



LHU athletics newsletter

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2010 LHU Lacrosse Wins Back-to-Back PSAC Titles; Advances to NCAA Semifinal... (pg. 5)

Leigh Titus
LHU Lacrosse

Chris Edelman
LHU Indoor and Outdoor Track and Field



LHU ATHLETES OF THE YEAR

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

Spring 2010 Honors & Awards

Baseball

(16-28, 7-17 PSAC West)

NCBWA DII Atlantic Region First Team - Matt McCamley
 Daktronics Atlantic Region First Team - Matt McCamley
 All-PSAC West Second Team - Ryan Griffin, Matt McCamley

Women's Lacrosse

(16-2, 9-1 PSAC West)

NCAA DIVISION II NATIONAL SEMIFINALIST
 PSAC TOURNAMENT CHAMPION

IWLCA North-South Senior All-Star Game -
 Krystalle Neighbor, Kira Nuttall, Leigh Titus

IWLCA First Team All-American -

Allison Berger, Leigh Titus, Katie Zichelli

IWLCA Second Team All-American - Kayleigh Johnson, Kira Nuttall

Division II All-American (Women'sLacrosse.com) -

Kayleigh Johnson, Leigh Titus, Katie Zichelli

DII Women'sLacrosse.com Defender of the Year - Katie Zichelli

NCAA DII All-Tournament Team - Kira Nuttall, Katie Zichelli

IWLCA South All-Region First Team - Allison Berger, Kayleigh Johnson,
 Kira Nuttall, Leigh Titus, Katie Zichelli

IWLCA South All-Region Second Team - Elyse Fisher

PSAC West Player of the Year - Leigh Titus

PSAC West Coach of the Year - Kristen Selvage

All-PSAC West First Team- Allison Berger, Kayleigh Johnson,
 Krystalle Neighbor, Kira Nuttall, Leigh Titus, Katie Zichelli

All-PSAC West Second Team- Elyse Fisher, Claire Gaeng

Softball

(22-21, 6-10 PSAC Central)

PSAC CHAMPIONSHIP FIRST ROUND FINALIST

All-PSAC Central Second Team - Amanda Gutmaker, Brittany Muthard

Men's Outdoor Track and Field

3RD - PSAC CHAMPIONSHIPS

NCAA All-American -Nick Hilton (3000m steeplechase-5th)

NCAA Championship Participant -Chris Edelman (400m),
 Nick Hilton (3000m steeplechase)

PSAC Champion- Nick Hilton (3000m steeplechase)

All-PSAC (top 3) - Chris Ammann (decathlon-3rd), Chad Yurchick
 (hammer-2nd), Randy Sylvia (hammer-3rd), Tim Getz (10000m-3rd),
 Chris Edelman (400m-2nd), Nick Hilton (3000m steeplechase-1st;
 1500m-2nd), Nathan Zondlo (5000m-2nd).

Women's Outdoor Track and Field

10TH - PSAC CHAMPIONSHIPS

All-PSAC (top 3) - Vanita Moses (hammer-2nd)



(top to bottom):
 2009-10 Officers
 President Jennifer Williams,
 Vice President
 Brittany Muthard,
 Secretary Janine McCarthy.



>>Student-Athlete Advisory Committee Reports An Eventful 2009-2010

The LHU Student-Athlete Advisory Committee (SAAC) concluded its 2009-2010 year in late April. Led by president **Jen Williams** (Women's Soccer), vice president **Brittany Muthard** (Softball), and secretary **Janine McCarthy** (Women's Soccer), this year's committee was particularly active within the community and throughout campus:

- 2nd Annual Haven's Got Talent Showcase
- Inaugural Lock Haven Scavenger Hunt
- Feeding Clinton County - Led LHU student-athletes to campus-wide food drive title!
- Nearly doubled last year's contribution to the Make-A-Wish Foundation, raising \$1,814.00.

Looking Ahead... Even bigger and better things are expected next year, as two of the three officers remain on board for the 2010-2011 academic year. Williams and McCarthy take on president and vice president duties, **Kyle Yoder**, from the men's soccer team, will be the new treasurer, and **Evan Kolb**, a wrestler, joins the officers as the new secretary.

