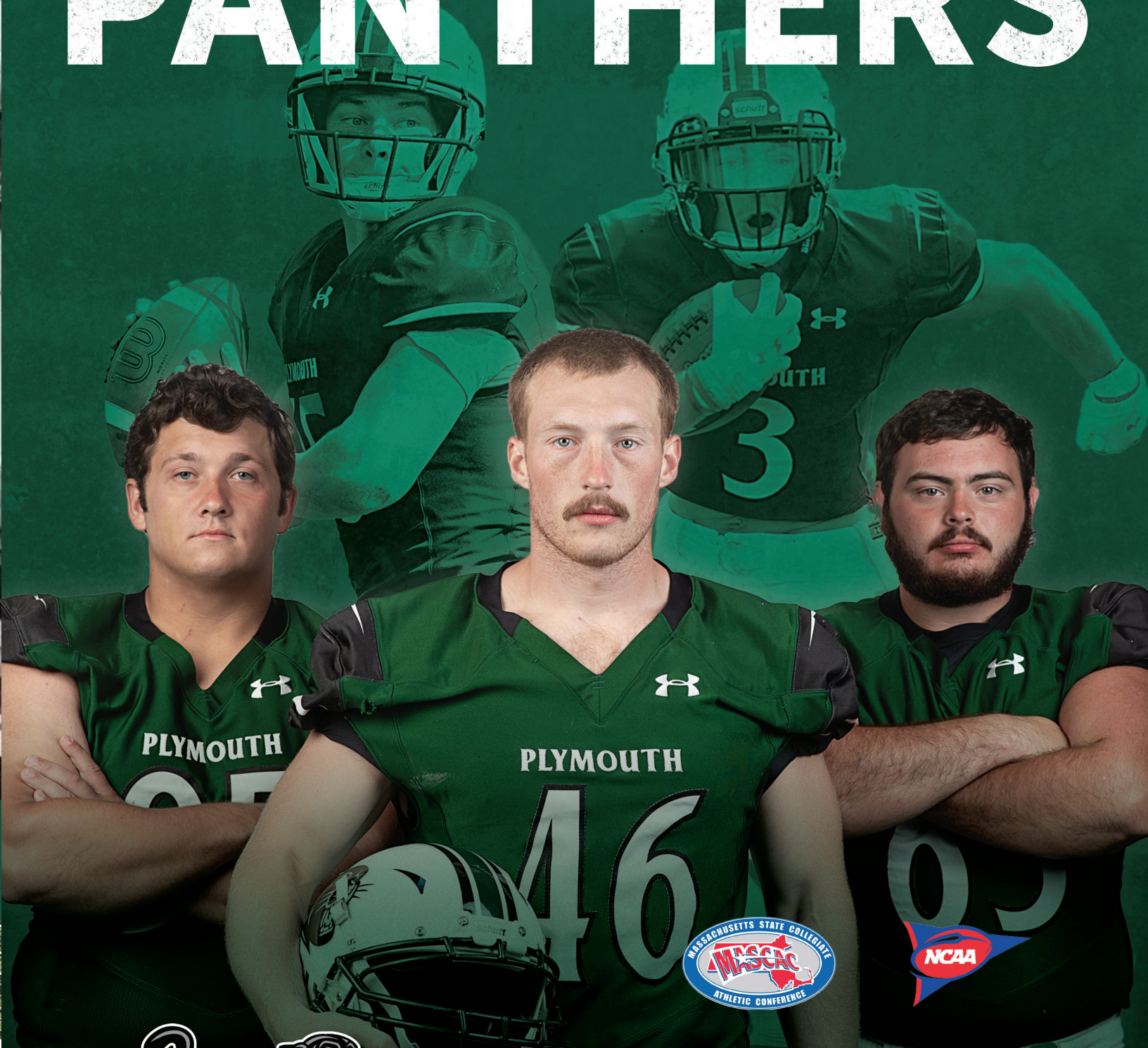


PLYMOUTH STATE PANTHERS



2021 FOOTBALL MEDIA GUIDE

CONNECT WITH THE PANTHERS AT athletics.plymouth.edu





PLYMOUTH STATE ATHLETIC DIRECTORY

Plymouth State University (PSU) evolved from Holmes Plymouth Academy, a pioneering institution for teacher training that dates back to 1808. PSU's 170-acre campus is located in Plymouth, NH, between the Lakes Region and White Mountains Region.

