

THE PLAYMAKER

"I WANT TO BE ALL-AMERICAN THIS YEAR..."

THAT WAS MY GOAL LAST YEAR. I'D BE VERY DISAPPOINTED IF I DIDN'T ACHIEVE THAT."

-BRITTANY DALCAIS

PG. 20

Reaching New Heights

Track and field star Brittany DalCais setting team records in just two years of competition

EXCLUSIVE: Talent, friendship drives legendary Lakers' line

PG. 16

Oswego State men's ice hockey team celebrate their 2013 SUNYAC championship

Photo by Nick Graziano





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Sean Michele (11) makes a charge to score with a long distance pass to teammate Chris Gilkes (5)

Photo by Nick Graziano

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DON'T MISS OUT

On Dec. 1, 2012 I went to my final Whiteout Weekend as an Oswego State student, anticipating an exciting game, ending with, of course, the Lakers winning. But as many know, that was not the case.

Fast-forward to March 3 when the men's ice hockey team faced off against the SUNY Plattsburgh Cardinals, just two weeks after suffering its second loss of the season to the Cardinals. This time, was a different story. Not only did the Lakers win, but they did it in style, with a 4-0 victory, allowing them to claim the SUNYAC Championship.

It was the game I was looking for at the Whiteout game, but it was still satisfying knowing that my last Oswego State hockey game ended in such an exciting way. Fans and players alike shared the same level of excitement. Players acknowledged the fans that stayed for the post game ceremonies and even took a group of fans' home-made Stanley Cup to celebrate with. It was a game that would have been unfortunate to miss.

It is not just hockey that can bring about these kinds of exciting games, either. With more than 20 athletic programs, there are plenty of these moments every semester. There have been many teams and athletes that have had tons of success this year. Many of these achievements are missed, however, because many Oswego State students don't attend games. Of these students, there are those who complain that hockey gets too much attention or ask why they have to pay an athletic fee. Both of these complaints can be solved by attending various sporting events.

The athletics fee helps to pay for events to happen, staff to be in place, facilities and other things that help draw athletes that can help teams to be competitive. Unless something major happens, the fee is here to stay, so you might as well indulge, especially if you are a sports fan. To bring more attention to a certain sport, there needs to be an increase in fan attendance. Understandably, going over to Laker Hall can be a hassle, but maybe if attendance in some sports goes up, they will be brought closer to campus.

It is a completely different experience going from a men's ice hockey game to a men's basketball game. When a major play is made or a goal is scored during a hockey game, the crowd erupts into a sea of cheers. But at a basketball game when the same caliber of an accomplishment is made, the atmosphere is surprisingly quiet compared to a hockey game. Obviously sports vary in popularity in general, so not every sports fan may be a baseball fan or a tennis fan, but I would encourage anyone who is a sports fan to attend at least one event of every sport they enjoy. Even the non-sports fan should attempt to attend one event. Attending a game is not just a way to pass the time, but a way to experience something new while also supporting the athletes.

I am glad I was in attendance to watch the men's ice hockey team capture its ninth SUNYAC title in such a dramatic and exciting way. It is this kind of experience every Oswego State student should take in at least once before they graduate so that they will be able to say they were there to support one of the Oswego State athletic teams.





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VALUES OF COACHING TESTED

Coaching styles vary from program to program all across the nation. Coaches have many factors to think about when trying to lead a practice. They have to consider their athletes' strengths and weaknesses, their abilities, physical toughness and mental toughness. All of these factors should shape how coaches develop their own style.

Recently, former Rutgers University head basketball coach, Mike Rice, was fired after footage leaked of Rice verbally and physically abusing his players. Tough coaches are one thing, but a coach crossing the line and taking things to the extent Rice did is uncalled for. I've seen coaches pull an athlete and move them to the spot they should be in, but to beat athletes is not comparable. People get frustrated, but this doesn't appear to be just out of a moment of frustration, since ESPN claims to have hundreds of hours of video of this behavior taken from practices.

No athlete should have to put up with a coach like Mike Rice. This could be a rising problem, but are athletes too afraid to speak out against their coaches? I've heard Pop Warner football coaches say some pretty mean things to their first graders, but I never experienced a coach who crossed the line like Rice did. This coach attacked players verbally and one video even shows Rice beating an athlete with some sort of object.

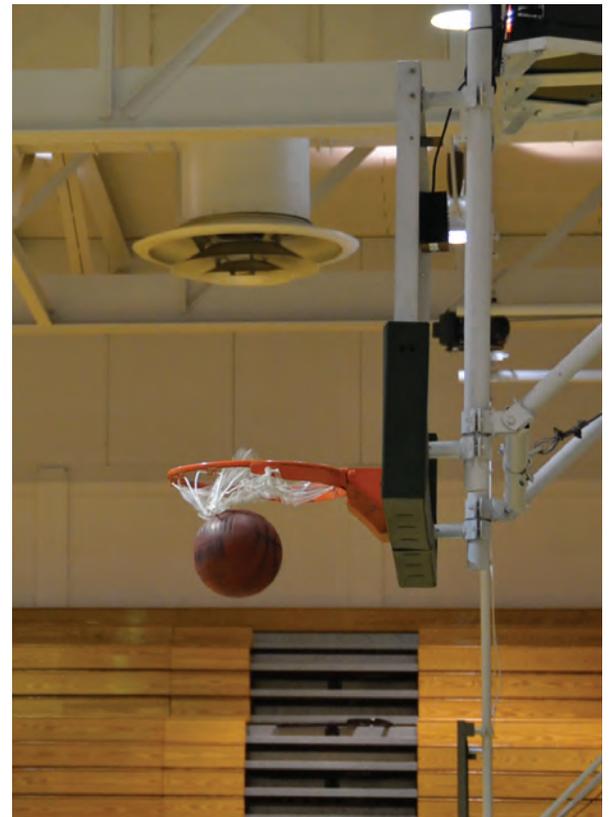
There are many factors in this problem. Some athletes go through sports with aggressive coaches, while others are not used to that kind of treatment. Each sport has its own culture and type of athlete. A football player, wrestler or lacrosse player may find it more normal to see a coach becoming a bit more physical than a baseball, basketball or track and field player will. A football coach may demonstrate a block on another player, a wrestling coach will actually get on the mat and show a move and a lacrosse coach can demonstrate a check. Basketball, baseball and track and field don't really involve physical contact, except that baseball has the possibility of a runner colliding with a catcher, but in these sports we don't really see many opportunities where athletes can make big hits or, for wrestling, big throws.

There is also the fact that Division I players can get scholarships. Some may only be going to college because of their athletic skills. If an athlete is in this situation, it's likely that they'll just put up with an abusive coach so they don't have to worry about losing their scholarship if they get kicked off the team. It's also likely that athletes at the collegiate level just don't know any better. Coming in as a freshman is daunting enough, but to come into a big sports program is even more daunting. If someone new to the program learns right off the bat that that's how the coach leads the team, then they aren't going to know any different. But I would hope this would not be the case.

Student-athletes should not let their coaches abuse them as Rice did at Rutgers. At the same time it should not be expected that the athletes will be the ones voicing their concern for the problems they may face. Athletic directors and their staff exist for a reason. They should not only ensure that the coveted athletic department looks perfect, but they should also ensure that their athletes are being coached with the upmost respect. The athletes make these programs because without them there would be no championships, no March Madness and no professional sport programs. If we want to keep sports alive, we can't let overly-aggressive coaches kill the dreams of the kids they coach.



THE PLAY MAKER | 8



Seamus Lyman

LONG ROAD REACHES END

Covering the Oswego State men's ice hockey team this year was an amazing experience. I got to see fantastic wins, only a few tragic losses and great performances by some of the best players in Division III.

Some of the games were stranger than others. This season I saw a blade come off a player's skate as he stepped onto the ice, saves from Andrew Hare that looked like the stuff legends are made of and more weird calls in one game than I could count.

It's been a season to remember. A SUNYAC championship and another Frozen Four appearance were highlights of a season that had its ups and downs. While it did not end with the national title the Lakers and their fans were hoping for, a trip to the title game, for a second consecutive year, is a rare feat and one Oswego State should be proud of.

Covering my last game was a bittersweet experience. A week abroad for spring break prevented me from being able to attend any of the games at Lake Placid, so my last game of the season was the SUNYAC championship. It was the perfect last game. The Lakers brought home the SUNYAC title in spectacular fashion. After losing both regular season games to archrival SUNY Plattsburgh, the Lakers shutout the cardinals in a game that showcased the team's stellar offense, defense and goaltending. It was one of the best moments of the season, if not the very best. As a junior, it was my first time seeing the Lakers win a conference title. The win felt like the culmination of the two seasons I had watched as a fan, and the one I had covered; it felt like all the success and the failures (as few and far between as they may have been) led up to that moment.

It makes me sad to know that I won't be covering any more men's hockey games for The Oswegonian, but it is also exciting to know that I am passing on this duty to someone else who will get the same enjoyment out of it as I did. Covering the games is a different experience than just watching as a fan. Going to the games as a student is still fun, but sitting up in the press box and watching the game with the other journalists is a special sort of experience. There is more discussion and more analyzing than I ever witnessed in the student section of the arena. For example, when the blade of a skater fell off as soon as the skater hit the ice, we all noticed and agreed that no one had seen anything quite so weird before. I will miss those press box analyses and conversations.

