

HAVEN athletics newsletter



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▶▶▶ LHU Wins the PSAC's Dixon Trophy

The Lock Haven University men's and women's athletic programs were honored in early May after it was announced they were the winners of the 2006-07 Pennsylvania State Athletic Conference's (PSAC) Dixon Trophy which is given to the conference's most successful all-around program.

The Bald and Lady Eagles accumulated 143.5 points to top second-place West Chester University by eight points.

The Dixon Trophy is named after F. Eugene Dixon, Jr., former chairman of the Board of Governors of Pennsylvania's State System of Higher Education. It is awarded

annually to the PSAC member institution that accumulates the most points based on results of conference playoffs and/or regular-season records. Each institution's point total is calculated by adding its top six men's finishes and top six women's finishes in 21 conference sports.

This marks the third time in the 12-year existence of the award that Lock Haven has taken home the honor including back-to-back wins in 2000-01 and 2001-02.

During the 2006-07 seasons LHU claimed five league championships (softball, volleyball, men's cross country, men's indoor track and field, men's outdoor track and field) and earned three runner-up finishes (lacrosse, women's indoor track and field, men's soccer).

"It's just a great reflection of the hard work and effort our student-athletes and coaches put into their programs," said Sharon E. Taylor, LHU Director of Athletics. "I think it says a lot for a school of our size to have won it three times, it speaks well for what we are trying to do."

Lock Haven now joins Shippensburg University as the only schools in the conference to have won the Dixon Trophy three or more times. www.havensports.com



Final 2006-07 PSAC Dixon Trophy Standings

1. Lock Haven	143.5	8. Bloomsburg	120.0
2. West Chester	135.5	9. California	115.5
3. Slippery Rock	132.5	10. Clarion	101.5
4. Shippensburg	130.0	11. Edinboro	99.0
5. Kutztown	127.0	12. Millersville	98.0
6. Indiana (Pa.)	123.0	13. Mansfield	57.0
7. E. Stroudsburg	122.5	14. Cheyney	38.5

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Photos compliments of LHU Sports Information, LHU Athletics, Bob McCool, LHU Track & Field, Joe Webster, and Danielle Barney. Releases by members of the Sports Information staff also found on www.havensports.com.

LHU SCC BOOKSTORE

1-800-872-5634

SEMESTER HOURS:
M-F 8am - 4pm, Sat 11am- 3pm

SUMMER HOURS:
Monday - Friday 8am - 4pm

LHU SCC Bookstore in Parsons Union Building or visit the bookstore on Main Street in Downtown Lock Haven

<http://bookstore.lhup.edu>

Kranthi Senadhi and Professor Paula Bell

▶▶▶ Student-Athletes Celebrate Success With End-of-Year Picnic

LHU student-athletes and friends enjoyed an end-of-the-year picnic compliments of the Department of Athletics and Student-Athlete Advisory Committee. Celebrating three sport seasons worth of success, student-athletes as well as coaches and a few faculty guests made their way out for a free meal, good company, and a chance to blow off some steam as they prepared for finals week.

>>Professor Barrie Overton along with cross country athletes

Relaxing with good company

Women's basketball players enjoying the sunny weather



Haven alum Kevin Carver and Becca Rhoades



Winter 2007 Honors & Awards

Men's Basketball

(12-15, 5-7 PSAC West)

1,000th Point Scorer - James Chappell, Billy Arre
 PSAC West Athlete of the Year - Billy Arre
 All-PSAC West First Team - Billy Arre
 All-PSAC West Second Team - James Chappell

Women's Basketball

(12-15, 5-7 PSAC West)

All-PSAC West First Team - Ginger Williams
 All-PSAC West Second Team - Iliia Lopez

Swimming

(3-7, 2-4 PSAC)

9TH AT PSAC CHAMPIONSHIP
 All-PSAC - Gerda Smirnova (50 freestyle)

Men's Indoor Track & Field

PSAC TEAM CHAMPION

East Region Track Athlete of the Year - Ryan Blood
 East Region Co-Coaches of the Year - Heather Leverington, Aaron Russell
 NCAA All-American - Jim Dempsey (high jump), Paul Martin (DMR), Cory Spidell (DMR), Ben McConnell (DMR), Brandon Pomerantz (DMR)
 NCAA Championship Qualifiers - Ryan Blood (5000m), Paul Martin (60m HH/DMR), Cory Spidell (DMR), Ben McConnell (DMR), Brandon Pomerantz (DMR), Jim Dempsey (high jump)
 PSAC Championship Track and Overall MVP - Ryan Blood
 PSAC Champion - Ryan Blood (5000m, 3000m), Paul Martin (55mHH), Shawn Clancy (pentathlon), Jim Dempsey (high jump), 4x800m Relay (Derek Weiss, Ben McConnell, Cory Spidell, Brandon Pomerantz)
 All-PSAC - Blood (5000m, 3000m, DMR), Martin (55mHH, 400m, 4x400m), Clancy (pentathlon), Dempsey (high jump), Greg Mock (55m), Weiss (4x800m), McConnell (4x800m, 4x400m), Spidell (4x800m, DMR, 800m), Pomerantz (4x800m, DMR), Shawn Wilkinson (DMR), Chris Edelman (4x400m), Dan Shoop (4x400m).

Women's Indoor Track & Field

2ND AT PSAC CHAMPIONSHIP

NCAA Qualifier - Chelsea Morse (high jump)
 PSAC Champion - Chelsea Morse (high jump), 4x800m Relay (Alyssa Douma, Theresa Gould, Jess Wooten, Shala Simms)
 All-PSAC - Morse (high jump), Douma (4x800m, 4x400m), Gould (4x800m), Wooten (4x800m), Simms (4x800m), Jen Andrews (shot put), Richelle Reed (weight throw), Amanda Reinmiller (pentathlon), Ashley Solyan (4x400m), Meagan Wolf (4x400m), Ashley Hartman (4x400m)



(below) Softball's Jess Jeffries smiles with her trophy for winning one of the two competitions



You Going To Eat That?...