With more than 6,000 undergraduate and graduate students representing 44 states and 18 countries, PSU produces society's global leaders within interdisciplinary integrated clusters, open labs, and partnerships, as well as through entrepreneurial, innovative, and experiential learning.

PSU connects with community and business partners to promote economic development, technological advances, healthier living, and cultural enrichment, with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Plymouth State recognizes that athletics have much to offer the university community. The Panther sports programs afford the students the opportunity to develop physically, emotionally, intellectually and socially. The athletic programs have given students many reasons to be proud of PSU while stimulating school spirit. Intercollegiate competition has provided valuable "laboratory experiences" to hundreds of young men and women who have gone on to coaching careers throughout New England and beyond.

The University's investment in athletics has been demonstrated with the recent additions of the campus' first multi-use turf field, ALLWell North and the Human Performance Center, home to PSU's Strength & Conditioning Laboratory. Athletics will continue to play an important role within the campus as the Physical Education Center, which houses a swimming pool, 2000-seat gymnasium, athletic training facility and offices, is surrounded by over 35 acres of playing fields.

ALLWell North (Active Living, Learning and Wellness) is an advanced academic and athletic complex that is home to the Panthers' men's and women's track & field and wrestling teams. The facility also contains the Bank of New Hampshire Field House and George E. Davis '63 Track, as well as the Outdoor Center, classrooms, offices and five varsity locker rooms.

PSU proudly sponsors 25 varsity teams (12 for men, 13 for women) and an accredited Athletic Training program. As a member of the NCAA Division III, the Panthers have consistently enjoyed individual and team success at the conference, regional and national levels.

Director of Athletics	Kim Bownes	603-535-2771
Associate Athletic Director	Courtney O'Clair	603-535-2750
Assistant Athletic Director	Lauren Lavigne	603-535-2763
Assistant Athletic Director	Mark Legacy	603-535-2757
Athletics Communications	Chris Kilmer	603-535-2477
Broadcast Manager	Dan Salzer	603-535-2779
Associate Athletic Trainer	Zach Casinelli	603-535-2702
Assistant Athletic Trainer	Eric Gibbs	603-535-2791
Assistant Athletic Trainer	Micah Dion	603-535-2702
Administrative Assistant	Darcy Hoffman	603-535-2770
Equipment Manager	Aaron Smith	603-535-2754
Baseball	Clay Jenkins	603-535-2756
Men's Basketball	Andrew Novick	603-535-2753
Women's Basketball	Leah Swanson	603-535-3229
Men's & Women's Cross Country	John Ostler	603-535-2752
Field Hockey	Bonnie Lord	603-535-2759
Football	Paul Castonia	603-535-2761
Men's Ice Hockey	Craig Russell	603-535-2744
Women's Ice Hockey	Josh Funk	603-535-2776
Men's Lacrosse	Mike Wilus	603-535-2764
Women's Lacrosse	Sandy Bridgeman	603-535-3015
Men's & Women's Skiing	Trevor Hamilton	603-535-2773
Men's Soccer	Rob Wright	603-535-2516
Women's Soccer	Ryan Joy	603-535-2732
Softball	Bruce Addison	603-535-3016
Men's & Women's Swimming	Anne Barbeau	603-535-2765
Women's Tennis	Barbara Rawlisky-Willett	603-535-2768
Men's & Women's Track & Field	John Ostler	603-535-2752
Women's Volleyball	Joan Forge	603-535-2778
Wrestling	Eric Bergeron	603-535-2774

Athletic Department	Office (603) 535-2770
	Fax (603) 535-2777
Athletics Communications	Office (603) 535-2477



PLYMOUTH STATE UNIVERSITY PANTHERS

TABLE OF CONTENTS

About Plymouth State	IFC
Schedule	1
2021 Roster	2
Season Preview	3
Head Coach Paul Castonia	4
Coaching Staff	5
Key Panther Returners	6
2019 Season Review	7
Explore Plymouth State University	8
Where are they Now?	10
History	11
Season Honors	12
All-Americans	13
Team Awards	14
MASCAC	16
Our Sponsors	IBC

2021 SCHEDULE

SEPT.

Sat. 4	at Castleton	1:00 pm
Sat. 14	Husson	1:00 pm
Sat. 21	at Bridgewater State	1:00 pm

OCT.