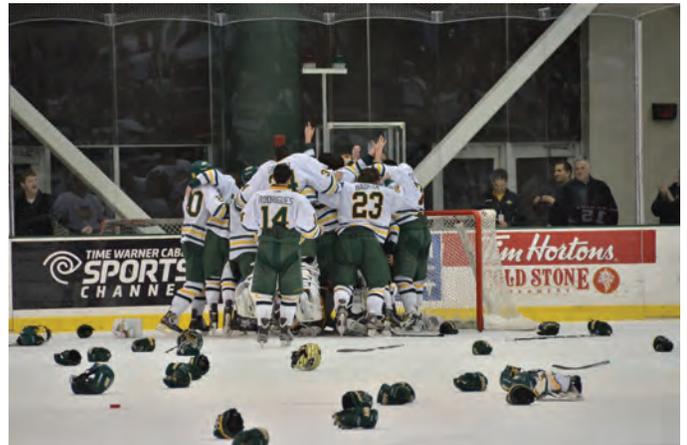
My predecessor in covering the men's hockey team (who also happened to be the last Executive Editor of The Play Maker) Mike Kraft, expressed the same bittersweet emotions when he left last spring. I did not fully understand at the time why he felt so sad to not only graduate, but to also say goodbye to covering the team, until now. There are not many people who can say they have covered one of the top teams in Division III hockey. I have had the privilege of seeing the best players play, interviewing those same players and watching them make more history with each season. Now I understand why Mike was so sad to be leaving. Covering Oswego hockey is unlike anything else.

It feels right for my last season covering the team was a season that graduated 14 seniors. Those players were the core of the Lakers for the entire time I have known this team, and to be leaving at the same time as them feels fitting. While I am not graduating like they are, I will certainly not feel as connected to next year's team as I do now with those players gone and my time as a reporter for them ending.

Despite feeling a little bit sad about all this, I am mostly excited to see progress at work. Not only will the team be progressing into a new era, with so many players graduating and surely many new ones coming in to take their places, but also the coverage of the team will be moving on to someone new. From Mike, who was so passionate about Oswego hockey, then to me, who loved every moment of it, now I get to pass on the torch to another journalist who will get the opportunity to make the experience whatever they want.

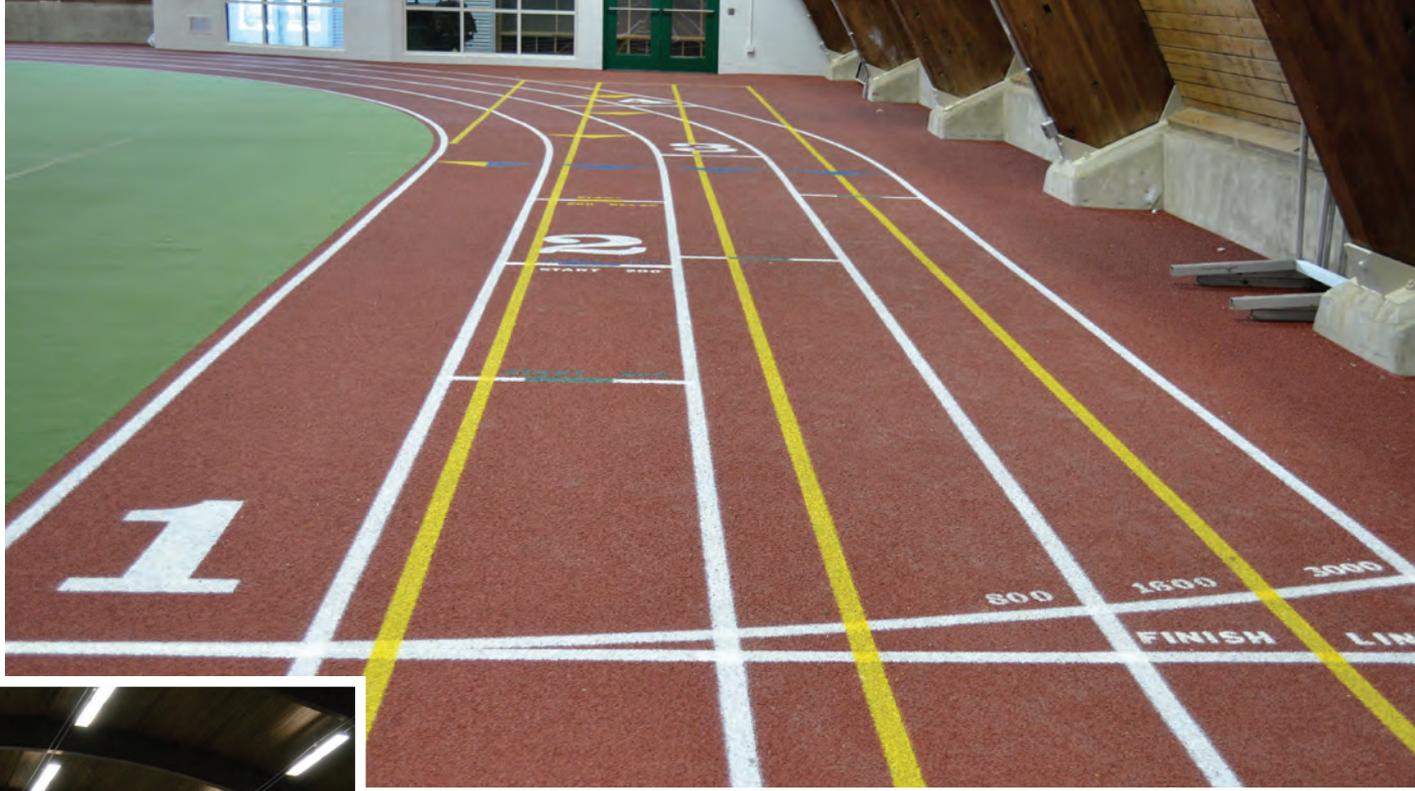


Unlike Mike, I am not graduating. I get one more season to watch the team. This makes me most excited of all. I get to see the progress in motion, the history get put into the books. And while it is a bittersweet time, it is above all a time of change and with change comes the most exhilarating times.



The Newly Renovated ROMNEY FIELD HOUSE





- \$2 million project; reopened for limited spring practices as work continues
- New Rekortan M99 synthetic track surface; four lanes of new 200-meter track over an elastic layer, plus outer-corner installations for the long-jump pit, the pole vault and more
- Track changed to the FieldTurf infield, a surface designed for safety and endurance
- Infield is marked off for four tennis courts and available for field events and lacrosse, soccer and baseball practices



BY MORAIMA CAPELLAN

Minnesota native, Burk applied for a position at Oswego State after her first trip to Lake Placid for a national championship hockey game

New work environment becomes new family

Sitting at her desk in Laker Hall, Adele Burk chuckles at the thought of a personal life.

“Work is my life,” said Burk, adding that she misses her two nieces. “I’m the aunty that has to buy their affections because I don’t get to see them as much.”

Her confident voice spreads throughout her large, warm office.

When Burk became the Sports Information Director at Oswego State in 2009, she said goodbye to her family. She goes home to Minnesota three times every two years and her parents visit her every two years. The athletic department might have become her second family, but her upbringing and college career is what led her to Oswego.

Born in North Dakota, Burk said she grew up a “military brat.”

“My dad was in the air force in North

Dakota,” Burk said. “When he retired we moved to my mom’s hometown in northern Minnesota. We lived on a farm.”

Burk went on to attend Gustavus Adolphus College, where she majored in mathematics and secondary education. Her plan was to become a high school math teacher. She never expected her work-study job to become her career.

At Adolphus, she worked for the sports information department.

“You can’t help work 20 hours a week somewhere and not learn something,” Burk said, adding that her boss and friends would question her career goals. “Yes, I still wanna be a teacher. For four years, we went through this.”

When she graduated, Burk taught science in her hometown for a year. The next year, she taught math at a different school.

And she hated it.

“Sunday was the worst day of the week because I had to go work on Monday,” Burk said. “It wasn’t fair to the kids I was teaching.”

Burk called her old boss at Adolphus, who ended up offering her a graduate assistant job, but she had to wait a year. She spent that year working at Victoria’s Secret and as a full time waitress at Applebee’s. Within a year, she made enough money to cover graduate school and was promoted at both jobs. But her goals were far away from the retail route.

She went on to get her master’s degree in Sports Management from Minnesota State University at Mankato while working at Gustavus Adolphus.

So how did she end up in Oswego?

“My last year at Gustavus, our

hockey team made it to Lake Placid and we played in the national championship game," Burk said. There she got a little familiar with the Central New York area and applied for a position at Oswego State.

Burk got called back shortly after sending in her material, but the notorious Oswego weather affected her interview: Her interview and itinerary was cut short because of rain.

"When I interviewed, the only place I saw on campus was the lounge I got interviewed in," Burk said. "I did not get to see my office, the rink or basketball gym. I saw nothing."

She was offered the job and accepted without the benefit of touring the campus, and having only gotten a brief look at the city.

Burk chuckles at the memory of her parents driving her up to Oswego. A two-day drive that, according to Burk, was slow due to the bathroom habits of 60-year-olds.

"They wanted to see where their little girl was going to be living," said Burk, who explained that her parents expected Oswego to be New York City (a common misconception). "It's a running joke with my parents that whenever they tell anyone where I live, they'll say, 'oh she lives in New York, but not the city.'"

Burk found adjusting to Oswego easy, but that was mostly due to the fact that she kept herself busy with work. She explained that her hometown,

although smaller, was similar to Oswego because it was near a lake and it had a similar outdoor, nature aspect.

"Everyone asks me what I think of the winter, and out here it is nothing, nothing compared to Minnesota," Burk said. "Give me the snow any day of the week, 'cause most people, if they were to go to my hometown, would freeze."

Oswego's calmer weather is what might have helped Burk adjust to her new lifestyle and duties as the Sports Information Director, where Burk explained that no day is ever the same.