Hitting the Books... A total of 79 Lock Haven student-athletes carry a 3.25 GPA or better following the 2009-10 academic year... additionally, 155 have earned a 3.00 GPA or higher.

>>Lady Eagle Swimmers Recognized As Academic All-America Team; Rehrig & Durham Earn Individual Academic Honors

The Lock Haven University swim team, under the direction of head coach **Andy Waeger**, received the College Swimming Coaches Association of America (CSCAA) Academic All-America team status by virtue of carrying a cumulative 3.0 grade point average or higher. Two individuals also made swim team history by becoming the first individual Academic All-Americans for earning a 3.5 or higher semester grade point average and having qualified for the NCAA Championships -- **Brittany Rehrig** and **Samantha Durham**.



(l) Samantha Durham;
 (r) Brittany Rehrig.



>>Women's Wrestling Update

The Lock Haven University women's wrestling program under coach Terry Fike has continued to make strides. This season, Lady Eagle **Emma Randall** represents the Haven as a ranked wrestler among the nation's best at 67 kg, and recently finished seventh at the U.S. Open tournament and qualified for the World Team Trials.

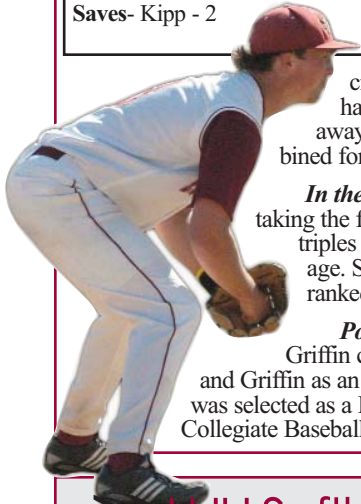
>>Erb With Tennessee Diamonds

Former LHU softball star **Kristin Erb** has signed a professional contract with the Tennessee Diamonds of the National Pro Fastpitch (NPF) league. The Diamonds were the NPF title team from just one year ago. Last summer Erb was a member of the Philadelphia Force, also of the NPF.

TEAM RECORD: 16-28, 7-17 PSAC West

STAT LEADERS

Hits- Ryan Griffin (Lansdale, Pa.), Mark Strouse (Milford, Pa.) - 56
Doubles - Brian Kochik (Snow Shoe, Pa.) - 13 2B
Triples - Griffin , Matt McCamley (Phillipsburg, Pa.) - Both with (3)
Home Runs - McCamley - 8
Batting Average (50 or more AB)- Griffin - .394
RBIs - McCamley - 53 **Runs Scored**- Griffin - 42
Stolen Bases- Griffin - 14 (14-14) **On Base Percentage** - Griffin - .491
Fielding Percentage - Tyler Deshong (Lititz, Pa.), Scott Gaston (Bergenfield, NJ) - Both with 1.000
Earned Run Average- Josh Rote (McElhattan, Pa.) - 5.19
Strikeouts - Jordan Yohn (Three Springs, Pa.) - 58
Wins - Rote, Jordan Kipp (Reading, Pa.), & Tyler Rumsey (Mansfield, Pa.) - 3
Saves- Kipp - 2
(r) Ryan Griffin; (l) Matt McCamley



cranked out a .303 average, the first time since the 2001 campaign that LHU has hit above .300. Quick in the basepaths, LHU posted 50 stolen bases, just one away from the program's overall high set in 1982. Finally, the pitching staff combined for a 6.90 earned run average, improving on last season's 7.83 average.

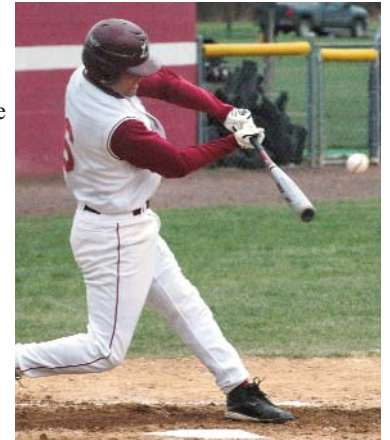
In the PSAC: Conference-wide, The Haven ranked third overall in drawing walks, taking the free base on 205 occasions this season. The Bald Eagles were ranked sixth in triples (9), tied for seventh with 29 homeruns, and ninth with the .303 batting average. Senior outfielder **Ryan Griffin** represented LHU in the individual statistics, ranked eighth in batting average after hitting .394 on the season.