Sat. 2	Framingham State Homecoming	1:00 pm
Sat. 9	at Western Connecticut State	1:00 pm
Sat. 16	Fitchburg State	12:00 pm
Sat. 23	Worcester State	1:00 pm
	50 Years of Panther Football	
Sat. 30	at Westfield State	12:00 pm

NOV.

Sat. 2	Mass. Maritime Senior Day	12:00 pm
Sat. 16	at UMass Dartmouth	12:00 pm



Editor: Mac Fullerton
Photography: Kim Bownes, Mike Gridley Photography, Samuel Taskar '25
Design: Mac Fullerton
Printing: Minuteman Press

2021 PSU FOOTBALL ROSTER

No.	Name	Class	Pos.	Ht.	Wt.	Hometown/High School	No.	Name	Class	Pos.	Ht.	Wt.	Hometown/High School
1	Cade Kreider	So.	K	5-11	149	Palmyra, Maine / Nokomis Regional	50	Johnathan Letizia	So.	LB	5-10	195	New Milford, Conn. / New Milford / Wingate Univ.
1	Mikey Levesque	Fr.	DB	5-11	157	Goffstown, N.H. / Goffstown	52	Gage Brown	Fr.	DL	5-10	215	Johnson, Vt. / Lamoille Union
2	Jake Donahue	Sr.	WR	5-8	183	Hudson, N.H. / Alvirne	53	Marvin Josaphat	Sr.	OL	6-3	327	Lynn, Mass. / Mystic Valley Regional
3	Willie Lombard	So.	RB	5-9	157	Bridgewater, Mass. / Bridgewater-Raynham Regional	55	Luke MacNeil	So.	LB	5-11	200	Northbridge, Mass. / Northbridge
4	Terrell Lewis	Sr.	DB	6-3	204	New Boston, N.H. / Nashua South	56	Andrew Consalvo	Sr.	OL	6-1	366	Bristol, Conn. / Bristol Eastern
5	Ryan Milliken	Sr.	DB	5-8	167	Lebanon, N.H. / Lebanon / Springfield College	57	Francis Capaldo	Fr.	OL	5-11	251	Melrose, Mass. / Melrose
6	AJ Laccona	Jr.	DB	6-0	190	Stamford, Conn. / Westhill	57	Dylan Leonard	Fr.	LB	5-7	208	West Bridgewater, Mass. / West Bridgewater
7	Collin Lyons	Fr.	WR	6-3	175	Norton, Mass. / Norton	58	Curtis Hosley	Fr.	DL	5-10	255	Charlestown, N.H. / Fall Mountain Regional
7	Bakari Mitchell	Fr.	DB	5-9	165	Dorchester, Mass. / Lynnfield	59	Gabe Boro	Sr.	OL	6-3	254	Calverton, N.Y. / Bishop McGann-Mercy
8	Zach Harris	Sr.	WR	5-11	195	Braintree, Mass. / Braintree	60	Zack Leclerc	Fr.	OL	5-9	261	Windham, N.H. / Windham
9	Ryan Edison	Jr.	DB	5-11	190	North Reading, Mass. / North Reading	61	Charlie Palmer	Fr.	OL	5-10	216	New Providence, N.J. / New Providence
10	Manny Sanchez	Sr.	RB	5-10	204	Hartford, Conn. / CREC Civic Leadership Academy	62	Dustin Silvia	So.	DL	5-10	276	Bridgewater, Mass. / Bridgewater-Raynham Regional
11	Gavin Moody	Sr.	WR	5-11	194	Concord, N.H. / Concord	63	James Mauro	Sr.	OL	5-9	253	Commack, N.Y. / Commack
12	Dan Charest	Fr.	DB	5-8	158	Windham, N.H. / Windham	64	Hurricane Valle	Jr.	OL	5-11	250	Orlando, Fla. / Timber Creek
12	Lane Davide	Fr.	WR	5-11	160	West Warwick, R.I. / West Warwick	65	Nicholas Rendon	Jr.	DL	5-8	246	Boynton Beach, Fla. / North Broward Prep / Nichols Coll.
