in for the live television broadcast! (photo courtesy of Nicole Rall-Miller)