Post-Season Honors: Following the close of the season, **Matt McCamley** and Griffin collected All-PSAC West Second Team honors; McCamley as a utility player and Griffin as an outfielder. McCamley, who set a single-season Haven record with 53 RBI, was selected as a First Team All-Atlantic Region player by both Daktronics and National Collegiate Baseball Writers Association (NCBWA).

>> Haven Baseball Turns Out Solid 2010

In 2010, the Bald Eagle baseball team went 16-28 overall and played to a 7-17 mark for sixth place in the PSAC Western Division. While the 2009 team experienced success on the diamond that advanced them to conference playoffs, this year's squad - while short of the playoff picture - exhibited the steady, continuous improvement that Coach Stover and staff have been seeking.

Statistical Leadership: LHU closed out the season strong, finishing 6-4 including a home-away sweep of Clarion. Of its losses this year, nine were by just two or one run. Statistically, The Haven batters



>> LHU Softball Advances To PSAC Tournament

The Lady Eagle softball team knew they might need to work through some inconsistency this season with so many newcomers and especially following the graduation of eight seniors from their 2009 national championship squad. Even so, The Haven squad turned in a winning season, going 22-21, and advanced to the PSAC tournament.

The Regular Season: The Lady Eagles experienced a tough Southern trip to kick off the season, but soon started to find their rhythm, putting together a 3-2 record at the Salem (Va.) Tournament. During the regular season, the squad recorded home doubleheader sweeps over Mansfield, West Chester, Clarion, and Kutztown, and went 6-10 in the Central Division of the PSAC.

PSAC Tournament: Seeded third in the division, LHU defeated the Western Division's second-seeded Mercyhurst in the first round of the PSAC Tournament by a 6-5 margin in eight innings. Junior **Becca Bailey** was key for the LHU defense, throwing all eight innings and striking out 16 batters. Offensively, The Haven totaled eight hits including two off the bat of **Jess Sefter**, whose two-out, RBI single in the top of the eighth secured the extra-inning victory.

In game two, LHU faced West Chester, the top seed in the Eastern Division, and again secured the victory after a four-run first inning, shutting out the host, 4-0. Bailey struck out eight in seven innings of work, and Haven batters cranked out nine hits en route to the win.

The next day, the Lady Eagles again faced West Chester but succumbed to a late, seventh-inning rally and fell 5-4. Forced to play a game four according to double-elimination tournament standards, LHU matched up with West Chester yet again later the same day. Unfortunately for The Haven, another late surge spelled disaster as an early lead slipped away to end in a similar 5-4 loss and the close of the Lady Eagle post-season.

Statistical Leaders: Overall in the PSAC, LHU ranked second in team fielding (.961) and was fifth in overall team pitching (2.80 ERA). Bailey ranked fourth in the conference in innings pitched (201.2) and in strikeouts (201). **Amanda Gutmaker** led LHU and was fourth in stolen bases, successful in 19 of 20 attempts. Finally, designated hitter **Brittany Muthard** ranked second in the PSAC in walks drawn (30), and seventh in on base percentage (.475).

Post-Season Honors: Both Muthard and Gutmaker were honored by the PSAC coaches with selections to the All-PSAC Central Second Team, both for their utility/designated hitter role -- Muthard as a designated hitter, and Gutmaker for her time split between second base and center field.



TEAM RECORD: 22-21, 6-10 PSAC Central

STAT LEADERS

Hits- Amanda Gutmaker (Huntingdon Valley, Pa.) - 38 hits
Doubles - Erin Clary (New Freedom, Pa.) - 8 2B
Triples - Brittany Favazza (Bel Air, Md.), Meredith Morris (Warrington, Pa.) - 1 each
Home Runs - Gutmaker - 6 HR
Batting Average (50 or more AB)- Becca Bailey (Watson, La.) - .329
RBI - Gutmaker, Brittany Muthard - Both with 24
Runs Scored- Gutmaker - 30 **Stolen Bases**- Gutmaker - 19 sb
On Base Percentage - Brittany Muthard (Northampton, Pa.) - .475
Fielding Percentage - Alicia Cacciotti (Horseheads, NY) - .995
Earned Run Average- Sarah Morse (Dover, NH) - .262
Strike Outs - Bailey - 201 K **Wins** - Bailey - 16