13	Christian Paillet	Jr.	QB	6-1	207	Nashua, N.H. / North Broward Prep (Fla.)	66	Trent McDaniel	Fr.	OL	5-9	263	Victorville, Calif. / Oak Hills
14	Sam Bolinsky	Jr.	QB	6-2	240	Stow, Mass. / Nashoba Regional / Assumption College	67	Levi Lisack	Fr.	DL	5-9	269	Stamford, Conn. / West Hill
14	Max Brown	Fr.	DB	5-11	170	Manchester, N.H. / Manchester Central	69	Mike Tessier	Sr.	OL	6-0	271	Manchester, N.H. / Manchester Central
15	Brett Lavanchy	Sr.	QB	6-3	211	Walpole, Mass. / Walpole / Bridgewater State Univ.	70	Austin Harnish	Jr.	OL	6-0	268	Wethersfield, Conn. / Wethersfield
16	Brian McGough	Sr.	WR	6-3	212	Newton, N.H. / Sanborn Regional	71	Teddy Fellows	Fr.	OL	6-0	320	Topsfield, Mass. / Masconomet Regional
17	Aaric Adams, Jr.	Fr.	WR	5-11	201	Boscawen, N.H. / Merrimack Valley	72	Josh Nutter	Fr.	OL	6-1	265	Barrington, R.I. / Barrington
18	Tanner Plourde	Jr.	DB	5-7	180	Nashua, N.H. / Nashua South	78	Travis Hull	Jr.	OL	5-9	309	Winchendon, Mass. / Montachusett Regional Vocational Technical
18	Gannon Stewart	Fr.	WR	5-8	160	Cape Elizabeth, Maine / Cape Elizabeth	73	Michael Pesiridis	Fr.	DL	5-7	295	Arlington, Mass. / Arlington
19	Colby Moore	Sr.	WR	6-0	196	Ashland, N.H. / Plymouth Regional / Dean College	74	Patrick Rush	So.	DL	6-3	255	Farmingdale, Maine / Hall-Dale
20	Seth Disalvo	Fr.	K	5-10	190	North Andover, Mass. / North Andover	75	Tracy Cristiano	Jr.	DL	6-0	243	Thornton, N.H. / Plymouth Regional
21	Jack Glanville	Jr.	RB	6-1	215	Cape Elizabeth, Maine / Cape Elizabeth	78	Jacob True	So.	OL	6-2	301	Turner, Maine / Dirigo
23	Benjamin Smith	Fr.	DB	5-8	158	West Bridgewater, Mass. / West Bridgewater	80	Zach Swanson	Sr.	TE	6-3	237	Meredith, N.H. / Inter-Lakes
24	Tyler Kayo	So.	RB	5-7	204	Londonderry, N.H. / Londonderry	81	Jon Proia	So.	TE	6-2	222	Chelmsford, Mass. / Chelmsford
25	Greg Walker	Fr.	RB	5-10	187	Boxford, Mass. / Masconomet Regional	82	Jonathan Teixeira	Fr.	WR	5-8	159	Peabody, Mass. / Peabody Veterans Memorial
26	David Salazar	Sr.	DB	6-1	206	Waltham, Mass. / Newton North	83	Nate Peterson	Fr.	WR	5-9	158	Burlington, Conn. / Lewis S. Mills
27	Luc Normandeau	Jr.	DB	6-1	186	Dover, N.H. / Dover	84	Chris Coburn	Jr.	WR	6-0	190	Manchester, N.H. / Manchester Memorial
28	Kayden Baillargeon	Sr.	DB	5-8	159	Derry, N.H. / Pinkerton Academy	85	Kyle Baker	So.	TE	6-2	223	Pelham, N.H. / Bishop Guertin
29	Ryan Coyle	Jr.	RB	5-10	195	West Milford, N.J. / West Milford	86	Danny Morency	Fr.	DB	5-9	157	Beverly, Mass. / Beverly
29	Gustavo Regalado	Fr.	DB	5-8	188	Lawrence, Mass. / Greater Lawrence Technical	87	Nikos Bouzakis	So.	WR	6-0	190	Farmington, Conn. / Farmington