It's a well-known fact that students like pizza... In fact, we found more interest than anticipated in this year's first-ever Pizza Eating Contest held at halftime of both women's and men's games during a home basketball doubleheader. The winners took away a trophy and certificates for, yes, more pizza!

LHU Finishes 20th in US Sports Academy Directors' Cup

The Lock Haven University Department of Athletics finished 20th in the final United Sports Academy Division II Directors' Cup standings. The 2006-07 finish is the highest ever for the Crimson and White.

Points are awarded based on each institution's finish in NCAA Division II championship competition in up to 14 sports, seven women's and seven men's.

Lock Haven's softball team finished second in the nation. The lacrosse squad was a national semi-finalist and the volleyball team was a quarterfinalist. Bald Eagle cross country placed 11th at the NCAA meet, and the men's soccer team was a regional finalist. The men's and women's track and field teams both also scored points for their respective finishes in NCAA national competition.



www.havensports.com

LADY EAGLE BASKETBALL EDGES CLOSER TO POST-SEASON GOALS

Third-year head coach Valerie Curtis came into the 2006-07 season with high expectations for the Lady Eagle squad entering the season ranked as the fourth most-improved team in Division II. While the goal of making the PSAC playoffs eluded the Crimson and White again this season, Lock Haven posted a 12-15 overall record, and again finished just one spot out of advancing to conference post-season play.

The Lady Eagles battled through the tournament circuit during November, playing in the Disney Tip-Off, as well as the Bloomsburg and IUP Tournaments and coming out with a 2-5 overall record. PSAC crossover action bounced the Haven back closer to .500, as wins over Kutztown, Mansfield, Bloomsburg, and West Chester University brought the ledger to 6-7 on the eve of conference divisional play.

A long and difficult divisional season followed, as Lock Haven would finish just out of playoff range with a 5-7 record in the Western Division. The Lady Eagles moved in and out of the list of divisional frontrunners, eventually settling fifth. Accomplishments included a sweep of Slippery Rock University and a big victory over eventual PSAC champion Indiana University.

At season's end, the Lady Eagles ranked second in the PSAC in blocked shots (3.81/gm) and offensive rebounds (16.00/gm), and fourth in steals (11.30/gm).

Two Haven cagers, senior forward **Ginger Williams** and sophomore guard **Iliia Lopez**, earned All-PSAC honors. Over the course of the season, Williams grabbed the top spot on the Haven's career offensive rebounding chart with 272 total, while senior guard **Elizabeth Gabrielle** closed out her career second on the all-time assists list (480a).

STAT LEADERS

Points Per Game - Iliia Lopez (Bloomsburg, Pa.) - 12.9 ppg
 Three-Point Field Goals - Lopez - 28
 Free Throw Pct. - Elizabeth Gabrielle (State College, Pa.) - 58-70 (82.9%)
 Rebounds - Ginger Williams (Pasadena, Md.) - 249 (9.2 rpg)
 Assists - Gabrielle - 105
 Steals - Lopez - 63
 Blocks - Williams - 34



Seniors Elizabeth Gabrielle (#3) and Ginger Williams (#42)

▶▶▶ MEN'S TRACK & FIELD CAPTURES PSAC TITLE; SCORES FIVE ALL-AMERICANS



The Lock Haven contingent poses for the camera at the 2007 NCAA Indoor Track & Field Championships: (Front, l-r) Ryan Blood, Ben McConnell, Paul Martin; (Back, l-r) Brandon Pomerantz, Cory Spidell, Assistant Coach Chad Warren, Co-Head Coach Aaron Russell, Jim Dempsey, Chelsea Morse, Co-Head Coach Heather Leverington.

The Bald Eagle indoor track and field team reclaimed the PSAC indoor team title and collected five All-America certificates to cap off another top-notch indoor season. NCAA East Region and PSAC Men's Co-Coaches of the Year **Aaron Russell** and **Heather Leverington** guided the Haven to the team championship, as well as several individual standout performances, in their first year as a coaching duo.

The Bald Eagles secured the PSAC title after taking the top spot on the awards stand on six occasions. PSAC Track Athlete of the Meet and Most Valuable Athlete **Ryan Blood** took first in both 3,000 (8:18.03) and 5,000

(14:27.09) meter races, demolishing the existing championship records in the process. Bald Eagle high jumper **Jim Dempsey**, pentathlete **Shawn Clancy**, 55-meter hurdler **Paul Martin**, and the 4x800 meter relay squad of **Derek Weiss**, **Ben McConnell**, **Cory Spidell**, and **Brandon Pomerantz** all claimed top finishes for the Haven.

The national-qualifying contingent consisting of Dempsey, Martin, Blood, and the Distance Medley Relay quartet of Spidell, Martin, McConnell, and Pomerantz competed at the Division II championships at the Reggie Lewis Center in Boston, MA. Both the DMR (7th; 10:01.01) as well as Dempsey (6th; 2.05m) would place high enough in their respective fields to earn All-America accolades.

Spring 2007 Honors & Awards

Baseball

(11-29, 5-15 PSAC West)

All-PSAC West Second Team - Travis Ruane, Ted Stake
D-II North Atlantic All-Region Honorable Mention - Ruane, Stake

Lacrosse

(16-4, 12-2 PSAC)

PSAC CHAMPIONSHIP RUNNER-UP
NCAA DIVISION II SEMIFINALIST

IWLCA and U.S. Lacrosse All-America First Team - Jessica Blickenstaff, Katie Kenney
IWLCA and U.S. Lacrosse All-America Second Team - Jenna Richter, Amber Hoch
Division II Midfielder of the Year - Blickenstaff
WomensLacrosse.com All-America - Kenney, Blickenstaff, Richter, Hoch
WomensLacrosse.com Rookie of the Year - Leigh Titus
NCAA Division II All-Tournament Team - Kenney, Titus
IWLCA All-South Region First Team - Blickenstaff, Hoch, Kenney, Richter
IWLCA All-South Region Second Team - Caitlyn Watts, Titus
All-PSAC First Team - Blickenstaff, Richter, Stephanie Wood
All-PSAC Second Team - Watts, Titus
PSAC Rookie of the Year - Titus

