After final spring grades were tabulated, 144 student-athletes received a 3.25 GPA or higher. These student-athletes were honored at the volleyball game on November 5th. In that group of 144 student-athletes, 23 received 4.0 accolades. Our 3.25 GPA and higher honorees include:

**Women’s Cross Country**
- Melynda Bean*
- Erin Craig
- Ashley Daniels
- Erin Harklerode*
- Jess McDonald
- Katie Sick*
- Emily Stapleton
- Lindsay Topper*
- Nicole Wasmieski

**Field Hockey**
- Stephanie Ebersole
- Jennifer Felice
- Eliaha Gillette
- Brittany Harlos
- Kelsie Mimmich
- Kelsey Moll
- Beverly Ruhle*
- Carlyn Talercio
- Molly Urey
- Rachel Valentine
- Nikki Weaknicht
- Elaine White

**Baseball**
- Colton Spade
- Parker Watson
- Scott Zuback
- Brian Zysset

**Men’s Basketball**
- Greg Forstater
- Andre Rovers
- Sander Vanoutryve
- Nate Walters

**Women’s Basketball**
- Kirsten Bair
- Adrianna Berry
- Emily Daugherty*
- Kacie Hershey
- Rachael McDaniel
- Marrsha Moyer
- Kelsey Ryan

**Lacrosse**
- Emily Cilia
- Taylor Klunk
- Jill Murray
- Alyssa Olenick
- Jess Pandolf
- Leah Peppelman*
- Hope Thomas
- Lindsay Walbrandt
- Rachel Ward
- Melinda Wojt

**Men’s Soccer**
- Colt Brackbill
- Greg Brez*
- Damien Chisholm
- Alex Kimbro
- Zach Muscato
- Andreas Natoli
- Jake Oldaker
- Dahood Quasi
- Adam Supplee
- Kyle Winey

**Women’s Soccer**
- Amanda Allex
- Haylee Kast
- Haylee Myers
- Karyn Rubright
- Dana Wozniak

**Softball**
- Alicia Cacciotti
- Bridgette Clarke*
- Chelsea Edward
- Brittanay Favazza*
- Brianna Jennings
- Taylor Magee
- Sarah Morse
- Kelsey Mullins
- Alyssa Smith
- Nicole Smith

**Swimming**
- Ciara Conklin
- Shannon Miliestad*
- Brittany Rehrig*
- Laura Stephens
- Kristin Taylor
- Amanda Thomas

**Men’s Cross Country**
- Clayton Blose
- Vince Fadale
- Mike Garraway*
- Matt Guiod
- Tyler Hileman
- Shawn Lake
- Zach Mains
- Sean Norberg
- Ben Robinson
- Nathan Zondlo

**Field Hockey**
- Stephanie Ebersole
- Jennifer Felice
- Eliaha Gillette
- Brittany Harlos
- Kelsie Mimmich
- Kelsey Moll
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- Nicole Smith

**Swimming**
- Ciara Conklin
- Shannon Miliestad*
- Brittany Rehrig*
- Laura Stephens
- Kristin Taylor
- Amanda Thomas

*Indicates the student-athlete earned a 4.0 for the spring 2013 semester
Men’s Cross Country Finishes 12th in the Country

The men’s cross country team enjoyed a successful season which was topped off by a trip to the NCAA Division II Cross Country Championships in Spokane, Washington. The team of Dylan Mountain (Accounting), Matt Guiod (Sport Administration), Korey Replogle (Sport Administration), Alex Diltz (Business Administration), Ben Robinson (Business Administration), Vince Fadale (Health & Physical Education), Tyler Hileman (Biology—Environmental) and Alex Monroe (Health Science -PPT)(pictured L-R) earned a 12th place finish at Nationals with senior Alex Monroe (Health Science) taking 3rd place overall. Alex’s 3rd place finish was the highest finish ever for a LHU athlete. He finishes his cross country career as a four-time All-American. While in Spokane the team also was engaged in a community service project where they got to talk to a class of first graders about running which was followed up by an outside recess together.