"I can have an idea of what's going to happen but a lot of times wrenches get tossed into the plan," Burk said, adding that the winter schedule is more predictable.

Burk, who is also the Chair of the Athletic Hall of Fame Committee for the alumni office, manages four interns and 21 student workers.

"Ultimately my duties are to promote all of our teams and athletes here at Oswego State," Burk said, explaining that they do most of their promoting through their website, social media and collaborating with student media organizations.

She also reports to the athletic department and works closely with public affairs.

Burk feels strongly about highlighting every sport and balancing all the

diverse teams. She said she receives a lot of help from her interns and workers.

In fact, one of her past interns, Tom Loughrey, is now her assistant.

Her student workers handle statistics, photography, programs and historical research, while her interns help with bios and media guides.

"Because of the fact that we have a strong journalism school here, I give them real world experience," Burk said. "I give them deadlines and very strong requirements that they have to fulfill if you are going to work for me."

On her relationship with student athletes, she said most of them are a bit surprised when she calls them by their names. Burk explained that her relationship with athletes depends on the sport.

"With some sports, I know some parents, I know some girlfriends, some boyfriends, but that just happens with all the time you see all of them," Burk said. "They will all be able to tell you my biggest vice: Mountain Dew."

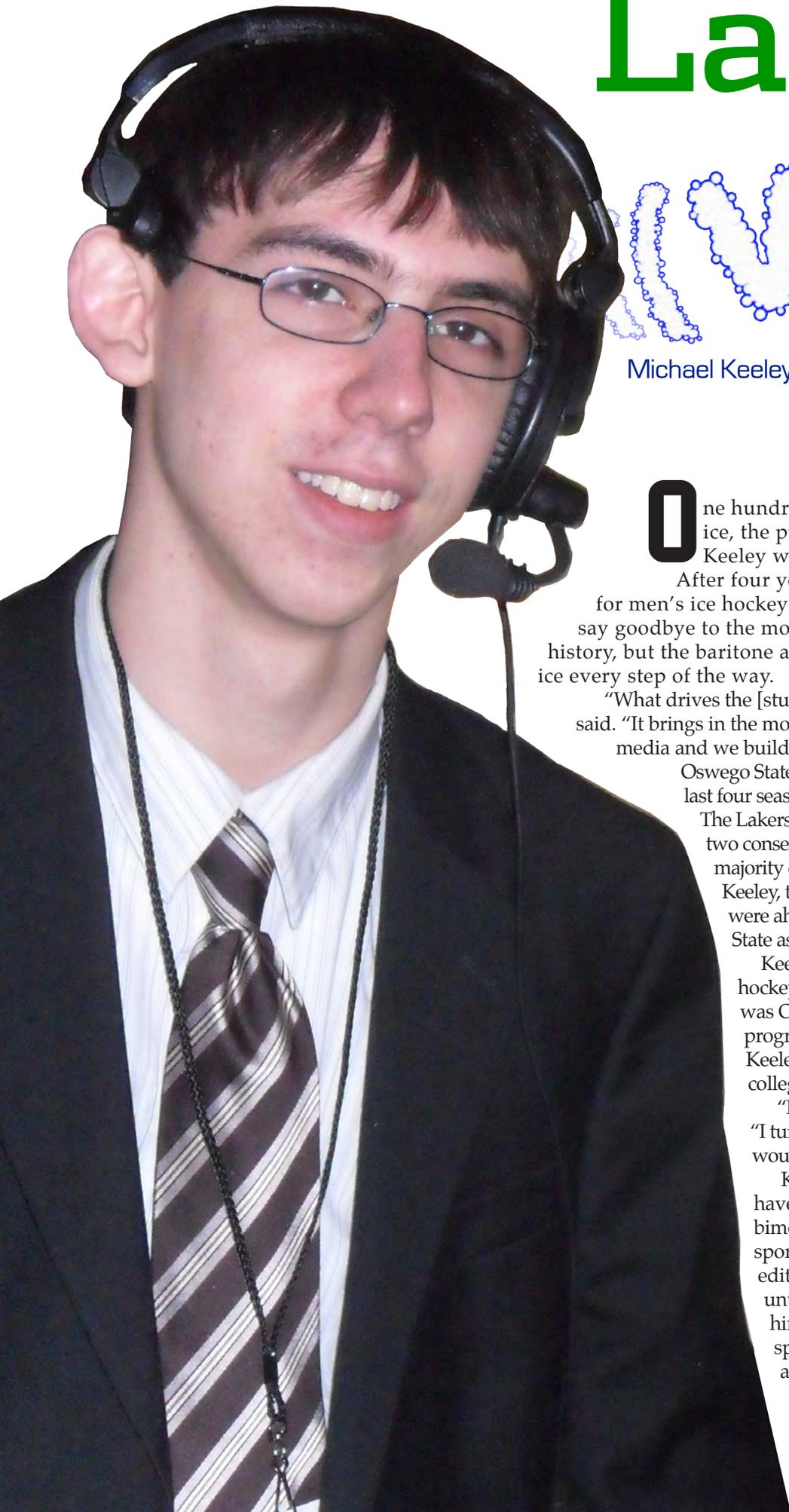
Burk blushes as she remembers that at the men's hockey championship this year, she finished a two-liter bottle of Mountain Dew. She said students bring her Mountain Dew to stay on her good side.

When looking back at the work she has done in her office, Burk is proud of the organization, and not only what comes out of the office, but the changes done to the website. She expects to be at Oswego State far into the future and loves her job.

"No matter what happens, now or even a year from now," Burk said, "I would like to think that, if I were to leave, that I've left my office better than when I arrived."

"With some sports, I know some parents, I know some girlfriends, some boyfriends, but that just happens with all the time you see all of them."





Lakers' Voice

Michael Keeley finishes his final season with Lakers

By JOE MANGANIELLO

One hundred times, green and gold jerseys took the ice, the puck dropped, skates slashed and Michael Keeley was there to narrate.

After four years as WNYO's play-by-play announcer for men's ice hockey games, the Laker faithful must not only say goodbye to the most accomplished senior class in program history, but the baritone announcer who saw them on and off the ice every step of the way.

"What drives the [student] media organizations is hockey," Keeley said. "It brings in the most views. The hockey program builds off media and we build off them. We make each other better."

Oswego State had an impressive record of 98-17-2 over the last four seasons, winning or tying in 85 percent of its games.

The Lakers appeared in four consecutive Frozen Fours and two consecutive national championship games. For the majority of those games, it was Keeley on the call. But for Keeley, there was no way to predict the four years that were ahead of him when he originally visited Oswego State as a prospective student.

Keeley did not know anything about the storied hockey tradition at Oswego. What he did know was Oswego had an accomplished broadcasting program, and it was on his visit to the school that Keeley laid eyes on the most important factor in his college search.

"I saw the Steve Levy Press Box," Keeley said. "I turned to my parents and told them how great it would be to call a game there someday."

Keeley's high school in Rochester, N.Y. did not have a broadcasting club or organization, only a bimonthly newspaper. So Keeley wrote for the sports section for three years, worked as sports editor during his senior year and bided his time until college. All the while, Keeley would sit by himself at home, mute the television during sporting events and record his play-by-play on a voice recorder. Well, most sporting events.

"I hated muting Rick Jeanneret when I was watching Buffalo Sabres games," Keeley said. "I wasn't sure I could handle hockey. I knew baseball much more. Hockey is so fast."

Although a respectable member of the SUNYAC conference, Oswego State is not known for its baseball program, and is certainly more notable for its hockey. But Keeley was not interested in choosing a school for its sports program alone.

"Finding a broadcasting school was way more important than pigeonholing myself at a school for a sport," Keeley said. "I also wanted to stay close to home. Oswego was a perfect fit."

When Keeley started at Oswego, he found himself in the same classroom as WNYO sports director Matt Solomon and, even more ironic, hockey player Jon Whitelaw. Keeley picked Solomon's mind about the sports department at WNYO and found out about auditions for the vacant men's color commentary position.

"I knew I wanted play-by-play, but I asked my parents if I should audition for women's play-by-play or for men's color," Keeley said. "I decided to audition for men's."

The audition was a WNYO broadcast of the Syracuse Crunch, Binghamton Senators game in the Campus Center arena. Keeley was chosen to do color, alongside Solomon, for the third period of the game, any hockey broadcaster's favorite period.

Keeley did not disappoint.

"I first met Mike at the auditions for men's color," WNYO sports producer Taylor Pugliese said. "Mike was dressed to a 'T', calm as can be, and then you hear his voice. You could just tell how much talent Mike has."

After the game, and a discussion between then WNYO general manager Justin Laird and Solomon, Keeley was as surprised as anyone to hear that they would hold another round of auditions, this time for the coveted men's play-by-play position.

Keeley once again prepped, this time for an exhibition game between Oswego State and the Royal Military College, and got to call the third period. Solomon was left with an easy decision.

"He really wanted to do it," Solomon said. "The way he sounded, he was just a step up from everybody else. I let him run with it."

"He knew I was the right guy for the job," Keeley said. "I remember having conversations with him where he told me play-by-play wasn't for him, and I give him a lot of credit for that."

Expectations were low that year for the hockey team, as they were a mostly unproven team that included 14 freshman. But the same could be said about Keeley, suddenly the voice of a nationally-recognized hockey program despite never

calling a game before.

Keeley called every home game that season as the team went a perfect 15-0 in the Campus Center Ice Arena, altogether a 22-game winning streak, won a SUNYAC title and made a run to the Frozen Four. Without much time for adjustment, Keeley pulled off the job the only way he knew how: hard work.

"There is a lot of preparation involved," Keeley said. "It gets easier as you learn about the team. In the beginning, learning about the road team and Oswego was tough, and there was 14 freshman on the team. Nobody knew much about [the team]."