Softball

(52-5, 19-1 PSAC West)

NCAA DIVISION II NATIONAL RUNNER-UP
NCAA DIVISION II MID-ATLANTIC REGION CHAMPION
PSAC TOURNAMENT CHAMPION
PSAC WEST REGULAR SEASON CHAMPION

Honda-Broderick Cup Nominee - Kristin Erb
NFCA First Team All-America - Kristin Erb
Daktronics Division II Pitcher of the Year - Kristin Erb
Daktronics Division II All-America - Kristin Erb
Daktronics Division II All-Mid-Atlantic Region - Erb, Devin Glezen, Julia Popovich, Amanda Roosa
PSAC West Pitcher of the Year - Kristin Erb
PSAC West Player of the Year - Ilija Lopez
PSAC West Coach of the Year - Kelley Green
All-PSAC First Team - Erb, Glezen, Lopez, Sarah Norris, Nancy O'Connor, Popovich, Roosa
Mid-Atlantic Region Coaching Staff of the Year - Green, Kelly Shannon

Men's Outdoor Track & Field

PSAC TEAM CHAMPION

All-America - Jim Dempsey (6th-high jump), Christopher Robson (8th-3000 meter steeplechase)
NCAA DII National Championship participants - Dempsey (6th-high jump), Robson (8th-3000meter steeplechase), Cory Spidell (1500m)
PSAC Champion - Robson (steeplechase), Paul Martin (110m hurdles)
All-PSAC - Robson (steeplechase), Martin (110meter hurdles), Ivars Lurops (high jump), Dempsey (high jump), Spidell (1500 meters), Brandon Pomerantz (1500 meters), Justin Lockley (100 meters), Greg Mock (200 meters), Aaron Benson (10,000 meters), Logan Wolfe (discus).

Women's Outdoor Track & Field

3RD AT PSAC CHAMPIONSHIP

All-America - Chelsea Morse (2nd-high jump)
NCAA DII National Championship participants - Morse (high jump), Ginger Williams (discus)
Arthur Ashe Sport Scholar (Track & Field) - Shala Simms
PSAC Championship Field Athlete of the Meet - Ginger Williams
PSAC Champion - Morse (high jump), Williams (discus, shot put)
All-PSAC - Morse (high jump), Williams (discus, shot put), Shala Simms (800 meters), Ashley Hartman (200 meters), Richelle Reed (hammer), 4x400 meter relay (Meagan Wolf, Alyssa Douma, Simms, Hartman), Jen Andrews (shot put, hammer).

<<All-Americans Christopher Robson (steeplechase) and Jim Dempsey (high jump)

▶▶▶ PSAC TITLE AND A PAIR OF ALL-AMERICANS FOR MEN'S TRACK & FIELD



A real photo finish! LHU's Chris Edelman edges out Shippensburg to help lead the Bald Eagles to the 2007 PSAC Outdoor Track & Field Championship.

Sometimes the smallest of victories make all the difference--in this case mere hundredths of a second made the biggest impact (.06 seconds, to be exact...see the photo to the left) and sealed the PSAC Outdoor Championship title for the Bald Eagles. With only the 4x400 meter relay remaining in championship competition, the Haven was tied at 133 points with returning champion and host Shippensburg University and a third-place Slippery Rock was nipping at both their heels with 131 points. The outcome of the meet riding on the final race, the Haven quartet, including a 47.6 second anchor leg by freshman Chris Edelman, literally edged out other title contenders at the finish line to close on the team's first PSAC outdoor title since 1999.

The conference championship was made possible through a standout team effort including 10 All-PSAC (top three) finishes. Leading the way were **Christopher Robson** (at right with trophy) and **Paul Martin**, who occupied the top of the awards stand in the 3000 meter steeplechase and the 110 meter hurdles, respectively.

Following PSAC competition, Haven tracksters Robson in the steeplechase, **Cory Spidell** in the 1500 meters, and jumper **Jim Dempsey** advanced to the NCAA championship in Charlotte, N.C. Dempsey (at right) kicked off Haven scoring with a 6th place and All-America finish in the high jump, clearing 2.15 meters (7'0-1/2"). Robson and Spidell both advanced through the preliminaries of their respective races. In the finals, Robson grabbed All-America honors in his final competition as a collegiate athlete, placing 8th in 9:06.87. Spidell would finish 11th in the 1500 meter finals, turning in a 3:50.59 performance, just .02 seconds off the school record he had set two weeks prior.



▶▶ **HAVEN WRESTLING TURNS OUT WINNING SEASON, ALL-AMERICAN**

After a three-year Haven absence from the national awards stand, fifth-year head coach Rocky Bonomo's forces bounced back highlighted by the performances of junior 125-pounder **Obenson Blanc** and his sixth-place, All-America, finish at the 2007 NCAA Division I National Championship. As a team, the Bald Eagles churned out another above .500 season with an 8-6 dual meet mark, doing so with a balanced effort of youth and maturity. In tournament action, the Haven was third at the PSAC Championship and also reeled in a third-place finish at the EWL Tournament. Blanc and teammate **Seth Martin** (157 lbs.) secured individual EWL titles. Along with third-place finisher **Jeremie Cook** (197 lbs.), the three Bald Eagle grapplers advanced to competition in the national meet.

During the regular season, the Haven was able to total a record to the positive side even with the inclusion of three top-ten ranked programs on the schedule early in the year. Within EWL action, the Bald Eagles scored dual meet wins over Clarion and Pittsburgh.

Lock Haven worked for a third-place finish at the PSAC Championships, with Martin taking the 157-pound title and three others, Blanc, Cook, and **Tom Kocher** (184 lbs.) pocketing runner-up trophies for the Bald Eagles.