30	Tyler Gleifert	So.	LB	5-11	211	Bristol, Conn. / Bristol Eastern	88	Bryan Warren	Jr.	TE	6-2	238	Pine Bush, N.Y. / Pine Bush
31	Jyaire Hatcher	So.	DB	6-0	168	Uniondale, N.Y. / Uniondale	89	Sam Cerqueira	Fr.	TE	6-2	214	Watertown, Mass. / Minuteman Regional Vocational Tech.
32	Matt Griffing	Fr.	DB	5-8	174	West Brookfield, Mass. / Quaboag Regional	90	Rowan Drew	Gr.	DL	6-2	239	Plymouth, N.H. / Plymouth Regional
33	Quinn Girard	Sr.	DB	5-8	171	Glens Falls, N.Y. / Glens Falls	91	Kyle Almeida	So.	DL	5-10	234	Woburn, Mass. / Arlington Catholic
34	Daniel DiMinno	Jr.	LB	5-10	204	West Milford, N.J. / West Milford / Albright College	92	Mike Terrazano	So.	DL	5-11	233	Pelham, N.H. / Bishop Guertin
32	Keyshawn Sanders	Fr.	RB	5-9	225	Dorchester, Mass. / Foxborough	93	Franklin Quintin	Fr.	DL	5-9	233	Salem, Mass. / Bishop Fenwick
33	Quinn Girard	So.	DB	5-8	159	Glens Falls, N.Y. / Glens Falls	93	Matt Rivard	So.	TE	6-4	201	Manchester, N.H. / Manchester Central
34	Ruchan Karagoz	So.	FB	5-7	197	Brattleboro, Vt. / Brattleboro Union	94	Jason Ryszczky	Sr.	DL	5-6	266	North Branford, Conn. / North Branford
35	Matteo Spadea	So.	LB	5-9	202	Weymouth, Mass. / Weymouth	95	Trevor Hnyda	Gr.	DL	5-9	245	New Milford, Conn. / New Milford
36	Cooper Varano	Jr.	LB	5-10	201	Manchester, N.H. / Manchester Central	96	Dan Carey	Sr.	K	5-10	160	Plymouth, N.H. / Plymouth Regional
37	Thanos Boulukos	Sr.	RB	5-11	224	Old Bethpage, N.Y. / Plainview-Old Bethpage JFK	97	Collin Crowe	So.	DL	5-10	206	Simsbury, Conn. / Simsbury
38	Gunnar Horman	Fr.	DB	6-1	168	Sanbornton, N.H. / New Hampton School	98	Peyton Sarmir	Sr.	DL	6-3	235	Flemington, N.J. / Hunterdon Central Regional
39	Luis Sulham	Fr.	DB	5-7	170	Foxboro, Mass. / Foxboro	99	John Marsden	So.	P	5-11	221	Amsterdam, N.Y. / Broadalbin-Perth
40	Evan Wilson	Fr.	LB	5-9	232	Derry, N.H. / Pinkerton Academy							
41	Karl Josil	Fr.	DB	5-6	152	Elmont, N.Y. / Valley Stream North							
41	Cameron Wessel	Fr.	TE	5-10	226	Sisters, Ore. / Sisters							
42	Cooper Bartlett	So.	RB	5-10	208	Londonderry, N.H. / Londonderry							
42	Colton Burrows	So.	DL	5-10	248	Milford, N.H. / Milford							
43	Sam Fleming	Jr.	DL	6-1	218	Boxborough, Mass. / Acton-Boxborough Regional							
44	Zach Caffrey	Sr.	RB	5-7	202	Hampton, Conn. / Killingly							
45	Bryce Wronski	Jr.	LB	5-11	193	Middleton, Mass. / Masconomet Regional							
46	Conor Hiner	Sr.	LB	5-10	206	Brattleboro, Vt. / Brattleboro Union							
47	Chauncey Alado	So.	LB	5-11	202	Portland, Maine / Deering							
48	Dylan Szostak	So.	LB	5-8	194	Windham, N.H. / Windham							
49	Emmanuel Ughu	So.	DL	6-1	244	Milford, N.H. / Milford							