"Mike is a real go-getter," former WNYO sports announcer and now Corpus Christi IceRays announcer Rob Lippolis said. "That pays off during broadcasts. I don't know if people know how much work is involved, but there is a lot that goes into it."

Over the last four seasons, Keeley still maintains the loudest he has ever heard the Campus Center Ice Arena get was during his freshman year when senior Neil Musselwhite scored 34 seconds into the Whiteout game against Plattsburgh. The Lakers won Keeley's first broadcast of an Oswego State- Plattsburgh game 3-2.

The Lakers defeated Plattsburgh in the final installment of Keeley's career as well. Keeley considers the 4-0 victory in the 2013 SUNYAC championship game to be the biggest win he was a part of outside the national tournament.

"I had a special feeling the whole week leading up to it," Keeley said. "I'm happy that was the last home game. At least they won the SUNYAC championship."

Over the years, Keeley's job has evolved: in his sophomore year, he started editing video highlight packages of every game for the WNYO sports website, garnishing hundreds of views each from fans; he was named assistant sports director his junior year; and he was the sports director in his

senior year.

One thing that never changed was Keeley's commitment to giving the station his best work, which has been recognized across the board.

"Just to know him from the beginning to now and see everything he has worked on at the station," Lippolis said. "There isn't one word that describes Mike, but it's all of those things."

"He is one of the most laid back guys," Solomon said. "Good head on his shoulders. He knows a lot about sports, one of the most knowledgeable sports guys I've ever met."

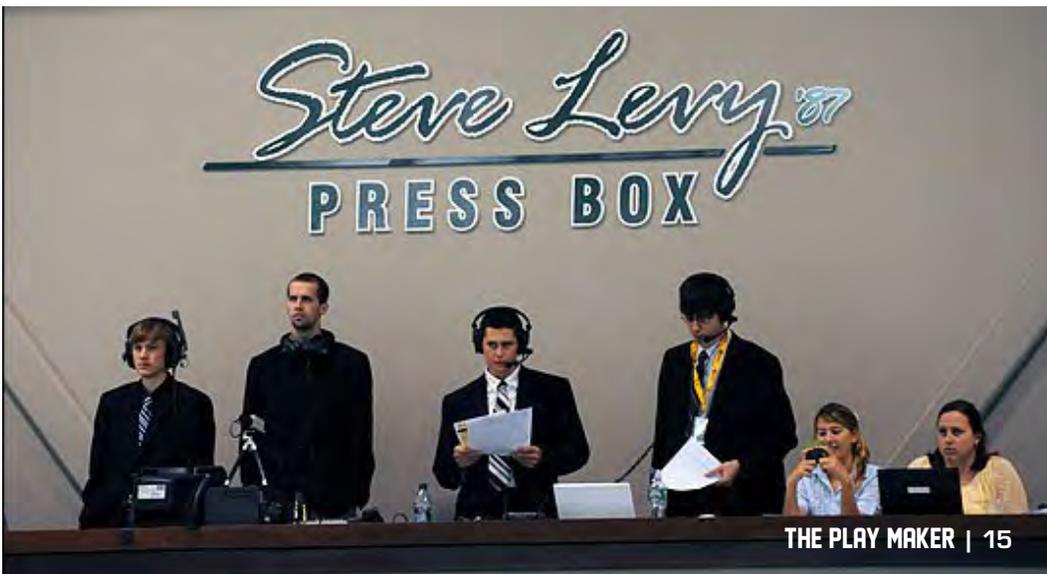
"Constant professional," Pugliese said. "He plans everything out and leaves nothing unchecked. He handled sports director better than expected. A lot of crew lists, contacting other schools, squaring away road trips. He handled pressure well and with poise."

"Mike took me under his wing the first few months I was here," sophomore WNYO sports producer Josh Kay said. "As a sports director he has really grown. It takes a lot of character to run this department, and the department has grown under him."

Keeley wrote a men's hockey column regularly for the sports section of The Oswegonian. In his final column, he looked back over the highlights of his four years. On the online version of the column, senior hockey player Jesse McConney's mother left Keeley a comment thanking him for a job well done over the years.

Alumni Lou Borrelli added in his own comment, "Well done, Mike – a great stroll down memory lane. Thanks for all the time and effort you put into being the 'Voice of the Lakers' the past four years."

The Oswego community recently said goodbye to the most accomplished senior class in the hockey program's history. That senior class includes 14 green and gold jerseys and one well-ironed shirt-and-tie for the voice of the Lakers: Michael Keeley.





FRIENDSHIP HELPED TO

BY AIMEE HIRSCH

IMPROVE PERFORMANCE

ON AND OFF THE ICE

ONE LINE'S LEGACY

While each teammate is integral to the Oswego State men's hockey team's success, one line of seniors led the team for the past four years in almost every way. The line, comprised of forwards Paul Rodrigues, Jon Whitelaw and Luke Moodie, has been one of the most accomplished in Laker history.

All three members are part of the 100-point club. Whitelaw is a captain and all three have won individual awards for both on and off ice achievements.

"It's kind of neat to look at the three of our resumes side-by-side," Whitelaw said. "It's pretty cool to see the kind of accomplishments we had together and something we will always look back on."

The achievements of the linemates are nearly endless. Each has been honored as either a first or second team All-American, and all have been honored at the first team All-SUNYAC level. With 404 cumulative career points, the line has led its team to both SUNYAC final and national title games.



LUKE MOODIE



JON WHITELAW



PAUL RODRIGUES

In fact, the entire senior class has had an impressive list of accomplishments after four years on the team. This

year's graduating class has a record of 98-17-2, traveled to the Frozen Four four years in a row, won two SUNYAC titles and reached the national title game the last two years.

While the two national title game appearances did not translate to national title wins, the team's ultimate goal, the other accomplishments cannot be ignored.

"We didn't get it done in the end," Moodie said. "But when we look past those two losses I think we had a pretty successful career, if not probably the most successful class to ever play here."

"It would've been nice to be accomplished with the national championship," Rodrigues said. "But being the most successful class in, I guess program history, is pretty cool."

The senior class did not accomplish all it did without plenty of talent, and the Whitelaw-Moodie-Rodrigues line was at the heart of that talent.

Despite all the individual recognition each of the linemates has received, they have always been much more focused on team goals instead of personal ones.

first priority is winning games as a team. If you can't be a team player and you're more for individuality your team is not going to be very successful. I think that's the biggest thing with our team, no one really cares about that stuff. Everyone is humble with individual awards."

Now that they are seniors, the accomplishments and awards of the line are seemingly unending. But they started out as players from a junior league with a lot of talent and names to make for themselves.

Before playing together at Oswego State, Whitelaw, Moodie and Rodrigues all played in the Ontario Junior Hockey League and knew of each other's impressive skill when first arriving at Oswego State.

"Once they put us together right away it was almost intimidating at first," Whitelaw said. "I knew I was playing with these two great players."

Despite any fears that may have been present, the players had chemistry, which became evident almost immediately. The three scored 88 combined points during their

"I think getting those awards is obviously cool but it's not our first priority," Rodrigues said. "Our



"It's kind of neat to look at the three of our resumes side-by-side. It's pretty cool to see the kind of accomplishments we had together."

-WHITELAW

The three have been linemates since freshman year and played almost every game of their Oswego careers together.

"When you play with the same guys for four years, that's beyond rare," Whitelaw said. "We were so lucky to play together for four years."

Playing together for four years has caused the three to grow extremely close, each considering the others among his closest friends.

"As for the relationship I have with Jon and Luke, it's unbelievable because we are great friends off the ice and I think that's what helped our chemistry on the ice," Rodrigues said. "We were never bitter with each other, we were always having fun. That's what made us so successful."

The nature of their relationship is clear. While talking to Rodrigues in the Campus Center, Whitelaw walked by and Rodrigues greeted him by shouting "professor!"

"Whitey, we call him professor Whitelaw," Moodie said.

Whitelaw is referred to as the professor of the team because of his tendency to try to motivate the team with intellectual quotes and speeches. It became evident what this meant during an exchange between Whitelaw and Rodrigues:

"Jon is the 'philosophizer' of the group," Rodrigues said.

"Philosophizer, optimizer," Whitelaw said.

"Whatever you want to call him."

"Motivator, psychiatrist..."

"The one thing that I always, not tease Jon about, but I

freshman season.

"We obviously gelled instantly," Whitelaw said.

According to Rodrigues, part of what made the line so successful was how their skills worked well with each other's.

"I think each one of us brings something special to the table," Rodrigues said. "I guess for myself I'd be more the playmaking type of player. Luke knows how to score goals. But Whitey also knows. I guess we all know how to score. But Luke and Whitey are both finishers. We all compliment each other; we work off each other."

As a line the players registered 404 career points, scoring 167 goals and 237 assists.



MOODIE #7

- Oswego career: 132 points, 63 goals, 69 assists (112 games)
- Second team All-American 2012-13
- First team All-SUNYAC 2012-13
- Led team in goals with 22 for 2012-13 season



WHITELAW #10

- Oswego career: 139 points, 53 goals, 86 assists (110 games)
- Second team All-American 2011-12
- Chancellor's Award 2013
- First team All-SUNYAC 2011-12
- 2012 SUNY Chancellor's Scholar-Athlete
- 2009 - 2010 SUNYAC Rookie of the Year



RODRIGUES #14

- Oswego career: 133 points, 50 goals, 83 assists (112 games)
- First team All-American 2012-13
- SUNYAC Herb Hammond Player of the Year - 2013
- USCHO Division III Player of the Year - 2013
- First team All-SUNYAC 2012-13
- Second team All-SUNYAC 2011-12
- SUNYAC All-Tournament Team 2011-12

always say it, is he did a little Gandhi quote last year: 'Be the change you want to see,'" Rodrigues said.