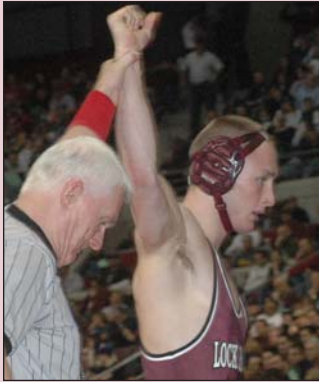
Individually, the Bald Eagles gathered several accolades, including a key milestone for senior Seth Martin who became only the 15th wrestler in Haven history to earn 100 wins. With a final career tally of 113 victories, he ranks ninth on the all-time list. Martin, who carries a 3.29 grade point average in Health and Physical Education, also earned a PSAC Winter Top Ten for excellence on the mat and in the classroom.

Junior All-American Obe Blanc was named to the InterMat All-Effort Squad, honoring his hard work during the national championships.

Not impressed yet? As a team, the Haven grapplers were the only EWL team to crack the top-30 in the national academic rankings for Division I. Bald Eagle wrestlers were 18th on the national list with a combined 2.89 grade point average.



All-American
Obe Blanc



Seth Martin
113 career victories

2006-07 Wrestling Awards winners (l-r):
Jeremie Cook - Rookie of the Year,
Nathan Owens - Fredericks Award (academic excellence), Seth Martin - Hildebrandt Award (most team points), Hubert Jack Award (coaches award), Obe Blanc - Goldthorpe Award (most outstanding wrestler), Landis Wright - Dennis Killion Award (most improved).



STAT LEADERS

Wins - Seth Martin (Selinsgrove, Pa.) - 39
Major Decisions - Martin - 11
Pins - Martin, Jeremie Cook (Venice, Fla.) - Both with 7

▶▶▶▶ **Seeing Green in Thomas Fieldhouse...**

The 6'5" furry green NCAA Basketball mascot, J.J. Jumper, made his annual visit to the Fieldhouse in January and was welcomed by the Haven fan base as well as members of The Second Mile and Cub Scouts of Pack #30.



▶▶▶▶ **Simms, Senadhi Earn Arthur Ashe Sports Scholar Recognition**

Two LHU student athletes were named to the prestigious Arthur Ashe Sports Scholar teams.

Senior basketball player **Kranthi Senadhi** (North Wales, Pa.) and sophomore track and field standout **Shala Simms** (Ardmore, Pa.) were the recipients of the award that is handed out yearly to successful student-athletes who maintain at least a 3.2 cumulative GPA and are active either on campus or in the community aside from their athletic endeavors.



▶▶▶▶ **MEN'S BASKETBALL SEASON FULL OF HOME-COURT EXCITEMENT**

If anything can be said about the 2006-07 Haven hoops squad, it would have to be Thomas Fieldhouse magic and energy and the Bald Eagles' affinity for their home court. Posting an overall season record of 12-15, the Crimson and White earned nine of those wins at home. In fact, LHU lost just two games in front of the boisterous Haven crowd, going 9-2 including a 5-0 record against non-conference opponents.

The season got off to a rocky start, winding up 0-4 after a pair of tournaments on the road. The Haven made up for it once back in Thomas Fieldhouse, taking down an undefeated Shepherd University team to kick off the home schedule. The Bald Eagles also collected wins against a nationally-ranked Bloomsburg squad as well as NCAA tournament team California (Pa.) -- both on the familiar Thomas hardwood.

Two Bald Eagles reached career milestones this season, as senior **James Chappell** and sophomore **Billy Arre** became the 17th and 18th players in an LHU uniform to pass the 1,000-point mark. Arre earned a spot on the Division II Bulletin's Honorable Mention All-America Team, and was the PSAC West Player of the Year. Chappell, who finished his career ranked eighth all-time in scoring with 1,340 points, also picked up All-PSAC West honors this season.

STAT LEADERS

Points Per Game - Billy Arre (Pittsburgh, Pa.) - 21.8 ppg
Three-Point Field Goals - Arre - 46 3ptfg
Free Throw Percentage - Arre - 115-143 (80.4%)
Rebounds - Arre - 184 (6.8 rpg)
Assists - Kranthi Senadhi (North Wales, Pa.) - 115 a
Steals - James Chappell (Coatesville, Pa.) - 45 st
Blocks - Arre - 20 blk

1,000-point scorers
Billy Arre (left)
and
James Chappell (right)