>>Athletics Town Hall Meetings Inform University & Local Communities

Lock Haven University Athletics and Director of Athletics Sharon E. Taylor hosted a series of Athletics Town Hall meetings this spring in an effort to facilitate continued communication of the department's happenings to local constituents both on campus and within the city of Lock Haven. The first, held on the campus of LHU in April, was directed towards students and individuals on campus. The second, held in town at the Ross Library, was targeted more specifically for individuals within the community.

While the town hall format allows for general discussion and open dialogue, alumni, fans, and interested parties are reminded that the athletics department always welcomes questions or comments regarding Lock Haven athletics. Questions or comments can be directed to the department at 570/484-2102.



Nick Hilton,
3,000m steeplechase
All-American



Chris Edelman,
NCAA Qualifier
400 meters

>>Bald Eagle Track & Field Turns in Another Standout Season

Hilton an All-American in Steeplechase

The 2010 season offered the Bald Eagle track and field team a handful of highlights and much promise for the continued upwards direction of the program. A force within the region, the Lock Haven track and field team turned out a third-place finish at the PSAC Track and Field Championships and sent two athletes to the NCAA Division II National Championship, returning one with All-America honors.

Regular Season: The Haven piled up multiple wins, records, and automatic and provisionally qualifying NCAA marks throughout the course of the regular season. At the Washington and Lee Track and Field Carnival, **Chris Jones, Shawn Wilkinson, Steve Roberts** and **Chris Edelman** combined to kick off the outdoor season with a win in the 4x400 meter relay in meet record time (3:18.74). At the Millersville Spring Opener, LHU claimed seven first-place finishes, including the 4x4 relay crew, **Mitch Miller** (5K), **Nathan Zondlo** (3K steeplechase), **Nick Hilton** (1500m), **Chris Edelman** (400m), **Randy Sylvia** (discus), and **Chris Ammann** (high jump). Edelman added another 400 meter win a week later in the Bison Outdoor Classic, and Zondlo captured a 3000 meter win on the Bucknell track shortly after during the Bucknell Team Challenge.

Lock Haven was well represented on the national stage at the annual Penn Relays. All five Bald Eagles running hit NCAA provisional qualifying times -- Hilton was sixth in the 10,000 meters and posted a qualifying time in the distance race along with **Tim Getz, A.J. Johnson** and Zondlo recorded provisional times in the 5,000 meters, and Miller hit the national standard in the steeplechase.

Towards the end of the season, **Broden Ranck** took first in the javelin at the Cornell Big Red Invitational and Jones collected a first-place finish in the 400 meter dash. On home turf at the Elliston Invitational, Edelman (400m), Miller (1,500m), Johnson (3,000m), and **Logan Wolfe** (shot put) each claimed a first-place honor. Finally, the LHU Qualifier provided even more regular-season highlights as four individuals placed first and the same 4x400 meter relay quartet continued to dominate by overtaking all other competitors on the Haven track. Hilton hit an automatic qualifying time in the steeplechase enroute to a win in the event, and Zondlo claimed first in the 1,500 meters. Sprinting sensation **Greg Mock** took the 100 dash win, and Getz was tops in the 3,000 meters.

Chris Edelman (L) and Nick Hilton (R) at NCAA Championships banquet.



PSAC Championships: The conference meet did not necessarily go just as the Bald Eagles may have planned, including dealing with a few key injuries, but the Haven still put enough points on the board to finish in third place overall. Getz's third place-finish in the 10,000 meter during the opening evening contributed the first LHU points of the meet. From that point it was a true team effort, including Hilton's repeat championship in the steeplechase along with several athletes who finished among the top three in their respective events. Hilton

added a second-place finish in the 1500 meter run. Other second-place finishers included Zondlo (5000m), **Chad Yurchick** (hammer), and Edelman (400m). Finishing in third place for All-PSAC status were Ammann (decathlon) and Sylvia (hammer).