"I like to drop stuff into their minds, quotes," Whitelaw said. "I'm into motivational stuff and all that. So the odd time if we are just having a rough game or if they're having a rough day I like to just play around with them and throw something like that at them. I know Paul usually gets it; Luke just doesn't seem to understand at all, it just confuses him if anything, but at least it helps them get their minds off of whatever."

"He says a lot of quotes that we don't even understand, especially in the moment, but that's Whitey for you," Moodie said in a later conversation. "'Be the change you want to see.' He says it all the time. I understand what the quote means, but I don't understand the times he says it. It makes no sense."

Whether or not Whitelaw's quotes are relevant or not seems to be up for debate, but the one thing for certain is that the line has bonded over these small instances.

"[Whitelaw] is pretty much the glue between me and Paul on that line," Moodie said.

Not only are the linemates great friends, but they also happen to be three of the most talented players in Division III, perhaps because of their influence on each other.

"I just can't stress enough how nice it was playing with Paul and Jon especially all four years, give or take a few games," Moodie said. "But they are two of the best hockey players I've ever played with in my life and I wouldn't change who I played with; that's for sure."

The close friendship between the linemates is clear, but the entire senior class has also developed a strong bond over the course of four years.

"We always had that core group of guys," Rodrigues said. "We made a lot of close, close relationships in four years."

With their senior season complete, the strength of the bond between the linemates and the entire senior class will be tested with graduation closing in.

"The whole team as a whole, the senior class, 14 of us, I consider every single one as close as a brother," Whitelaw said. "It's crazy to see how far we have come as a group.

It will definitely be sad to leave, but these are relationships we will have for the rest of our lives."

All three players said they have thoughts of continuing hockey post-graduation with professional play. However, playing the game past Division III can be a challenge.

"It's pretty hard coming out of Division III to be able and go play in a successful professional role," Rodrigues said. "If that doesn't work out I always wanted to go on and be a coach."

While specific post-graduation plans have not exactly been decided for any of

the three yet, they all said they will definitely include hockey.

"I will always be involved with the game," Whitelaw said. "It's something I will need in my life regardless of where I end up... I wish it was easy enough just to take Paul and Luke with me."

Saying goodbye to each other will be tough for the linemates, who have spent countless hours together both on and off the ice over the last four years.

"It's tough," Whitelaw said. "Obviously going forward we are all going to have different chapters in our lives so it's definitely sad knowing that no matter what we do there is a good chance the three of us will never get to play together again."

Regardless of what happens next for the three, they will always have the memories of Oswego.

"The biggest highlights I will remember are just being around all the guys in the locker room," Moodie said. "Those are the things I'm going to remember the most."

Moodie also said that even though the team was brought together to play hockey, the friendship bonds are what will last."

"It's an honor to have been playing on this team," Moodie said. "I'm happy with the friendships we made. At least we can take those friendships beyond Oswego."

Although the wound of losing in the national title game is still an open one, Whitelaw said he could not be happier with his career at Oswego State.

"As hard as it is to look back on it right now, I think with time I will be able to be proud of the accomplishments we have had as a team," Whitelaw said. "It's been all-around a great experience. I couldn't have asked for a better college experience and I don't think I would have been able to receive it anywhere else."

Fourteen seniors took the trip to Lake Placid with the Oswego State men's hockey team this march. They did not win a national championship, but they are leaving Oswego with much more than that.

"Friendship: that's the No. 1 thing I will be able to take away," Rodrigues said. "Because friendship is the biggest thing."

"I think each of us brings something special to the table. I guess for myself I'd be more the playmaking type of player. But Luke and Whitey are both finishers. We all compliment each other; we work off each other."

-RODRIGUES





“When I went to high school I decided I wanted to be a cheerleader and then all my friends, in the spring, wanted to do track.”

-DalCais

RISING STAR

By SEAMUS LYMAN

Brittany DalCais, a sophomore at Oswego State, is leaping over the bar on the field and in the classroom, setting records for the Lakers' indoor and outdoor track and field teams.

DalCais has set the school record for indoor and outdoor pole vault at 3.55 meters, or 11 feet 7 and 3/4 inches. She has also set the four by 400 meter relay school record with her teammates Kristen Harrigan, Marissa Pariseau and Katie Bott at 4:05.24 for indoor and 4:01.57 for outdoor.

DalCais graduated in 2011 from West Milford High School in Hewitt, N.J. and originally joined the sport because of her friends from cheerleading.

"When I went to high school I decided I wanted to be a cheerleader and then all my friends, in the spring, wanted to do track," DalCais said. "I didn't join until a month into it."

The pole vaulter also played soccer and spent the first half of her life in ballet. DalCais excelled at the event, qualifying for New Jersey's state championship as a sophomore. Her junior year she placed eighth.

DalCais was careful to mention her senior year of high school where she placed 11th. She claims temperatures reached 104 degrees that day.

DalCais, a member of both of Oswego State's indoor and outdoor track and field teams, feels that her freshman season was surprising.

"As far as the circumstances, I did really well and I did the best I think I could have done as far as how late I started in training with the coaches switching because we didn't have a coach until second semester," DalCais

explained. "I hadn't really jumped at all."

This past indoor season DalCais' last national ranking was Feb. 25, when she was tied for 19th. Despite the national ranking, only the top 16 in the country qualify for nationals. DalCais is dissatisfied with her performance from the winter.

"It wasn't what I was expecting from the amount of work I've been putting in," DalCais said.

But DalCais' coach is happy with the young athlete's performance.

"We are a little past the midway point and I am pleased with her overall progress. Considering our practice routine was crazy during the indoor portion of our schedule while they finished Romney I think she has done an awesome job," head women's track and field coach, David Thompson, said in an email. "She broke her indoor school record, placed top six at the ECAC Championships in New York City, set an indoor personal best for her, and missed by 5 inches for being selected for an at-large bid to compete at the NCAA Championships. She did that with only six days of vault practice from January to March 1 when Romney opened."

The dedicated athlete has not stopped preparing for her outdoor season since the previous one finished in February.

"I actually stayed up here for spring break so I could run and workout," DalCais said. She explained that she would have had to pay for a gym membership back home when she already has access to Laker Hall.



2012 Indoor SUNYAC Pole Vault Champion

Oswego State & DalCais Records:

Highest indoor jump:
3.55m / 11' 7 3/4"
2013

Highest outdoor jump:
3.55m / 11' 7 3/4"
2012

Team (Harrigan, DalCais, Pariseau, Bott) Record for Outdoor 4x400m relay:
4:01.57 2012

Team (Harrigan, DalCais, Pariseau, Bott) Record for Indoor 4x400m relay:
4:05.95 2013

As for the upcoming season, DalCais is eager to jump into the action.

"I'm excited," DalCais said. "I'm a little nervous because there's less outdoor meets than indoor. I have a lot less time to qualify for nationals, everyone's always better in outdoor. I'm just waiting for that one moment."

Despite DalCais' accomplishments in her athletic career, she is still pushing herself hard.

"I'm not satisfied," DalCais said. "I set really high standards for myself."

Her hope is to place within the top eight in her event at nationals.

"I want to be an All-American this year," DalCais said. "That was my goal last year. I'd be very disappointed if I didn't achieve that and next year I want to place within the top five."

The performance DalCais is least impressed by is not entirely within her control. She only had the opportunity to jump once a week until the newly renovated Romney Field House was opened.

"We had to go to Ithaca and St. John Fisher to practice," DalCais said. "I would go once a week to jump and then compete on Saturdays."

DalCais understands that she could not control many of the factors from last season.

"I'm not satisfied but I'm not beating myself up about it," DalCais said. "I need to practice."

"Now that we have Romney, I have everything at my fingertips," DalCais said. "I jumped three days this week in there. It's really nice."

DalCais has already seen improvement from last year.

"I am definitely a lot stronger," DalCais said. "I've put on five or 10 pounds of muscle."

Thompson has seen the same improvements in DalCais as well.

"Britt has drastically improved her upper body strength in only a year and a half since arriving here at Oswego," Thompson said. "That is crucial when trying to propel your body weight over 12 feet in the air while upside down using only a vault pole. She is using bigger poles to vault on and is more consistent in her technique. She has also learned to become more patient in the air. That is a difficult task to learn as you are upside down in the air. It's impressive that she was able to adjust so quickly. She is a true student of the event and picks up on coaching tips very fast."

DalCais' ability to learn quickly gives her coach high expectations for the sophomore.

"I expect Britt to continue to improve. She is a true student of her event. She is already one of the top vaulters in the SUNY Conference and I don't see that changing," Thompson said. "I think she can break both indoor and outdoor conference vault records before she graduates. On the national level, I expect Britt to qualify for the NCAA Championships and challenge for All-American honors every year. She has the potential to develop into an elite level vaulter who can someday achieve the Olympic Trials qualifying standard if she chooses to continue to vault after college."

DalCais' school record in pole vault becomes a lot more credible once the uncontrollable factors are taken into consideration. She set the record last year but also jumped it this winter. She aspires to reach 12 feet 6 inches, something she knows she can reach.

"I've cleared 12 [feet] so many times as far as practice and even in the warm ups. At meets people will put bungees up at 12 [feet] and I'll just clear it," DalCais said. "I just can't do it in competitions, it's very frustrating."



Brittany DalCais

CLASS: SOPHOMORE

HOMETOWN: HEWITT, N.J.