▶▶▶▶ **2nd Annual 'A Taste of Lock Haven' Declared a Success**

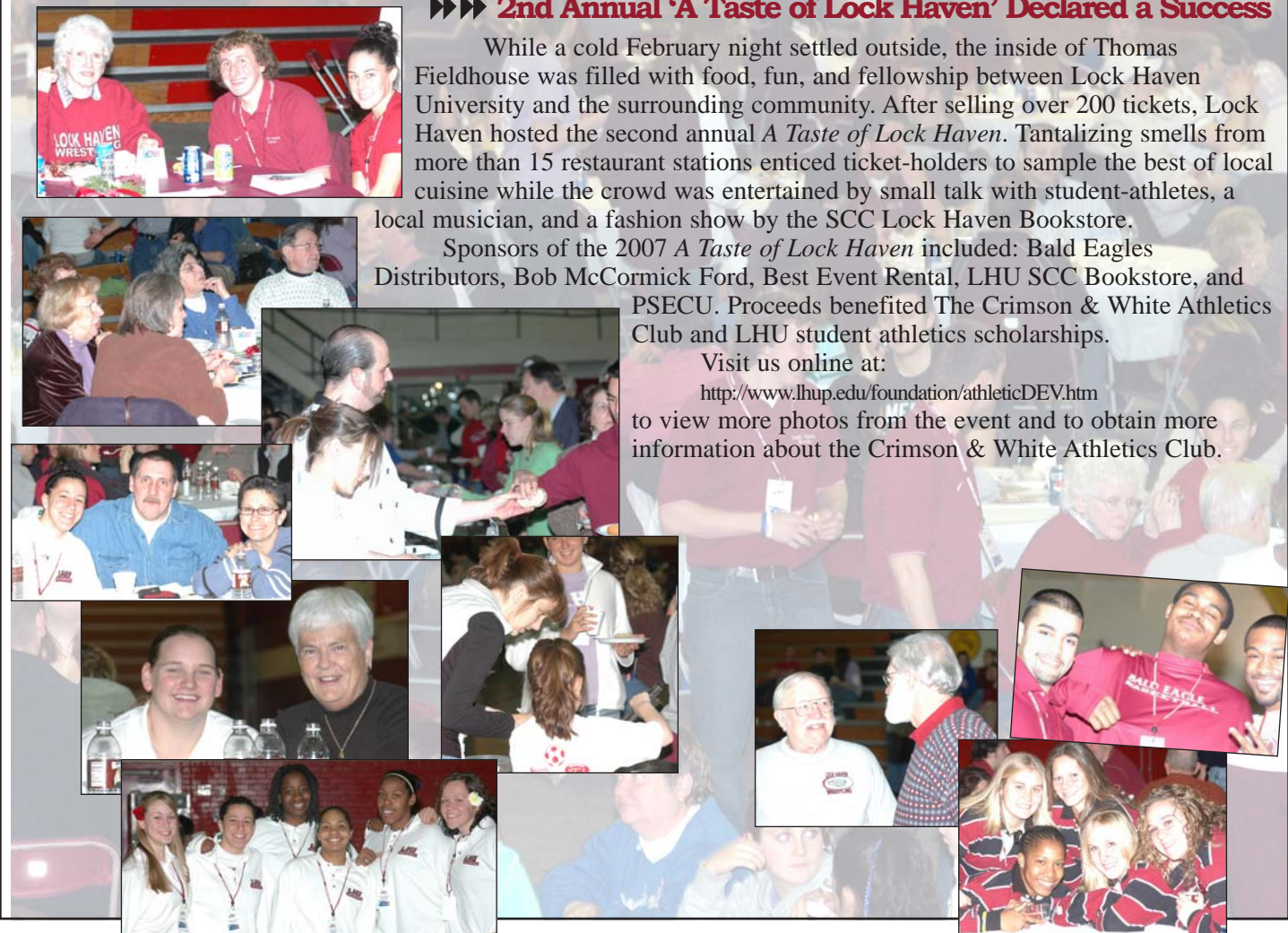
While a cold February night settled outside, the inside of Thomas Fieldhouse was filled with food, fun, and fellowship between Lock Haven University and the surrounding community. After selling over 200 tickets, Lock Haven hosted the second annual *A Taste of Lock Haven*. Tantalizing smells from more than 15 restaurant stations enticed ticket-holders to sample the best of local cuisine while the crowd was entertained by small talk with student-athletes, a local musician, and a fashion show by the SCC Lock Haven Bookstore.

Sponsors of the 2007 *A Taste of Lock Haven* included: Bald Eagles Distributors, Bob McCormick Ford, Best Event Rental, LHU SCC Bookstore, and PSECU. Proceeds benefited The Crimson & White Athletics Club and LHU student athletics scholarships.

Visit us online at:

<http://www.lhup.edu/foundation/athleticDEV.htm>

to view more photos from the event and to obtain more information about the Crimson & White Athletics Club.



▶▶▶▶ **SWIMMING TURNS IN ENCOURAGING SEASON**



Under the guidance of second-year head coach **Andy Waeger**, the Lady Eagle swim team is becoming a solid competitor on the conference scene and also carries one of the top academic records in NCAA Division II.

The Haven wrapped up its 2006-07 campaign with a ninth-place finish at the PSAC Championships, second among women's only programs. Senior sprinter **Gerda Smirnova** earned All-PSAC honors after finishing second in the 50 freestyle. Overall, the Lady Eagles recorded seven LHU all-time top five performances at the meet while Smirnova set two new school records.

Academically, the Haven was a recipient of team Academic All-America recognition, and is listed fourth-best among PSAC teams and 20th in NCAA Division II with a combined 3.098 grade point average.

▶▶▶▶ **Recent Swim Alum Smirnova Takes Gold in Latvia**

Gerda Smirnova (Riga, Latvia/Ilguciema Usk.), a recent graduate of Lock Haven University and former member of the Lady Eagles swim team, recently competed in the Championships of Latvia and won the 50 meter freestyle race.

Along with taking first place in the 50 free, she was also a member of the winning 4x100 meter freestyle relay team and placed second in the 100 freestyle.



▶▶▶▶ **Hordendorf Awarded Scholarship**



Field hockey freshman **Amanda Hordendorf** (Topton, Pa.) was recently awarded the inaugural Domino's Athletics Scholarship by Jim and Zonda Gregory, owners and operators of the Lock Haven

Domino's Pizza restaurant. The Gregory's have sent up a \$10,000 scholarship to benefit LHU student athletes majoring in business.

Check out the newest
LHU recruiting classes online at
www.havensports.com.



www.crimsonandwhite.net



Patrick Young

▶▶▶ YOUTHFUL BALD EAGLE CLUB PUTS IN SOLID SEASON

The Haven diamondmen sported a youthful look during the 2006-07 season as 15th year head coach Paul "Smokey" Stover guided the club to an 11-29 overall ledger. With a pitching rotation of all freshmen except for two and a starting lineup that included just three upperclassmen, the Bald Eagles battled through the normal growing pains of an inexperienced team but still put forward a solid season of work.

Lock Haven closed out the regular season in fifth place in the PSAC Western Division. During that time, the Bald Eagles recorded home twinbill sweeps over East Stroudsburg and Clarion University, as well as a 7-3 road victory over then-24th ranked Slippery Rock University. As a team, the Crimson and White ranked fourth in the conference in hits allowed (362). Also quick on the base paths, Haven runners stole base 46 times, the third-best total in LHU history.

Post-season honors went to sophomore designated hitter **Ted Stake** and senior catcher **Travis Ruane**, who both earned selection as All-PSAC West Second Team and Division II All-North Atlantic Region Honorable Mention.