Head Coach:
Paul Castonia (Trinity '86, 19th year)

Co-Head Coach:
Devin Zeman (Defensive Coordinator/
Defensive Backs)

Assistants:
Matt Elsker (Offensive Coordinator/
Running Backs), David Carlson (Wide
Receivers), Andrew Szendre (Defensive
Line), Gordon Webb (Quarterbacks)

Athletic Trainers:
Zach Casinelli, Micah Dion

Director of Strength and Conditioning:
John "JT" Thomas

Filmer:
James Hersom

Captains:
Conor Hiner, James Mauro, Trevor Hnyda

2021 SEASON PREVIEW

PANTHERS EXCITED FOR RETURN TO INTERCOLLEGIATE COMPETITION

Plymouth State football returns to the gridiron for its first intercollegiate competition in 658 days when the Panthers kick off the 2021 season at Castleton University on September 4th.

PSU's most recent game came on November 16, 2019 – a narrow 26-23 defeat at Western Connecticut State. While the Panthers ended that season with a 6-4 mark to secure a fourth-straight winning season, nobody expected the sports world to screech to a halt a year later.

The Massachusetts State Collegiate Athletic Conference (MASCAC) suspended the 2020 football season on July 16. Despite the announcement, there was hope the league would compete during the Spring of 2021, but a follow up announcement at the end of January nixed any such plans.

Instead of battling league opponents in the trenches, the Panthers spent the last year in the weight room and drilling on the field in hopes of a return to competition.

“We tried to keep the team together as best we could,” said head coach Paul Castonia, who is entering his 19th year at the helm. “We did what we could with lifting, practices and recruiting under the conditions we had to deal with and let the guys know that football would be here before we know it, so we’d better get ready.”

The uniqueness of a season that wasn't, along with the NCAA's decision to grant an extra year of eligibility for all student-athletes due to the pandemic, makes this year a total toss-up. Some programs could have as many as a couple dozen seniors and/or graduate students giving them a distinct advantage on Saturdays.

Add a new home field into the mix and who knows what will happen. The completion of PSU's first turf field means Plymouth State will move from Currier Field, the team's home for the last half-century, to Panther Field, a multi-sport turf that changes the equation.

While nobody can ever guarantee anything in sports, there are certain expectations that can be set year to year. With this year, however, it's anybody's guess how the cards will fall at the end of the season.

A LOOK BACK

Plymouth State kicked off the 2019 season with three straight wins, toppling Castleton on the road before back-to-back impressive home wins over Maine Maritime Academy and Worcester State University.

The Panthers came up just short in a 21-14 setback at UMass Dartmouth as PSU got a blocked punt to set up first-and-goal from the

one-yard line early in the fourth quarter, but the Corsairs defense came up huge to stuff four straight running plays and the score would hold up.

The Panthers rebounded, however, putting together another two strong wins. PSU blanked Fitchburg State, 42-0, on a beautiful Homecoming Saturday as the defense forced five turnovers. Plymouth State followed that with another strong offensive output, totaling 426 yards of total offense, including 232 yards on the ground, to oust Westfield State, 38-13.

PSU ran into a buzzsaw in week seven at Framingham State, but rebounded to hold off Mass. Maritime in a defensive battle, 7-3. The Panthers fell at Bridgewater State ahead of the bye week, then closed out the year with a three-point setback at WestConn, 26-23.

OFFENSE

Senior Brett Lavanchy and junior Christian Paillet are both back under center for the Panthers. Lavanchy was the primary signal-caller in 2019, throwing for 939 yards and 10 TDs. Paillet was also impressive after appearing in six games. Though he had just four pass attempts, he completed three for 57 yards and a touchdown.

Noticeable changes on offense will be in the backfield, however. Junior Jack Glanville makes the switch from linebacker to running back, while senior Manny Sanchez has impressed the coaching staff with his work during the pandemic season. That duo, along with sophomore Willie Lombard give Castonia plenty of options to maintain a successful running game.

Seniors Gavin Moody and Zach Harris are expected to be the top receivers. Each had seven catches last season, with Moody finding the end zone twice. Other targets for the Panthers' QBs may be tight ends Zach Swanson and Bryan Warren. Swanson, a senior, was featured more as a blocker but still caught eight balls including a TD in 2019, while Warren a 6-2 junior, provides another big target over the middle.

Five returners are expected to make up the offensive line, though none of them were starters in 2019. Seniors Mike Tessier, Gabe Boro and James Mauro, along with juniors Austin Harnish and Hurricane Valle all saw action on the line in 2019 and should provide enough push up front to create gaps for the Panthers' backs.

DEFENSE

The backbone of PSU's success under Castonia has been the defense. The Panthers led the MASCAC in scoring defense in 2017 and 2018 and were second by just 0.1 in 2019 when it allowed just 15.7 points per contest. If Castonia has his way that trend will continue in 2021.

Graduate students Trevor Hnyda and Rowan Drew, along with senior Jason Ryszczuk, are the most experienced linemen. Hnyda, a captain, and Drew combined for two sacks in 2019, while the hope is the trio can create some havoc in the backfield.

The linebacking corps is led by senior captain Conor Hiner, with classmate David Salazar and junior Bryce Wronski. Salazar posted 43 tackles in 2019 and was one of four Panthers to recover a fumble.