HIGH SCHOOL: WEST MILFORD

MAJOR: ECONOMICS

MINOR: PHOTOGRAPHY

PERSONAL INTERESTS

- POTTERY
- PHOTOGRAPHY
- TEA
- COFFEE
- GIRAFFES

ACHIEVEMENTS

- **ALL-SUNYAC 1ST TEAM INDOOR**
2011-12
- **ALL-SUNYAC 2ND TEAM OUTDOOR**
2012
- **SUNYAC FIELD ATHLETE OF THE WEEK**
3X JAN. 28, 2013 - JAN. 22, 2012
- **OSWEGO STATE ATHLETE OF THE WEEK**
5X FEB. 25, 2013 - JAN. 22, 2012

DalCais said she runs with the four by 400 meter relay team to help deal with the frustrating days of pole vaulting.

"I like to have something else to go to because if it's a bad day at vault I don't want to be sitting around all day being pissed off about it," DalCais said. "It gets my mind off of it."

DalCais has racked up accolades in her short time at Oswego State. She finished the winter season 19th in pole vault, she holds the Lakers' indoor and outdoor pole vault records and she is a member of the four by 400 meter relay team, which also holds the indoor and outdoor school records. She placed 7th at the Eastern Collegiate Athletic Conference in March, being the top member from the State University of New York Athletic Conference in the event. In February she was named to the 2013 Indoor Track and Field All-SUNYAC Second Team for both pole vault and the relay events. She was the 2012 SUNYAC Indoor Pole Vault Champion. In 2012, she was named to the First Team All-SUNYAC Indoor team as well as the Second Team All-SUNYAC Outdoor team. DalCais finished 27th nationally for indoor in 2012 and 29th and the end of outdoor the same year. She is the first woman to win the pole vault at the indoor or outdoor conference meet, as well as the first female Laker to finish first in any indoor championship event since 2002. She has been Oswego State Athlete of the Week five times since first coming to Oswego, as well as SUNYAC Field Athlete of the Week three times. Most recently, she placed 4th at the Ithaca Invitational with a jump of 10 feet 8 inches.

Her success extends to the classroom as well. DalCais was named to the 2012 Division III All-Academic Track and Field Team by the U.S. Track & Field and Cross Country Coaches Association. Members of the team must hold a cumulative average of 3.30 or higher and have competed in an NCAA indoor or outdoor championship or finished individually in the top 35 or top 25 on a relay team.

"Last year I had a 3.8 and last semester I had a 3.4 and this

semester is going well," DalCais said. She credits her academic success to her athletics.

"I feel like doing sports makes me do my work," DalCais said. "It keeps me on a schedule and I get it done."

DalCais is glad she chose Oswego State.

"I wouldn't have wanted to compete at the division one level," DalCais said. "I know I wouldn't have gotten the attention I'm getting now. I'd only jump four meets a year, so being at a division three college is something I'm happy that I did."

"I like it here, besides from the weather on some days," DalCais said.

When she is not in Penfield Library or Laker Hall, DalCais said she works in Littlepage Dining Hall. She says she refrains from eating fast food and has a very strict diet.

"This summer I found out that I'm hypoglycemic, which means that I have to be very careful with the foods I eat," DalCais said. "I can't eat fake sugars and crappy food. If I go two hours without eating anything, no glucose goes to my brain and I get lightheaded. It's been a challenge for me this year for me to keep my energy level up."

When she is not busy being an athlete, DalCais spends the rest of her time as an Oswego State student exploring her other interests. The economics major has a photography minor and is currently taking a pottery class which she enjoys. DalCais likes to drink tea and coffee.

"I am a caffeine fanatic," DalCais said. "I love coffee."

Another interesting fact about DalCais is that, despite being a natural lefty, she pole vaults as if she were right-handed.

DalCais will be competing on April 6 at the University of Rochester Alumni Invitational, where she will look to continue her strong outdoor season. After the invitational, only three more competitions remain before the SUNYAC Championships in Cortland, N.Y. on May 3.



"SHE HAS THE POTENTIAL TO DEVELOP INTO AN ELITE LEVEL VAULTER WHO CAN SOMEDAY ACHIEVE THE OLYMPIC TRIALS QUALIFYING STANDARD IF SHE CHOOSES TO CONTINUE TO VAULT AFTER COLLEGE."

-COACH DAVID THOMPSON



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TRAINING IMPORTANT FOR PERFECTION

HARD WORK, EXTENSIVE TRAINING IS KEY TO BEING COMPETITIVE, SUCCESSFUL IN ANY SPORT

BY ZACH GEWELB

Every collegiate athlete shares the common goal of getting in great shape in order to perform to the best of their abilities in their respective sports. How these athletes go about getting in shape differs from sport to sport and from player to player. Whether it is hockey or soccer, baseball or basketball, there are going to be differences in how players get in shape.

Hockey and soccer are two sports where a player's training and conditioning is essential in order for them

to succeed. Junior Melissa Seamont is coming off her best season for the women's hockey team and credits her training as one of the reasons for her success. Sophomore Ryan Purdy led the men's soccer team with 12 points this season and could not have done it without being in top shape.

When it comes to training in soccer, one thing can be clear: you need to be able to run.

Cardiovascular training demands a lot of attention for soccer players.

"As a soccer player, it is very important to have

a strong core and work on your cardio often," Purdy said. "Most soccer players run up to 6 miles over the period of a 90-minute game and that can get very tiring after a few games in a row."

Head coach Robert Friske expects his team to be well conditioned, but will sometimes schedule running days throughout the season.

"Occasionally a campus run will be thrown into the mix the earlier part of the week to keep our endurance and stamina where they should be," Purdy said.

Cardio is just as important for hockey players as it is for soccer players, according to Seamont.

"I think you need to work on your cardio for sure," she said. "You can be

the strongest player out there but if you don't have the breath to keep going, then it's not going to get you anywhere."

Seamont frequently uses the stationary bike and the treadmill in the gym when she is not on the ice or out for a run with her teammates. While running has its physical advantages, Seamont likes to run for the psychological advantages.

"A lot of the girls go for runs, not only for physical reasons but because it helps you clear your mind, so it's really healthy to do that," Seamont said.

Aside from cardio, both players believe that the best way to get into playing shape is to just play.

"Cardio works fine, but it's all about getting on the ice," Seamont said.

"Hockey is different because if you want to work on your shot, you may not be able to do that because you don't always have ice to skate on."

Purdy believes that going out on the field is his favorite form of training.

"My favorite exercise would have to be just getting out there and playing," he said. "In my opinion, the only way you are going to get better at soccer is if you are out there on the field working on your touch and positioning... Don't get me wrong, running and weight lifting are a huge part as well, but I believe nothing is better than playing the game."

When Purdy is not on the field, he is in the gym working on strengthening his legs.

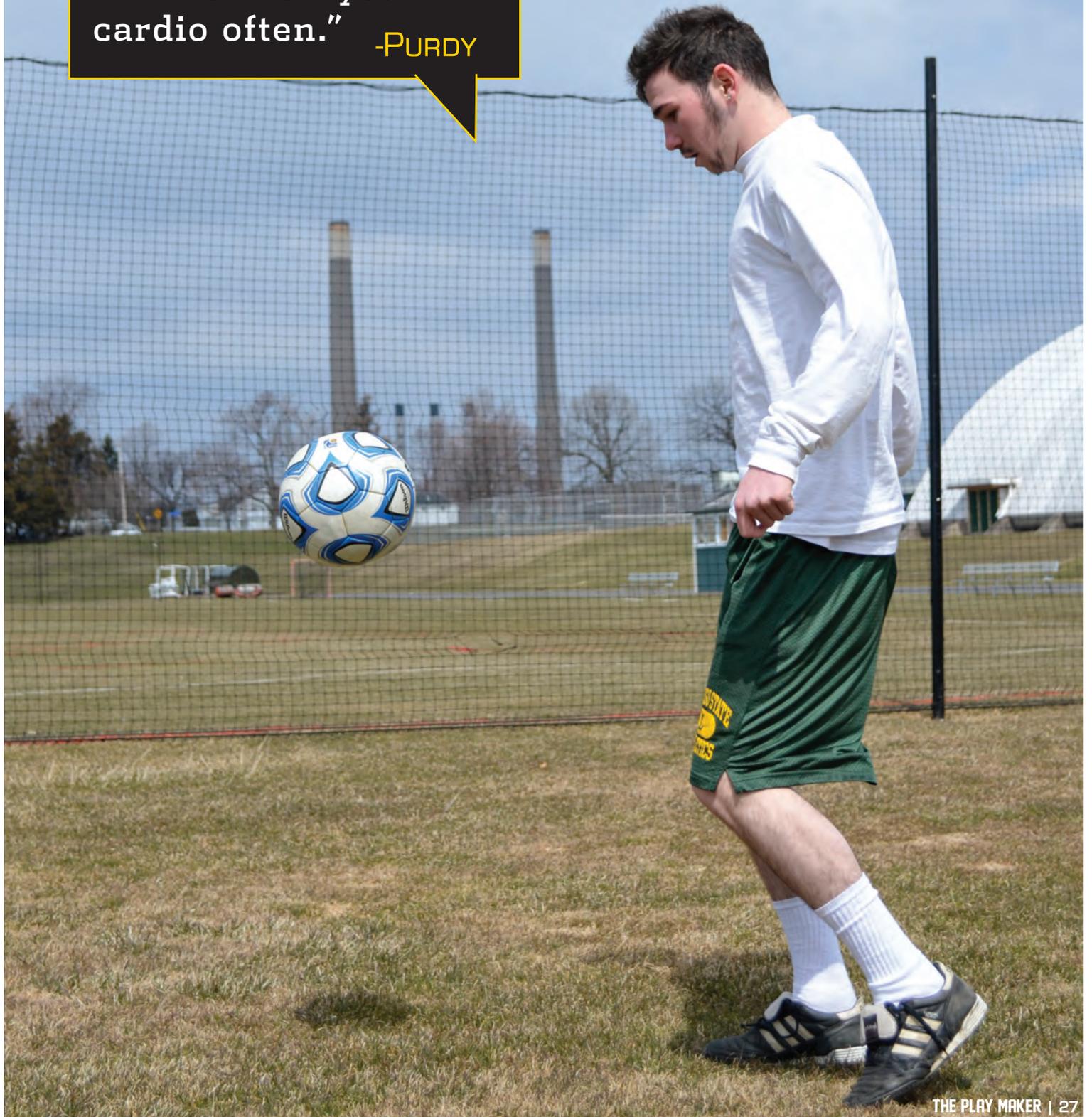
"You can be the strongest player out there but if you don't have the breath to keep going, then it's not going to get you anywhere."