STAT LEADERS

- Batting Average - Ted Stake (Lewistown, Pa.) - 0.347 ba
- Hits - Mark Strouse (Milford, Pa.) - 41 h
- Runs - Evan Petro (Johnstown, Pa.) - 31 runs
- Doubles - Mark Strouse - 10
- Triples - Evan Petro - 3
- Home Runs - Tim Bremen (Effort, Pa.) - 3
- RBI's - Glen Sharrar, Jr. (Harmony, Pa.) - 22
- Stolen Bases - Evan Petro - 12
- On Base Pct. - Ted Stake - 0.436
- ERA - Pat Young (Allensville, Pa.) - .369
- Wins - Bobby Fiala (Pembroke Pines, Fla.), Joshua Rote (McElhatton, Pa.) - Both with 3
- Strikeouts - Pat Young - 55



Travis Ruane

▶▶▶ Leverington Inducted into Hall of Fame



Lock Haven Co-Head Track and Field Coach **Heather Leverington** was inducted to the NCAA Division II Track & Field Hall of Fame during the national championship festivities taking place in Charlotte, N.C. Leverington, who joined the Haven coaching staff just one year ago, was honored for her success on the collegiate level during her time at Emporia State University.

As a student-athlete, Leverington was a five-time national champion and also placed second once in the shot put. She was an Olympic Trials participant in 2000, finishing ninth overall. Leverington was a nine-time MIAA champion, seven-time All-American (including an 8th-place finish in the hammer throw) and twice named ESU Student-Athlete of the Year.

Following her athletic career, Leverington spent two seasons as a graduate assistant coach at the University of South Dakota. After South Dakota, she returned to her alma mater, Emporia State University, as an assistant coach for two seasons.

In her first season at Lock Haven, Leverington has helped the Bald Eagles to two PSAC titles, one indoor and one outdoor, as well as coaching one Lady Eagle thrower to national championship competition. Along with co-head coach Aaron Russell, the duo earned East Region Coach of the Year honors during the indoor season as well as PSAC Men's Coach of the Year honors after both indoor and outdoor seasons.



NCAA Runner-Up High Jump Chelsea Morse

www.havensports.com

▶▶▶ WOMEN'S INDOOR TRACK & FIELD RUNNER-UP AT PSAC CHAMPIONSHIPS

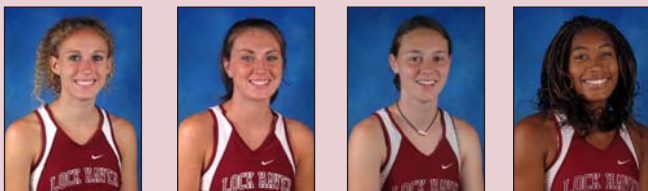
Those who have gotten used to seeing the men's track and field team among the conference elite should have little trouble adjusting to the quickly emerging Lady Eagle track and field team. Though the Lady Eagles have had continued success on the conference level, the recent group of tracksters stepped it up a notch to finish as the runners-up at the 2006 PSAC Indoor Championships.

The Crimson and White made it to the victory stand on two occasions at the conference championships, as **Chelsea Morse** set a new school record in the high jump with a clearance of 5'9-1/4" for first place at the championships. The Haven 4x800 meter relay also claimed the gold, as the quartet of **Alyssa Douma, Theresa Gould, Jess Wooten, and Shala Simms** teamed up for a winning time of 9:30.21, just two seconds off all-time PSAC record. A second-place for **Richelle Reed** in the weight throw also set a new LHU mark with her 51'9-1/4" toss.

On the national scene, Morse competed in the high jump, placing ninth overall.

PSAC Champion 4x800 meter relay squad:

Alyssa Douma, Theresa Gould, Jess Wooten, and Shala Simms



▶▶▶ MORSE EARNS ALL-AMERICA; LHU THIRD AT PSAC OUTDOOR CHAMPIONSHIP

The Haven women's outdoor track and field team had a stellar campaign, placing third at the PSAC Championships and taking two to the NCAA Division II National Championship in late May.

For the first time since 2003 the Lady Eagles can claim an All-American, as sophomore high jumper **Chelsea Morse** finished as the national runner-up with a leap of 5'8-3/4" (1.75m). The second national participant was senior **Ginger Williams**, who capped off a sensational career with a 14th place finish in championship discus competition.

At the PSAC Championships, LHU was at the top of the awards stand three times, as Morse captured the high jump title and Williams claimed both discus and shot put crowns. In addition to the first-place finishes, the 4x400 meter relay of **Meagan Wolf, Shala Simms, Alyssa Douma, and Ashley Hartman** captured second place along with a school-record clocking of 3:52.41. Williams was named the PSAC Championship Field Athlete of the Meet after taking the two throws titles.



In additional post-season honors, the Lady Eagles were named to the USTFCCCA Academic Honor Roll for having a team grade point average of 3.079.

PSAC Outstanding Field Athlete Ginger Williams

▶▶▶ LADY EAGLE SOFTBALL EARNS NATIONAL RUNNER-UP HONORS



After you win a national championship, it's hard to be satisfied with anything but another... the Lady Eagles' quest for the repeat title ended as they dropped a heartbreaking, 3-2, 12-inning marathon game to SIU-Edwardsville in the NCAA College World Series finals.

Trend-Setters...The 2007 season was nothing short of amazing -- on all accounts a national runner-up finish means a high level of softball. The Lady Eagles wrapped things up at 52-5 overall, the second-highest win total in school history. Also ranking up as second-best in school history were the team's totals in runs (310), hits (480), RBI (289), doubles (84), home runs (65), stolen bases (65), and strikeouts (365).

Individually, **Julia Popovich** set a new school single-season mark with 199 at-bats. **Kristin Erb** broke her own records for wins (39), appearances (44), innings pitched (280.2), and strikeouts (299).

The Regular Season... The Lady Eagles' 2007 campaign opened at three straight road tournaments as the Haven posted a blazing 18-1 ledger with only an early-season loss to Ashland University. Moving into conference play, LHU would tally a 19-1 record in the PSAC West and at one point pile up a 32-win streak. The Lady Eagles also earned a spotless record at Lawrence Field during the regular season, going 12-0 on the home diamond.