Regional and Conference Champions

To earn their trip to Nationals the team won the NCAA Division II Atlantic Region Championships which was hosted on LHU’s own Foundation Field. The team was led by Regional winner, Alex Monroe (pictured bottom left) who shattered the old 10K course record by 38 seconds. Five other LHU runners who earned All-Region status: Dylan Mountain, Matt Guiod, Alex Diltz, Ben Robinson, and Korey Replogle. Alex’s win at Regionals marked his third straight win and he was named the Atlantic Region Athlete of the Year for the third straight season while Coach Aaron Russell was named the Atlantic Region Coach of the Year.

At the PSAC Championships at Kutztown University, the Bald Eagles earned a dominating win (score). Five harriers earned All-PSAC honors: Alex Monroe, Dylan Mountain, Ben Robinson, Korey Replogle, and Matt Guiod. Alex won the race which was his third PSAC Championship title. For the third consecutive year in a row Alex Monroe was named the PSAC Men’s Athlete of the Year. He won the Freshman of the Year in 2010. Joining Monroe as a PSAC major award winner was Korey Replogle (pictured on R). Korey finished 11th at the PSAC Championships, 24th at the regional meet and cracked the top 100 at the NCAA Championships. Coach Aaron Russell was named the PSAC Men’s Coach of the Year, which is the sixth time he has earned this award in his career.
Women's Cross Country

The women’s cross country team placed 14th overall at the PSAC Championships and 13th at the NCAA Division II Atlantic Region Championships. Throughout the season the ladies were led by senior PreK-4/Early Education major Jessica McDonald (pictured near right). Jess finished 35th overall at the Region Championships, covering the 6K course in 22:02.9, a personal best. Jess was followed by teammates junior Corina Robbins (Health & PE—pictured far right), junior Erin Craig (Athletic Training), junior Ashley Daniels (PreK-4/Special Education), junior Emiley Stapleton (Health & PE), Sierra Pena (Sport Administration), and senior Elena Shields (Middle/Elementary Education 4-8).

Field Hockey

The Field Hockey team wrapped up the season with a 14-7 overall record and 4-3 in the Atlantic 10 Conference. The Lady Eagles earned a bid to the Conference tournament where they lost to the University of Richmond in the semifinals. Eight ladies earned All-Atlantic 10 Honors. Junior, Nakira Downes (Health & PE) was named to the 1st team. Nakira (pictured far left) ranked 10th in the nation in assists per game with .62. On the season she had 11 goals, 4 of which were game winning goals, and 13 assists. Nakira was also named to the Division I All-Mideast Region First Team. Junior Elaina White (Health Science), senior Kelly Harsh (Health & PE), and sophomore Taylor Kennedy (Sport Administration) were named to the All-A-10 2nd team. Elaina (pictured beside Narkira) was also named to the Division I All-Mideast Region 2nd team. Elaina finished the season with 10 shutouts which ranked her 3rd in the nation and 115 saves. She was 16th in the nation with goals against with an average of 1.40 per game. Kelly (below left) finished the season with 7 goals and 6 assists and Taylor (below right) finished the season with 10 goals and 3 assists. Freshmen Lydia George (Health Science—bottom left) and Megan Wenrich (Sport Administration—bottom middle) were named to the All-Rookie A-10 Team. Sophomore Jenna Felice (Health Science—bottom right) and Elaina White were named to the All-Academic Atlantic 10 Team. To be named to the All-Academic team a student-athlete must have a cumulative GPA of 3.0 and be a starter or key reserve on the team.
Football

The football team finished with a 3-8 overall record and were 2-5 in the PSAC East. A win on the road at Millersville snapped a 30 game road losing streak. The team enjoyed wins against West Virginia State University and Cheyney University. Four Bald Eagles earned All-PSAC East 2nd Team status: Brandon Brader (Graduate Student—Sport Science), James Wilburn (Junior—Applied Computer Science), Anthony Herko (Junior—Business Administration), and Tyrek Morgan (Junior—Business Administration). (featured left to right). Running back Brandon Brader carried the ball 180 times for 877 yards on the season. He scored 7 touchdowns, 5 rushing and 2 TD receptions. He finished his career with 2,704 rushing yards which is 4th all-time on the LHU football record book. In his last game of the season he rushed over 100 yards for the 9th time in his career. Wide receiver James Wilbern had 40 catches, 4 for touchdowns. He averaged 17.3 yards per catch, 62.9 yards per game for a total of 692 yards. Offensive guard Anthony Herko had 34 straight starts and was a key in allowing the offense to be productive. Defensive lineman Tyrek Morgan had 34 tackles (24 solo), 1 interception, and 6 sacks on the season.