-SEAMONT



“As a soccer player,
it is very important
to have a strong core
and work on your
cardio often.”

-PURDY





MELISSA #16 SEAMONT

Position: Forward

Height: 5' 2"

Class: Junior

Hometown: North Bay, Ontario

Major: Childhood Education and Social Studies

Finished second on team in assists with the fifth-best single-season total in program history and finished fourth on the team in points and fifth in goals.

"Legs are also a huge muscle group that need to be at their peak for a top class performance," he said. "Strong legs are huge for 50/50 balls to shield the defender off and also for just straight up power. The stronger your legs are, the harder you're going to hit the ball."

Both players receive a lot of help from their coaches when it comes to planning their exercises. Friske puts his team on a weekly regiment, while women's hockey coach Diane Dillon gives each of her players' individual workout routines.

"She (coach Dillon) gives us links to YouTube videos or different websites for us to check out and decide what works best for us based on what we need to improve on," Seamont said. "She'll set different objectives for different players and tell everyone what you need to focus on and tell us to come back ready to go."

Purdy believes Friske's strict training policy will help give the team structure and allow everyone to stay on track.

"Coach Friske has set up a workout log for us which lists a whole bunch of different muscle groups," Purdy said. "We have to complete a log once

a week and hand it in to him. This process definitely helps keep us on track with our lifting and I think our team will really benefit from it this upcoming season."

Both athletes believe that the most difficult part of staying in shape comes during the summer. Since they are away from school facilities, it can sometimes be difficult to stay fresh and remain in shape.

However, both players have found ways to stay close to the game. Seamont manages to assist and participate in youth leagues to stay fresh.

"I help out with a lot of little kids hockey teams, but usually I'll dress for them and do the drills with the kids," she said. "We do battling drills and I'll be out there really trying to keep the puck away from them so that helps me with my handling skills. We also have a Midget AA team and I skate and practice with them to keep my legs fresh. My dad also coaches a team so I skate with them too. So, I stay on the ice a lot over the summer."

Seamont credits her ice time over the summer as the reason she can be in such great shape when the season starts.

Like Seamont, Purdy is motivated

to keep playing over the summer.

"I usually make it a task to get together with some friends back home and get in a tournament one weekend," he said. "This usually keeps my touch on the ball up to speed and I usually never get rusty unless I sit and don't play for too long."

Purdy will also set up scrimmages with his friends at home in an effort to stay in shape in addition to hitting the gym. Over the summer, it's easy to joke around in the gym; but for Purdy, it's all about business.

"I work out with friends back home when I am on break," he said. "It is definitely a good time bonding and hanging out with friends, but you have to make sure you have a group that knows when it is time to joke around and time when it is buckle down and get your lifting done."

Hockey and soccer are two completely different sports that require similar training, with cardio perhaps the most important aspect of training, but it really all comes down to playing. Both Seamont and Purdy believe that playing their respective sport whenever they can is the best way to stay in shape.

In 2012 Ryan played in 14 games, starting eight. He netted five goals and added two assists for team-high 12 points.

Position: Forward

Height: 5' 9"

Class: Sophomore

Hometown: Stormville, N.Y.

Major: Undeclared

#4 RYAN PURDY





WINTER RECAPS



MEN'S ICE HOCKEY RECAP

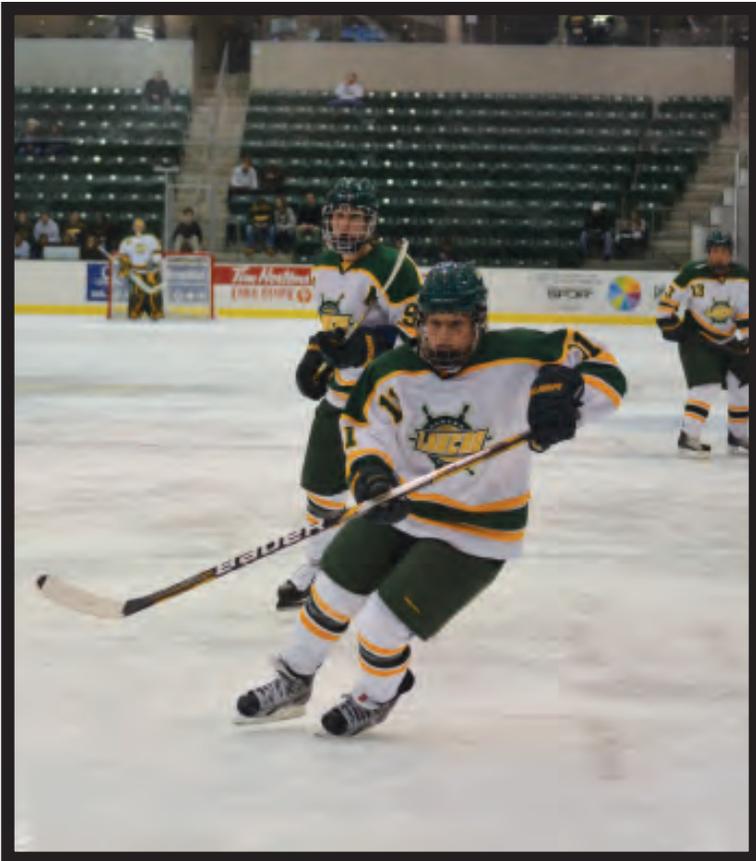
Date	Team	Result
10/20/12	USA Under-18	L 0-2
10/26/12	Cortland	W 7-4
10/27/12	Elmira	W 9-0
11/2/12	Brockport	W 2-0
11/3/12	Geneseo	W 10-1
11/9/12	Morrisville	W 5-1
11/16/12	Buffalo State	W 5-4
11/17/12	Fredonia	W 7-1
11/30/12	Potsdam	W 6-0
12/1/12	Plattsburgh	L 1-2
12/7/12	Utica	L 2-3
12/8/12	Hobart	W 3-2
12/30/12	Plymouth State	W 6-2
12/31/12	Lawrence	W 7-2
1/4/13	Elmira	W 5-2
1/5/13	Utica	L 0-6
1/12/13	Nazareth	W 4-1
1/18/13	Cortland	W 5-2
1/19/13	Hamilton	W 8-0
1/25/13	Brockport	W 5-1
1/26/13	Geneseo	W 4-3
2/1/13	Morrisville	W 3-2
2/8/13	Buffalo State	W 4-0
2/9/13	Fredonia	W 3-2
2/15/13	Potsdam	W 10-0
2/16/13	Plattsburgh	L 3-4
2/23/13	Buffalo State	W 5-2
3/2/13	Plattsburgh	W 4-0
3/9/13	Adrian	W 3-2
3/15/13	Norwich	W 6-3
3/16/13	UW-Eau Claire	L 3-5

Highlights

The Oswego State men's ice hockey team once again advanced to the NCAA Division III National Championship Game, but for the second consecutive year failed to take home the ultimate prize. The Lakers finished 25-5 this season with their final game a 5-3 loss to the University of Wisconsin-Eau Claire in the title game.

Oswego State advanced to the title game with victories over Adrian College and Norwich University. The Lakers were handed two losses by bitter rival SUNY Plattsburgh in the regular season, but they were able to overtake the Cardinals in the SUNYAC Championship Game.

Both the American Hockey Coaches Association and U.S. College Hockey Online named senior forward Paul Rodrigues, the Division III Player of the Year. Rodrigues is one of 14 seniors the Lakers will lose to graduation.



Highlights

The Oswego State women's ice hockey team had its best season in program history, finishing with a .500 overall record for the first time. The Lakers finished 12-12-1, with a 10-6 conference mark.

The Lakers' season ended at the Campus Center Ice Arena after a loss to Neumann University in the first round of the ECAC West Championships. The Lakers were shut out by the Knights, 3-0. It was the third consecutive year the two teams had played in the postseason.

Junior forward Melissa Seamont led the team in points, goals and assists, with 24, nine and 15, respectively. Oswego State will return all but one of its players, senior defender Brianne Reith.

WOMEN'S ICE HOCKEY RECAP

Date	Team	Result
10/20/12	Toronto	L 1-2
10/26/12	Castleton State	L 0-3
10/27/12	New England	T 1-1
11/2/12	Utica	L 1-3
11/3/12	Utica	W 5-3
11/9/12	Potsdam	W 4-0
11/10/12	Potsdam	L 0-2
11/17/12	Neumann	W 4-2
11/18/12	Neumann	W 2-1
11/27/12	Hamilton	L 1-3
12/1/12	Chatham	W 6-1
12/2/12	Chatham	W 4-0
12/8/12	Amherst	L 1-2
1/5/13	St. Norbert	W 3-2
1/6/13	St. Norbert	L 1-2
1/12/13	Plattsburgh	L 0-8
1/13/13	Plattsburgh	L 0-2
1/18/13	Buffalo State	W 3-0
1/19/13	Buffalo State	W 2-0
1/26/13	Stevenson	W 5-1
1/27/13	Stevenson	L 0-1
2/8/13	Elmira	L 0-2
2/9/13	Elmira	L 0-6
2/15/13	Cortland	W 3-2
2/16/13	Cortland	W 3-1
2/23/13	Neumann	L 0-3



Highlights

After two seasons, which each included a berth to the NCAA Tournament, the Oswego State men's basketball team failed to qualify in 2012-13. The Lakers' season came to an end in the SUNYAC Championships with a 65-54 loss to SUNY Cortland in the SUNYAC Semifinals.