NCAA Championships: Both Edelman, a senior, and Hilton, a junior, hit NCAA Division II Championship automatic qualifying times in their respective events (400 meters and 3,000 meter steeplechase), and so the talented pair made its way down to the Irwin Belk Complex in Charlotte, N.C. for the 2010 NCAA Division II Outdoor Track and Field National Championship. Up first on the track was the senior, who posted a 47.28 time in the 400 meters and wound up 13th overall. In the steeplechase, Hilton ran 8:56.53, the second-fastest time recorded in the prelims and a new school-record, to advance to the Sunday finals. In the finals, the junior Bald Eagle shaved off even more time, rewriting the LHU records again and finishing fifth for All-America status in a time of 8:53.35.

(L) Jon D'Ottavio;
(R) Greg Mock and
Jeff Hunsicker.



>>Lock Haven Lacrosse Repeats As PSAC Champ

Head Lady Eagle Lacrosse Coach Kristen Selvage demands excellence from her team, and while their vision of a national championship did not play out fully this year, there is no denying that after

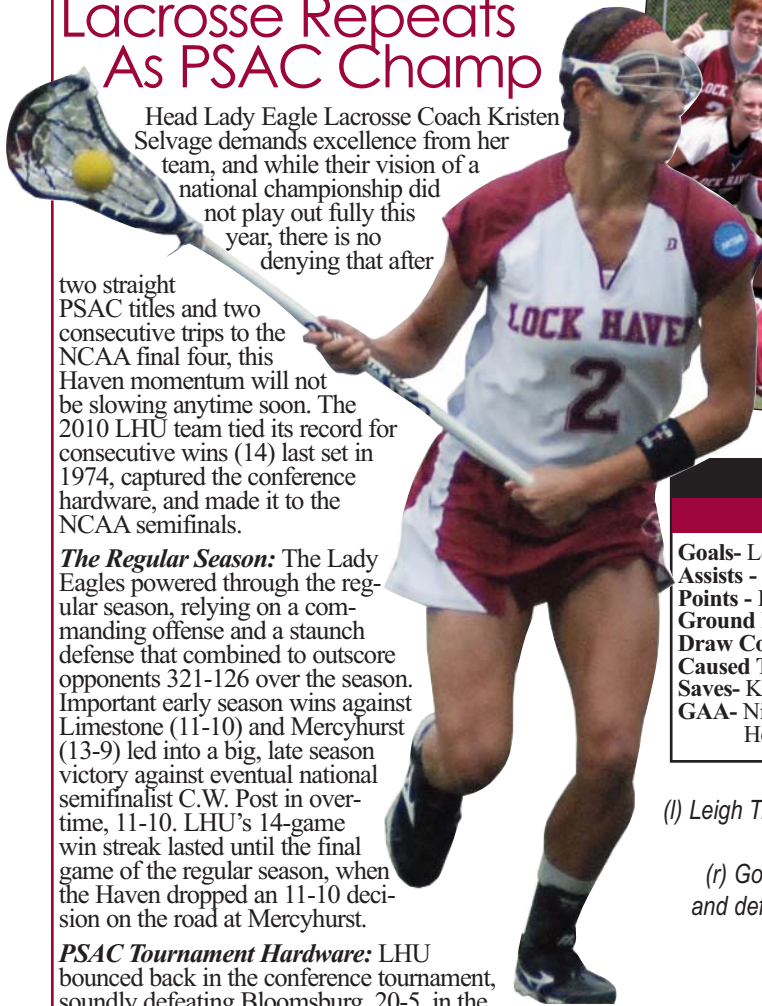
two straight PSAC titles and two consecutive trips to the NCAA final four, this Haven momentum will not be slowing anytime soon. The 2010 LHU team tied its record for consecutive wins (14) last set in 1974, captured the conference hardware, and made it to the NCAA semifinals.

The Regular Season: The Lady Eagles powered through the regular season, relying on a commanding offense and a staunch defense that combined to outscore opponents 321-126 over the season. Important early season wins against Limestone (11-10) and Mercyhurst (13-9) led into a big, late season victory against eventual national semifinalist C.W. Post in overtime, 11-10. LHU's 14-game win streak lasted until the final game of the regular season, when the Haven dropped an 11-10 decision on the road at Mercyhurst.