Men’s Soccer

The men’s soccer finished the season 5-12 overall and 3-8 in the PSAC. The team is losing three seniors, Matt Coleman (Business Administration), Zach Muscato (Health Science—PPT), and Adam Supplee (Health Science—PPT). These seniors provided strong leadership on and off the field. Freshman Troy Amspacher (Health & Physical Education—pictured to the left) was the top goal scorer for the team this year netting 6 goals and 1 assist for 13 points on the year. Sophomore Jacob Oldaker (Sport Administration—pictured to the right) also scored 13 point on the season with 5 goals and 3 assists.

Women’s Soccer

The women’s soccer team ended the season with a 4-12-2 overall record and a 3-11-2 PSAC record. Their biggest win of the year was a 1-0 victory over #6 nationally ranked East Stroudsburg to give ESU their first loss of the season. The team will lose 4 seniors: Sam Biondi (Health & PE), Morgan Rogers (Biology), Madison Taylor (Recreation Management—pictured near right), and Dana Wozniak (Criminal Justice—pictured far right). Madison scored 7 goals this season and ended her career with 26 which ranks her 7th in LHU history. Goalkeeper Dana Wozniak recorded 183 career saves which has her ranked 4th in the record books.
Volleyball

The volleyball team rounded out the season with an overall record of 21-14 and 12-10 in PSAC competition. The Lady Eagles earned a berth to the Conference Championship for the sixth consecutive year where they lost in the quarterfinals to University of Pitt-Johnstown. The team loses two seniors, Alex Brehony (Sport Administration—pictured left) and Bailey Farthing (Sport Administration—pictured right). Alex tallied 173 kills and 34 blocks this year. She is a two sport athlete and can be seen playing basketball for the Lady Eagles. Bailey was named to the PSAC East First Team. She is a four-time All PSAC honoree with this being the 3rd time she earned First Team honors. Bailey led the team in blocks with 81 and has tallied 53 digs on the season. For her career she has 996 kills and 407 blocks.

Winter Sports Update

Men’s Basketball: The team just came off an exciting win over PSAC East rival Kutztown 62-58 on January 18th. They currently boast a 10-6 record and are 3-3 in the conference. Junior Wali Hepburn is the 2nd leading scorer in the PSAC.

Women’s Basketball: The women’s team has a 4-12 overall record and are 2-4 in conference play. The women’s team is coming off a big win over Kutztown 66-51 on January 18th. Junior Maryssa Moyer leads LHU with 16.5 points per game.

Swimming: The swimming team returned to action in 2014 at Mansfield University on 1/17 where they swam to a 122-82 win. They returned to the pool on 1/18 and lost to Kutztown 106-152. A solid performance from sophomore Danielle Parowski in the 100 and 200 yard freestyle helped to lead the way for LHU.

Men and Women’s Track & Field: The track & field team returned to action at Penn State and RIT over the winter break. Many of the men and women on the team have turned in qualifying marks for the PSAC Championships which will be held at the end of February. Some notable performances on the men’s side include Brice Beals, Jake Heim and James Werner in the weight throw, Dylan Mountain in the 3000m run, Matt Guido in the 1000m and mile run, Corey King in the 60m dash, and Kyle Pane in the 60m hurdles. The women have had strong performances from Jessica Cherry and Liz Tanner in the weight throw, Jordan Ball and Wynnie Green in the 400m and 500m dash, and Megan Borgio in the pole vault.

Wrestling: The wrestling team finished 3rd at the PSAC Conference championships. They currently have a 2-8 overall record and are 0-3 in the Eastern Wrestling League. The team has 3 wrestlers that are nationally ranked: Fred Garcia at #25, Dan Neff at #27, and Jake Kemerer at #31.

I would personally like to thank the following faculty members who were asked by the student-athletes to serve as an Honorary Faculty captain and found it in their busy schedule to oblige.