PSAC Tournament... Lock Haven entered into post-season PSAC action as the top seed in the PSAC West. A quick breeze through the conference tournament was not in the cards, as the Crimson and White defeated Bloomsburg, 1-0, to open action before falling, 0-3, to Kutztown in game two to fall into the consolation bracket. The Lady Eagles were up to the challenge, however, battling back with another victory against Bloomsburg (3-1) before meeting up again with Kutztown. Needing to defeat the Golden Bears twice to take home the title, Lock Haven outlasted KU in a 15-inning, 7-5, contest to advance to the final game. There, the Haven pulled off the 5-2 victory for its second-straight PSAC title.

Back on the Road... In NCAA Mid-Atlantic regional competition, the Haven again earned the top seed. The regional tournament would progress much smoother for the Lady Eagles, as they went 4-0 and held their opponents scoreless over that four-game span. An early win over Bowie State (8-0) led them to a second-round match-up against East Stroudsburg. A 5-0 win over the Warriors brought on Bloomsburg, a game that the Haven was able to take from the Huskies, 1-0, in 10 innings. LHU would have to play Bloomsburg for the fourth time in two weeks in the regional championship game but showed no signs of a let-down, soundly defeating them 7-0 for the Mid-Atlantic title and the return trip to the NCAA College World Series.

Akron-bound... In a turn-around time of just a few days following their regional win, the Lady Eagles jetted off to Akron, OH, for the College World Series. Their first-round opponent was top-ranked Columbus State. A two-run opposite field homer off the bat of Erb gave LHU the lead in the third inning. The early lead was topped off by a solo shot over the fence by second-base man **Devin Glezen** in the fifth inning as LHU took the 3-0 win in their nationals opener.



Julia Popovich steals second.

The Lady Eagles used some seventh-inning, two-out magic against second-round opponent Angelo State. Tied 5-5 into the bottom of the last inning of regulation, the Haven's **Sarah Norris** got a hold of a pitch and sent it deep into left field for the walk-off homer and game-two victory.

An early four-run SIU-Edwardsville lead and a two and one-half hour rain delay wreaked havoc on the Lady Eagles in the third game of the tournament, eventually falling, 0-4.

Down but not out, Lock Haven bounced back the following day to register a 2-0 victory against Columbus State in an elimination game. Outfielder **Erica Eisenbise** was the offensive spark in this outing, cranking out an RBI double in the second inning paired with a lead-off home run in the fifth to account for both Haven runs and the ticket to the national championship game.

The Lady Eagles matched up one more time against SIU Edwardsville, needing to win two-straight in order to claim the national trophy. Both teams battled to a 2-2 tie after six innings, and remained locked through 11 innings. SIU Edwardsville scored the go-ahead run and eventual game-winner in the top of the 12th. The Haven's bottom-inning efforts were close, but without a matching run, they saw their standout season come to an end, 3-2.

Post-Season Awards Rolling In... The Haven was well-represented in post-season awards, as Kristin Erb earned her second First Team All-America honor as well as her second-straight Honda-Broderick Cup nomination. Four players, Erb, Glezen, Popovich, and **Amanda Roosa** earned All-Mid-Atlantic Region honors. Seven total were on the All-PSAC West list, including Erb, Glezen, Ilia Lopez, Norris, **Nancy O'Connor**, Popovich, and Roosa. Erb was named the PSAC West Pitcher of the Year, Lopez garnered PSAC West Player of the Year, and **Head Coach Kelley Green** picked up her second-straight PSAC West Coach of the Year award.

>>>Kristin Erb was a key player offensively as well as on the mound.



STAT LEADERS

Batting Average - Devin Glezen (Hallstead, Pa.) - .356
Hits - Julia Popovich (Lemont, Pa.) - 70
Runs - Glezen - 42
Doubles - Amanda Roosa (Pompton Lakes, NJ) - 15
Triples - Nancy O'Connor (West Chester, Pa.) - 3
Home Runs - Ilia Lopez (Bloomsburg, Pa.),
 Sarah Norris (West Chester, Pa.) -
 Both w/12

RBI's - Lopez - 51
Stolen Bases - Norris - 15
On Base Pct. - Lopez - .409
ERA - Kristin Erb (Reading, Pa.) - 0.62
Wins - Erb - 39
Strikeouts - Erb - 299



CHAIN REACTION...

The Haven's Student-Athlete Advisory Committee raised \$1,200 for the Make-A-Wish Foundation by selling links for a (very long) chain which was revealed at the annual Student-Athlete Picnic in May. Thank you to everyone who contributed at any of the LHU Athletics events!

▶▶▶ LHU LACROSSE REACHES NATIONAL SEMIFINALS

The national semifinalist Lady Eagle lacrosse squad checks in after a standout season full of team and individual accomplishments. The PSAC runner-up and an NCAA Division II semifinalist, Lock Haven under the direction of sixth-year head coach **Kristen Selvage** assembled a 16-4 win-loss total. Over the course of the season, the Haven offense and defense combined to outscore opponents by almost 10 goals per game.

The Haven got off to a blazing start by defeating two ranked teams in Pfeiffer University (16-11) and Limestone College (11-7). Perennial nemesis West Chester handed the Lady Eagles their first loss of the season, an 11-18 match-up in their conference-opener. Following the loss, Lock Haven checked off a string of seven straight victories, outscoring PSAC opponents 156-34 in the run. Another encounter with West Chester in the regular season resulted in another good game, but still a loss. The Haven turned in another streak of six wins afterwards to close out the regular season.

PSAC Championship Action... The Lady Eagles advanced to the PSAC playoffs, seeded second and hosting Bloomsburg University in the semifinal match-up. LHU wasted little time, jumping out to a 6-0 lead before taking the 10-4 advantage at the intermission including four goals by sophomore **Jessica Blickenstaff**. After the break, the Haven's freshman sensation **Leigh Titus** tallied four scores and Blickenstaff added another three to wrap up on the high end of the 21-10 margin.