PSAC Tournament Hardware: LHU bounced back in the conference tournament, soundly defeating Bloomsburg, 20-5, in the PSAC semifinal game. **Kayleigh Johnson, Allison Berger, Elyse Fisher, and Leigh Titus** each contributed four goals to pace the Haven's efforts. The conference title match brought the Lady Eagles into a match-up with tournament host West Chester, who they proceeded to defeat by the final margin of 16-6 for their second-straight PSAC title. LHU laxers held a 7-2 lead at the half, and maintained the advantage, making their shots count for the 16-6 win and conference trophy repeat. Goalie **Kira Nuttall** provided a defensive boost to the Haven, stopping 12 shots as the Golden Rams actually outshot the Lady Eagles 29-23. Senior Leigh Titus was selected as the tournament's MVP following another four-goal effort in the Haven's title push.

NCAA Championship Experience: The conference victory ranked the Haven as the top team in the South Region, placing them automatically into the NCAA Championship Semifinal round. There, they faced a rematch of the PSAC tournament final, taking on West Chester. A low-scoring, defensive affair ensued, but the Lady Eagles were able to open up an early 6-3 advantage. WCU rebounded with a 5-2 second-half, tying up the score at 8-8 to force the overtime. That momentum carried WCU, who netted a goal early and maintained the 9-8 margin, ending the Haven's season in the semifinal round.

Post-Season Honors: Post-season honors poured in for the Lady Eagles, who boasted five All-Americans and dominated the PSAC awards with eight All-PSAC players, including PSAC West Player of the Year Leigh Titus and Western Division Coach of the Year **Kristen Selvage** (full list of all post-season accolades is on page 2!). To cap off their playing careers, seniors Titus, Nuttall, and **Krystalle Neighbor** were all invited to participate in the Division II North-South Senior All-Star Game.



TEAM RECORD: 16-2, 9-1 PSAC West

STAT LEADERS

- Goals-** Leigh Titus (Towaco, N.J.) - 73g
- Assists -** Allison Berger (Oreland, Pa.) - 51a
- Points -** Berger - 93 (42g, 51a)
- Ground Balls -** Katie Zichelli (South Orange, N.J.) - 83
- Draw Controls -** Zichelli - 49
- Caused Turnovers -** Zichelli - 65
- Saves-** Kira Nuttall (Baltimore, Md.) - 115
- GAA-** Nicole Necci (Jackson, N.J.) - 3.22/111:38min;
Heather Sacko (Fairport, N.Y.) - 4.83/161:22min; Nuttall - 7.80/823:00min.

(l) Leigh Titus;

(r) Goalie Kira Nuttall and defender Krystalle Neighbor



>>LHU Tracksters Claim Top Prizes at Celebration of Scholarship Symposium



LHU track and field's **Cassie Snider** and **Nick Hilton** claimed the top two spots at the 17th Annual Phi Kappa Phi Spring Student Symposium during the University's *Celebration of Scholarship* in late April.

<<<Snider took first place for her research and presentation entitled "The Embryonic Development of Zebrafish and the Effects of a Teratogen on the Developing Embryos."

>>>Hilton was awarded second place for his presentation entitled "The Socialist Administration in Reading and the Working Man."



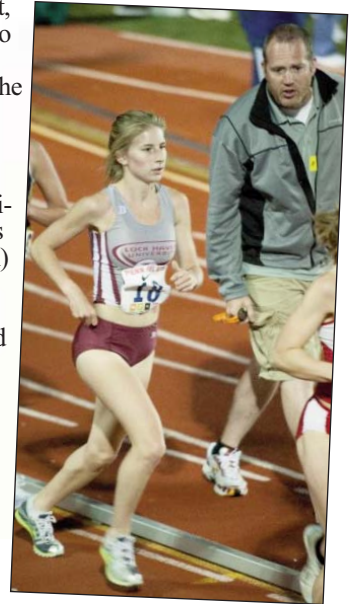
>>LHU Women's Track & Field Strong in 2010



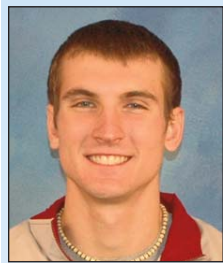
The 2010 Lady Eagle outdoor track and field team wrapped up its season with a 10th-place overall finish at the PSAC Outdoor Track and Field Championship.