Honorary Faculty captains
Cindy Allen (Health Science)  Sally Story (Theatre)
Dave Bower (Health Science)  Steve Streator (Health Science)
Steve Coval (Chemistry)  Justin Wartella (Sport Administration)
Kim Everhart (Health & PE)  Steve Williams (Math)
Luke Haile (Health Science)  Cengiz Yakut (Health & PE)
Brooke Harlowe (Political Science)
Andrea Harman (Sports Administration)
Ralph Harnishfeger (Biology)
Patricia Hoffman (Communication)
Erin Kennedy (Psychology)
Rich Lally (Sport Administration)
Trish Lally (Sport Administration)
Eric Lippincott (Health Science)
Jacinth Maynard (Mathematics)
Cori Myers (Business)
Carl Poff (Sport Administration)
Mike Porter (Health Science)
Barbara Pribble (Health & PE)

UPCOMING HOME ATHLETIC EVENTS

1/22: Women’s Basketball v. Millersville University @6pm
1/22: Men’s Basketball v. Millersville University @8pm
1/29: Women’s Basketball v. Shippensburg University @6pm
1/29: Men’s Basketball v. Shippensburg University @8pm
2/1: Swimming @1pm
2/1: Wrestling v. Cleveland State @2pm
2/5: Women’s Basketball v. East Stroudsburg University @6pm
2/5: Men’s Basketball v. East Stroudsburg University @8pm
2/26: Women’s Basketball v. Cheyney University @6pm
2/26: Men’s Basketball v. Cheyney University @8pm
VOLLEYBALL: Bailey Farthing (Sport Administration) was named PSAC Athlete of the Week on 11/19. She contributed 8 kills, 2 aces, 3 digs and 1 block during an upset win over Shippensburg. She also contributed 15 kills and 6 blocks over the win against Millersville.

CROSS COUNTRY: Alex Monroe (Health Science) was named PSAC Athlete of the Week four separate times this fall. For the week of 9/9, Alex finished 2nd overall in a dual meet over Penn State University. He was named AOW 9/23 as Alex won the LHU Invitational in a field of 244 runners and assisted with the men’s team winning the title. For the week of 10/7 Alex came in 5th out of 397 runners at Lehigh’s Paul Short Run and for the week of 10/21 he came in 4th at the Penn State National Invitational.

FIELD HOCKEY: Kiersten Cepeda (Sport Administration) was named Atlantic-10 Rookie of the Week on 9/2 for her game winning goal against Bucknell in which LHU won 1-0. Lydia George (Health Science) was named A-10 Rookie of the Week on 9/30. She scored 2 game winning goals. One came in the 1-0 victory over Rider and the other during a 1-0 win versus Kent State University. Nakira Downes (Health & PE) was named Player of the Week in the A-10 on 10/21. She scored 5 of the 8 goals LHU scored in two conference games where LHU won 3-0 over St. Joseph’s and a 5-0 win versus LaSalle.

LHU Athletes of the Week

9/4: Alex Monroe—Men’s Cross Country (Health Science) Elaina White—Field Hockey (Health Science)
9/10: George Christas—Football (Health & PE) Cody Anderson—Volleyball (Biology)
9/17: Troy Amspacher—Men’s Soccer (Health & PE) Nakira Downes—Field Hockey (Health & PE)
9/25: Alex Monroe—Men’s Cross Country Bailey Farthing—Volleyball (Sport Administration)
10/2: Dillon Mazzoni—Football (Criminal Justice) Elaina White—Field Hockey
10/9: Alex Monroe—Men’s Cross Country Kaleigh Hudak—Volleyball (Secondary Education)
10/17: Caleb Walton—Football (Expl. Studies) Kaleigh Hudak—Volleyball (pictured near left)
10/22: Alex Monroe—Men’s Cross Country Bailey Farthing—Volleyball
10/29: Caleb Walton—Football (pictured center) Taylor Kennedy—Field Hockey (Sport Administration)

11/5: Mac Maldarelli—Wrestling (Criminal Justice) Lydia George—Field Hockey (Health Science)
11/12: Alex Monroe—Men’s Cross Country Danielle Parowski—Swimming (PreK-Grade 4)
12/2: Fred Garcia—Wrestling (Interdisciplinary Studies) Danielle Parowski—Swimming (pictured far right)

Visit www.golhu.com to see the current LHU Athletes of the Week.