The Lakers also failed to reach 20 wins for the first time in two years, going 19-8 overall and 11-7 in conference. Three of Oswego State's losses came at the hands of the Red Dragons.

Senior forward Hayden Ward, who led the team with 18.2 points and 9.6 rebounds per game, was named the SUNYAC Player of the Year.

MEN'S BASKETBALL RECAP

Date	Team	Result
11/2/12	Queens University	W 67-51
11/16/12	D'Youville	W 122-72
11/17/12	Morrisville	W 83-59
11/27/12	Cobleskill	W 80-70
11/30/12	Plattsburgh	L 57-59
12/1/12	Potsdam	W 69-54
12/4/12	Brockport	W 81-80
12/8/12	Ithaca	W 64-58
12/14/12	Cazenovia	W 73-57
1/4/13	St. Lawrence	W 62-52
1/5/13	RIT	W 63-59
1/8/13	Oneonta	L 57-67
1/11/13	Fredonia	W 74-56
1/12/13	Buffalo State	W 79-69
1/18/13	Brockport	W 76-68
1/19/13	Geneseo	L 51-61
1/22/13	New Paltz	W 80-78
1/26/13	Cortland	L 69-75
1/29/13	Geneseo	W 70-50
2/1/13	Buffalo State	L 81-88
2/2/13	Fredonia	W 68-50
2/5/13	New Paltz	W 74-57
2/8/13	Cortland	L 46-78
2/12/13	Oneonta	W 79-75
2/15/13	Potsdam	W 76-65
2/16/13	Plattsburgh	L 63-71
2/19/13	Brockport	W 78-66
2/22/13	Cortland	L 54-65



Highlights

The Lakers finished the season with a winning record for the first time since the 2007-08 season, earning an 18-7 overall mark and 11-7 in the conference. The team also won its first playoff game since 2006-07.

Oswego State defeated SUNY Cortland in the quarterfinals of the SUNYAC Championships, 38-35, at the Max Ziel Gymnasium. The Lakers' season ended in the semifinals with a 67-51 loss coming at the hands of SUNY Geneseo.

Senior forward and captain Megan Stover led the team with 12.2 points per game. Fellow seniors Evelyn Josbena and Kassie Kleine were team-leaders with 7.6 rebounds and 2.4 assists per game, respectively.

WOMEN'S BASKETBALL RECAP

Date	Team	Result
11/2/12	Queens University	L 29-49
11/16/12	SUNYIT	W 69-38
11/17/12	D'Youville	W 66-39
11/20/12	Hamilton	W 42-31
11/30/12	Plattsburgh	W 56-48
12/1/12	Potsdam	W 76-44
12/4/12	Brockport	W 53-37
12/8/12	Rochester	W 53-41
12/14/12	Cazenovia	W 73-44
12/30/12	William Paterson	L 41-70
12/31/12	Greensburg	W 63-51
1/8/13	Oneonta	W 56-52
1/11/13	Fredonia	W 67-49
1/12/13	Buffalo State	L 38-62
1/18/13	Brockport	W 60-50
1/19/13	Geneseo	L 44-64
1/22/13	New Paltz	L 53-56
1/26/13	Cortland	W 51-35
1/29/13	Geneseo	W 59-54
2/1/13	Buffalo State	L 56-65
2/2/13	Fredonia	L 58-65
2/5/13	New Paltz	L 66-75
2/8/13	Cortland	W 47-34
2/12/13	Oneonta	W 47-46
2/15/13	Potsdam	W 70-47
2/16/13	Plattsburgh	L 47-65
2/19/13	Cortland	W 38-35
2/22/13	Geneseo	L 51-67



Photo provided by Sports Information

Highlights

The Oswego State men's and women's diving team finished eighth and ninth overall, respectively, at their final meets of the season at the SUNYAC Championships at Erie Community College.

The men had two top-10 finishes on the final day of the Championships, with sophomore Justin Berrios taking sixth and freshman Jacob Bailey finishing tenth in the 3-meter dive.

The top performer for the women was freshman Emily Doe, who took 12th in the 100 freestyle with a time of 55.05.

SWIMMING & DIVING RECAP

Date	Event	Result
10/24/12	RIT	M: L 90-147 W: L 83-150
11/3/12	Clarkson	M: T 115-115 W: W 127-76
11/10/12	New Paltz	M: L 116-146 W: L 95-148
11/17/12	Brockport	M: W 160-127 W: L 104-173
11/30/12	Fredonia Invitational	M: T-7th of 8 W: 5th of 8
12/1/12	Fredonia Invitational	M: 7th of 8 W: 5th of 8
12/2/12	Fredonia Invitational	M: 7th of 8 W: 5th of 8
1/19/13	Buffalo State	M: W 140-77 W: L 92-133
1/23/13	Cortland	M: L 99-141 W: L 86-139
1/26/13	Geneseo	M: L 139-146 W: L 114-158
2/2/13	Potsdam	PPD
2/6/13	Oneonta	M: L 82-150 W: L 81-145
2/9/13	Geneseo Invitational	M: 3rd or 4 W: 4th of 4
2/21/13	SUNYAC Championships	M: 9th of 9 W: 9th of 9
2/22/13	SUNYAC Championships	M: 8th of 9 W: 9th of 9
2/23/13	SUNYAC Championships	M: 8th of 9 W: 9th of 9



Highlights

The Oswego State wrestling team finished with a 3-11 record this season, but it was senior Blake Fisher who was the story for the Lakers.

Fisher advanced to the NCAA Wrestling Championships, where he went 1-2 at 157 pounds. He won his first match against Dubuque University's Ryan Warczynski by a score of 3-1, but then dropped his final two matches which eliminated him from the tournament.

With his record in the NCAA Championships, Fisher finished the season at 21-11 overall.

WRESTLING RECAP

Date	Event	Result
11/2/12	Ithaca Invitational	Day 1
11/3/12	Ithaca Invitational	5th of 9
11/10/12	RIT	W 21-18
11/17/12	NY State Collegiate Championships	13th of 19
11/18/12	NY State Collegiate Championships	No team score
12/1/12	RIT Invitational	3rd of 11
12/8/12	Ithaca	L 9-27
1/5/13	Lycoming	L 17-22
1/5/13	King's College	L 13-25
1/11/13	Heidelberg	L 3-31
1/11/13	Gettysburg College	W 32-12
1/11/13	Rhode Island College	W 24-21
1/12/13	John Carroll	L 18-20
1/12/13	Thiel College	L 6-34
1/19/13	ECWC Championships	7th of 8
1/23/13	Brockport	L 5-41
1/26/13	Oneonta	L 6-36
2/9/13	Cortland	L 9-37
2/15/13	Western New England	L 12-29
2/16/13	Wesleyan	L 6-43
3/2/13	NCAA Regional Championships	-
3/3/13	NCAA Regional Championships	12th of 18
3/15/13	NCAA Championships	No team score



"High hand to the shooter and force her baseline."

-Kassandra Kleine



"I need to get the ball up and moved as quick as possible to try and get an advantage on them (Adrian)."

-Chris Porten



What were they thinking?

GET INSIDE THE HEAD OF AN ATHLETE

"Can't stop.
Won't stop. Gotta
get on top!"

-Blake Fisher



"I don't have time to
mess with the puck,
I need to get this
puck deep."

-Chelsea Hunt





BACK TO THE PAST

TOP LEFT

TWO OSWEGO STATE WOMEN'S VOLLEYBALL PLAYERS GO UP FOR A BLOCK IN A MATCH IN THE 1970S. THE WOMEN'S VOLLEYBALL TEAM USED TO HOLD ALL HOME MATCHES IN LEE HALL BEFORE MOVING TO MAX ZIEL GYMNASIUM, WHERE IT COMPETED TODAY.

TOP RIGHT

THE 1987 OSWEGO STATE MEN'S HOCKEY TEAM, SEEN HERE PRACTICING IN ROMNEY FIELD HOUSE, WAS THE FIRST TEAM IN PROGRAM HISTORY TO REACH THE FROZEN FOUR IN THE NCAA DIVISION III TOURNAMENT.

BOTTOM LEFT

SEEN HERE COMPETING AGAINST RIVAL SUNY PLATTSBURGH, THE OSWEGO STATE MEN'S HOCKEY TEAM USED TO PLAY ALL HOME GAMES IN THE ROMNEY FIELD HOUSE BEFORE MOVING TO THE NEWLY CONSTRUCTED CAMPUS CENTER ARENA IN 2006. ROMNEY FIELD HOUSE HAS SINCE BEEN RENOVATED TO ACCOMMODATE PRACTICES FOR SEVERAL TEAMS ON CAMPUS.

BOTTOM RIGHT

SIMILAR TO THE WOMEN'S VOLLEYBALL TEAM, THE OSWEGO STATE WOMEN'S BASKETBALL TEAM USED TO HOLD ALL GAMES IN LEE HALL BEFORE MOVING TO MAX ZIEL GYMNASIUM.



Photos provided by Sports Information



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You Could
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