PSU's secondary will again be a strength, anchored by seniors Kayden Baillargeon and Quinn Girard and junior Luc Normandeau. Joining the group will be senior Terrell Lewis, who makes the move from receiver to corner. Baillargeon led the Panthers with eight passes defended and had a pair of interceptions to go with 44 tackles in 2019, while Girard broke up three passes. Lewis brings an additional speedy and smart player to the group.

SPECIAL TEAMS

Lavanchy will serve as the team's primary punter, with senior Dan Carey serving as the kicker. Lavanchy averaged nearly 40 yards per punt in 2019, including a long of 61 yards seven more than 50 yards, including 12 inside the 20.

Carey nailed four-of-six field goal attempts and split the uprights on 29-of-33 extra points to finish third on the team's scoring list.

Strong special teams play has historically been a trademark of Castonia's teams and there is no reason to expect anything less in 2021.

SEASON OUTLOOK

The Panthers open the season at Castleton on Sept. 4, before kicking off the home schedule against Husson the following Saturday. After that it's an eight-game sprint through the MASCAC schedule with the team's bye week coming in week four this year.

“We're looking to go 1-0 every week,” said Castonia.

“We're in a dogfight every week and any team can come through. That's why we just try to take it one week at a time.”

HEAD COACH PAUL CASTONIA



603-535-2761

pfcastonia@plymouth.edu

2003-Present
Plymouth State University
Head Coach

2001-02
Bryant University
Defensive Coordinator

1998-00
UMass Boston
Head Coach

1997
Lynn Classical High School (MA)
Assistant Coach

1993-96
Ferrum College
Offensive Coordinator/Special Teams
Recruiting Coordinator

1992
Hartwick College
Offensive Coordinator/Special Teams

1989-91
University of Maryland
Defensive Backs/ Offensive Line
Running Backs/ Special Teams

1986-88
University of Rhode Island
Graduate Assistant/ Head JV Coach

Paul Castonia begins his 19th season atop the Plymouth State football program in 2021-22. Easily the longest tenured coach in program history, he is the program's all-time leader in wins and has led the team to four postseason appearances.

Castonia coached the Panthers through the final season in the Freedom Football Conference in 2003, two years of being a Division III Independent (2004-05), seven years in the New England Football Conference (2006-12), and most recently helped usher Plymouth State in as a member of the Massachusetts State Collegiate Athletic Conference (MASCAC) in 2013.

A two-time MASCAC Champion's Choice Coach of the Year in 2016 and 2017, the Joe Yukica Chapter of the National Football Foundation recognized Castonia's impact on New England college football in 2015, presenting him with the Andy Mooradian Award for Outstanding Contribution to Amateur Football.

In 2017 the Panthers won seven straight league games after an 0-1 start to capture the program's first MASCAC title and clinch a spot in the NCAA Division III Championship Tournament for the fifth time in program history. PSU also made an NCAA Tournament appearance under Castonia's guidance in the 2008 season following a perfect 7-0 mark in the NEFC. In 2007 his Panthers won the ECAC North Atlantic Bowl, and the team made a repeat appearance in the game in 2009.

Castonia has turned the program around after joining the Panthers in 2003. Inheriting a team that was winless in 2002, he was 9-29 in his first four years before guiding the team to four straight winning seasons with a combined record of 33-10 and three straight post-season berths. Overall, he has an 80-92 record with Plymouth State.

The Panthers went 9-1 and captured the ECAC North Atlantic Bowl championship in 2007. They followed that with a 10-2 mark in 2008, including the Bogan Division title (7-0), the NEFC Championship and a berth in the NCAA Division III Tournament. Castonia led the Panthers to an 8-3 record in 2009 with a third straight post-season berth in the ECAC Northeast Bowl.

The team saw steady progress each season after joining the MASCAC in 2013. Following three straight losing seasons the Panthers have gone 20-12 since, finishing at .500 or better every year. The 2019 team went an even 4-4, but had two losses of seven points or less.

Castonia was named NEFC Boyd Division Coach of the Year in 2007 and New England Division II/III Coach of the Year in 2008. They were well-deserved honors for a coach who had long paid his dues with previous stints at Divisions 1-A, 1-AA, 2 and 3.

The 11th head coach in the program's history, Castonia had previous coaching stops at the University of Rhode Island, University of Maryland, Hartwick College, Ferrum College, the University of Massachusetts Boston and Bryant University.

Although the Panthers have continued to show progress every season since Castonia arrived, his focus is on more than just wins and losses. While the Panthers no doubt aim to have a winning program year in and year out, being good students and quality citizens are equally as important.