Regular Season: Several highlights dotted the regular season for the Lady Eagles. At the Bucknell University Team Challenge, sophomore distance specialist **Lindsey Lambert** was third overall in the 3,000 meter run while setting a school record in 10:20.13. She claimed the 10,000 meter record just a few weeks later, running a time of 36:04.42 at the prestigious Penn Relays. Lock Haven claimed three individual winners at the Elliston Invitational -- **Vanita Moses** was the hammer champion with a distance of 47.24 meters, then took fourth in the discus (35.66m). Sophomore **Rachel Taylor** bested the field in the steeplechase, recording a time of 12:19.2 in the win. Also at the Elliston meet, **Katie Peters** and **Courtney Whitmoyer** combined to finish 1-2 in the 800 meter run (2:20.88, 2:20.98). In the final regular season weekend, Lambert captured the 1,500 meter win in 4:58.12, while Moses collected another hammer win with a throw of 44.8 meters.

Conference Championship Highlights: Scoring points for The Haven squad at the conference championships was sophomore Moses, who led the throwers with a second-place showing in the hammer (49.41m) and a seventh-place finish in the discus (35.82m). Lambert took fourth place in the 10,000 meters in an NCAA provisionally qualifying time of 36:33.68, and was also seventh overall in the 5,000 meter run (17:58.25). The Haven's 4x400 meter relay squad of **Meagan Wolf**, **Peters**, **Cassie Snider**, and **Caitlin Burke** claimed sixth, clocking in at 3:58.08. Finally, Taylor rounded out the Lady Eagle scoring with an eighth-place performance in the 3,000 meter steeplechase (11:54.68).



(l) Collette Young; (l-inset) Vanita Moses-2nd place in PSAC hammer throw; (r) Coach Russell and Lindsey Lambert at the Penn Relays (courtesy of Katrina Brown Photography)



>>Edelman Selected as NCAA Postgraduate Scholarship Award Winner

Lock Haven track and field senior **Chris Edelman (Elverson, Pa.)** earned selection as an NCAA Postgraduate Scholarship Award winner following a standout final indoor season. The prestigious scholarship is awarded to only 174 individuals annually among all three divisions of the NCAA, 87 men and 87 women, and is a one-time grant for \$7,500 for student-athletes who excel academically and athletically and who are in their final year of intercollegiate athletics competition.

Edelman, a health science major in the pre-physician assistant track, has been a Dean's List student every semester and is a three-time Academic All-American. His scholarship will assist him in financing his graduate studies, which will keep him here at Lock Haven University as a student in the Physician Assistant Program.

As a student-athlete, Edelman was an integral part of two Lock Haven PSAC indoor track and field championships and one outdoor championship. His athletic credentials are exhaustive, including NCAA provisional qualifying marks in all four indoor seasons and multiple times during outdoor seasons. He was the 2009 PSAC Indoor 400 meter champion and a member of the trophy-winning 4x400 meter relay in the same season.



>>Gutmaker Earns NCAA Degree Completion Award

Lady Eagle softball player **Amanda Gutmaker (Huntingdon Valley, Pa.)** was selected as a recipient of an NCAA Division II Degree-Completion Award following her four-year career with the Haven athletics program. The NCAA's degree-completion program provides financial assistance to deserving student-athletes for completion of their baccalaureate degree once they have exhausted their athletics eligibility. The awarding of the scholarship is based on academic performance, financial circumstances, athletic achievement, and involvement in campus and community activities.

Gutmaker, a sport administration major who is also earning a minor in Communications Media, carries a 3.34 grade point average and has been on the LHU Dean's List and received PSAC Scholar-Athlete honors.

As a student-athlete, Gutmaker was an integral part of the 2009 team which captured the NCAA National Championship, and of teams that claimed three PSAC and NCAA Regional titles. She is a three-time All-PSAC player.

Her involvement on campus extends past the extensive community service and outreach the softball team does to roles within the LHU Athletics Department as an events assistant, including service as an announcer for several sports.



Dr. Karen Weaver (right) accepts a token of appreciation from Director of Athletics Sharon E. Taylor for serving as keynote speaker of the 2010 Women's Athletics Banquet.