Arriving at the PSAC Championship game versus West Chester, the Haven found itself down early, 3-8. A second-half comeback had LHU outscoring the Rams 7-6 with a triple hat-trick performance from **Jenna Richter**, Blickenstaff, and Titus. It would prove not enough, however, as the Lady Eagles wrapped up the conference tournament as the runners-up by a 10-14 score.

Salem-Bound... An excited and determined Lady Eagle squad boarded the bus for the trip down to Salem, Va., the site of the 2007 NCAA Division II National Championship. Lock Haven had last been to the national tournament in 2005, and was in search of its first national crown since the team claimed the United States Women's Lacrosse Association (USWLA) national title in 1979. As one of the final four teams in the nation, the Lady Eagles were paired up with arch-rival West Chester University in the semifinal, their fourth time facing the Rams this season. A thrilling come-back bid late in the second half brought the Haven within one goal, but as time wore off the clock, LHU's final attempts were left just short of their goal in a 14-16 loss. During the match-up, the Haven fired off a NCAA Division II Final Four record of 43 shots at the goal. Titus, Blickenstaff, and **Lindsay Rentel** each recorded three goals to lead the Lady Eagles' offensive efforts.

In the Books... Senior Jenna Richter may be leaving Lock Haven but her records will remain. Richter took over the all-time points record, tallying 166 goals and 147 assists for an LHU-leading 313 career points. That record may be in danger from fellow teammate Jessica Blickenstaff, who set single-season records for goals (69), assists (43), and points (112) this season and has two years remaining in a Lady Eagle uniform.



Post-Season Awards and Honors Roll In... Lady Eagles collected several post-season honors including All-Americans Jessica Blickenstaff, **Katie Kenney**, Jenna Richter, and **Amber Hoch**. Blickenstaff was also named the Division II Midfielder of the Year. All four players were among the All-South Region team and were joined by **Caitlyn Watts** and Leigh Titus. In conference awards, Blickenstaff, Richter, Watts, Titus, and **Stephanie Wood** were among the honorees. Titus earned the PSAC's Rookie of the Year honor, the third Lady Eagle to do so under the tutelage of Kristen Selvage.

STAT LEADERS

Goals - Jessica Blickenstaff (Thurmont, Md.) - 69*
Assists - Blickenstaff - 43a*
Points - Blickenstaff - 112pts*
Wins in Goal - Melissa Seesz (Columbia, Md.), Kira Nuttall (Baltimore, Md.) - Both with 7
Goals Against Average - Seesz - 8.08
Saves - Seesz - 105 *LHU single-season record



▶▶▶ Spatafore Named New SID



Lock Haven named **Doug Spatafore** as the new Sports Information Director in January of 2007.

Spatafore, a former cross-country and track performer at the Haven, has worked closely with the sports information department throughout his college tenure working with the past two sports information directors including Danielle Barney and Al Weston.

Spatafore earned a bachelor of arts in communication media from Lock Haven. He also served as sports editor for the Eagle Eye, Lock Haven's student newspaper. In addition, he wrote feature stories for the Perspective, Lock Haven's alumni magazine, was active with WLHU Radio, and was also a member of the Society for Collegiate Journalists (SCJ).

Spatafore received the Dr. Sandra K. Hybels award, which is given to the outstanding senior in the communication media department who is active on and off-campus while maintaining a high grade point average.

▶▶▶ Robson Selected PSAC Scholar-Athlete of the Year



Lock Haven senior cross country/track and field student-athlete **Christopher Robson (Lewisberry, Pa.)** was selected as the Pennsylvania State Athletic Conference (PSAC) Male Scholar-Athlete of the Year.

Robson earned a PSAC Top Ten Award following the cross country and outdoor track and field seasons. Most recently earning All-America honors in the steeplechase, he graduated in May with a 3.86 grade point average as a Pre-Physical Therapy major.

The PSAC Scholar-Athlete of the Year Awards are presented to the top student-athletes who have achieved at least a 3.25 cumulative grade point average while competing at an outstanding athletic level. The Scholar-Athletes of the Year are chosen by the league's sports information directors.



▶▶▶ Li Earns Charlotte E. Smith Award; Athletes Honored at Annual Women's Banquet

The 28th annual Lock Haven University Women's Athletics Banquet was held in Bentley Hall with numerous athletes honored. This year's keynote speaker was alumna Virginia A. Roth of Integrated Marketing Communications.

Roth spoke of the successes made in the advancement of women, mainly made by women athletes both former and current. Also noted were the various achievements made by the women's sports teams on the field, off the field, and in the classroom.



Above: Individual sport award winners; Director of Athletics Sharon E. Taylor and keynote speaker Virginia A. Roth.

Director of Athletics Sharon E. Taylor discussed the impressive fact that the Lady Eagles had 78 athletes with above a 3.25 GPA and 71% of all student-athletes (120/175) stand with a 3.0 GPA or better.

This year's academic award winners both came from the field hockey team with Ali Harris (Maine, N.Y.) taking home the award for the junior class. Harris holds a 3.817 grade point average. Jillian Wessner (Kutztown, Pa.) won the award for the top senior with a GPA of 3.911.

The evening was wrapped up with the presentation of the Charlotte E. Smith Award which is awarded to the outstanding senior athlete. Lady Eagle Volleyball took home the hardware with senior Li YiZhi (Shanghai, China) being honored with the award. Li led the nation in hitting percentage (.465) for the 2006 campaign as she did for the last three seasons of her collegiate career. www.havensports.com



The 2007 Charlotte E. Smith Award goes to volleyball's Li YiZhi

Community Involvement



LHU student-athletes dedicate numerous hours to the local community, volunteering for events such as National Girls and Women in Sports Day, the Robert Perry Memorial Youth Football Clinic, J.J. Jumper Appearance, and many, many more. The teams are just as concerned about national events, with many, including the women's soccer team (shown above right), showing support for those at Virginia Tech by wearing special uniforms during one of their spring contests.