>> Alumna and College Sports Television Analyst Karen Weaver Addresses LHU Athletes

Lock Haven University athletics welcomed back alumna **Dr. Karen E. Weaver** as the keynote speaker for the 2010 Women's Athletics Banquet held on May 3 at the Durrwachter Alumni Conference Center. Weaver currently serves as the Director of Athletics at Penn State Abington. She is a color analyst for CBS College Sports and the Big Ten Network. Weaver played field hockey for the Lock Haven Lady Eagles, earning her bachelor's degree before earning a master's degree from Purdue University and her doctorate from the University of Pennsylvania.



Senior Leigh Titus (second from right) was presented the Charlotte E. Smith Award; Joining her are Director of Athletics Sharon Taylor (left), her mother Leslie Titus (second from left), and head lacrosse coach Kristen Selvage (right).

Titus Selected As 2010 Charlotte E. Smith Award Winner >>

Senior lacrosse player **Leigh Titus** was awarded the Charlotte E. Smith Award, presented annually to the senior female athlete who best portrays the academic and athletic excellence along with leadership abilities of the award's namesake. Field hockey's **Alanna Lewis** was presented with the Coaches Award.

Titus is arguably one of the most decorated lacrosse players ever to play for the Haven. A three-time First Team All-American, 2010 Tewaaraton Award nominee, two-time PSAC West Athlete of the Year, 2007 PSAC West Rookie of the Year, and three-time All-Region and All-PSAC West First Team selection, Titus owns both LHU and PSAC all-time records for goals after notching a total of 269 over the four-year span. From the team standpoint, she has helped lead the Lady Eagles to consecutive PSAC titles, and has played an integral role in advancing the squad to the NCAA playoffs on three occasions, including the 2009 runner-up finish.

Lewis is a three-time Northeast Conference (NEC) Defensive Player of the Year and NFHCA Division I All-Mideast Region team member while heading up the defensive efforts for the Haven's Division I program. The Lady Eagle defender was a key member of four-straight NEC tournament championships.

2010 LHU Athletics Academic Awards:

Outstanding Scholar-Athlete Award (seniors):
Mary Keister (Field Hockey)

Outstanding Scholar-Athlete Award (juniors):
Talitha Jay (Field Hockey), Jennifer Williams (Women's Soccer)



This Just In!!

>> Edelman Named LHU's Male Athlete of the Year

Lock Haven track and field senior **Chris Edelman (Elverson, Pa.)** was selected by the coaches as the LHU Male Athlete of the Year. A four-year member of the indoor and outdoor track and field teams, Edelman's list of credentials is lengthy, both in the classroom and on the track.

A health science major in the pre-physician assistant track, he was a Dean's List student every semester and is a three-time Academic All-American. He was named to the 2010 Winter PSAC Top Ten list, and earned a prestigious NCAA Postgraduate Scholarship. Immediately following graduation this May, he began work in LHU's Physician Assistant Program.

As a student-athlete, Edelman was an integral part of two Lock Haven PSAC indoor track and field championships and one outdoor championship. His athletic credentials are exhaustive, including a pair of NCAA National championship appearances in the 400 meters and NCAA provisional qualifying marks in all four indoor seasons and multiple times during outdoor seasons. He was the 2009 PSAC Indoor 400 meter champion and a member of the trophy-winning 4x400 meter relay in the same season.

Finally, Edelman represented the epitome of the well-rounded LHU student-athlete, carrying leadership credentials as well as standout academic and athletic accomplishments. The Bald Eagle has represented Lock Haven at the NCAA Division II Leadership Academy and served as an active member of the Student-Athlete Advisory Committee for several seasons.

2010 LHU Athletics Academic Awards:

Outstanding Scholar-Athlete Award (seniors): Chris Edelman (Track and Field)
Outstanding Scholar-Athlete Award (juniors): Mike Rocco (Football)

>> Edelman Selected for PSAC Spring Top Ten Award

This highly decorated student-athlete added one more accolade to his collection, selected by the conference as one of ten honorees for the **PSAC Spring Top Ten Award**. To be a candidate for the PSAC Top Ten Awards, a student-athlete must have achieved a minimum of a 3.50 cumulative grade point average and must be a starter or key reserve with legitimate athletic credentials for their respective team.