"We recruit young men who want to graduate, and who are willing to work hard to be successful in the classroom and on the football field," says Castonia, a 1986 graduate of Trinity College (Conn.) who also holds a Master's degree from the University of Rhode Island (1989). "We try to put them in a position to succeed both as students and as football players."

Castonia says the biggest rewards for him don't come on Saturdays in the fall, but on graduation day in the spring.

"It's very gratifying when a guy graduates and is excited about pursuing his chosen career," says Castonia, "and he is using the habits and lessons he learned and developed on the football field in those endeavors."

Castonia and his wife Leslie reside in Ashland.

COACHING STAFF



DEVIN ZEMAN

Plymouth State '04
**Co-Head Coach / Defensive Coordinator /
Defensive Backs**

Devin Zeman is in his 19th season with the Plymouth State football staff. The former defensive back played for the Panthers from 2001-02, then finished his undergraduate degree as a member of the coaching staff. A native of Nashua, Zeman served as Associate Head Coach for 11 seasons before being promoted to Co-Head Coach in July 2020. He has also filled the role of Defensive Coordinator for 14 seasons. Zeman was named Division II/III Assistant Coach of the Year by the Gridiron Club of Greater Boston following the 2017 season, while his defensive unit has finished as one of the top two scoring defenses in the MASCAC each of the last four seasons.



MATT ELSKER

Plymouth State '18
Offense Coordinator / Running Backs

Matt Elsker initially joined the Panthers' staff as a student assistant coach in the spring of 2016. He enters his sixth year with the PSU football staff and his first as Offensive Coordinator. Elsker also works with the running backs and has experience coaching cornerbacks and fullbacks. Elsker got his start as the team's filmer in the fall of 2017. He spent the fall of 2018 as a volunteer with the Division I University of New Hampshire football team filling various roles with the offensive staff. He is also in charge of all video and social media for the PSU football program.



ANDREW SZENDRE

Defensive Line

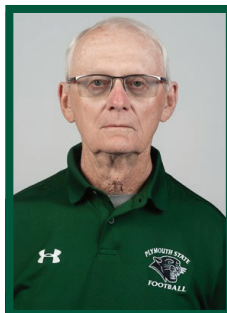
Andrew Szendre joins the Panthers in 2021 as the defensive line coach following successful high school coaching stops throughout the Lakes Region. A native of Sterling, Virginia, Szendre has served as defensive coordinator for Kingswood Regional High School (2016) and was the head varsity coach at Farmington High School in 2015. That stint followed two years at Newfound Regional High School, first as defensive coordinator in 2013, then as head varsity coach in 2014. His 2014 Newfound squad won the NHIAA Football Sportsmanship Award.



DAVID CARLSON

Plymouth State '20
Wide Receivers

David Carlson begins his second season as a member of the coaching staff after playing for the Panthers as a defensive back from 2016-19. Carlson worked as the defensive backs coach in 2020 and is now responsible for the wide receivers. A graduate of PSU's Physical and Health Education program (2020), Carlson was a member of the 2017 MASCAC Champion team and earned MASCAC All-Academic Team recognition in 2016.



GORDON WEBB

University of Massachusetts '64, University of Florida '69G
Quarterbacks

Gordon Webb is in his first season as quarterbacks coach with the Plymouth State football staff following a lengthy career leading the Panthers' men's lacrosse program. Webb spent 11 seasons on the sidelines with the men's lacrosse team, leading the Panthers to the semifinal round of the LEC Tournament ten times, including one appearance in the championship game. His career also included stops at Plymouth Regional High School, Nashua High School, Boston State College (now UMass Boston) and a three-year stint as an assistant with the Boston Blazers of the National Lacrosse League.

KEY PANTHER RETURNERS



#15 BRETT LAVANCHY

Senior QB

Walpole, MA / Walpole / Bridgewater State Business

2020:
COVID

2019:
10 games; 80-158 (50.6%), 939 yds, 10 TD, 2 INT

2018:
2 games; 1-1 (100%), 9 yds, 7 yds rush (at Bridgewater State)



#4 TERRELL LEWIS

Senior DB

New Boston, NH / Nashua South Criminal Justice

2020:
COVID

2019:
10 games; 11 rec, 261 yds, 3 TD

2018:
10 games; 21 rec, 213 yds, 3 tackles
2017:
6 games; 2 rec, 31 yds



#11 GAVIN MOODY

Senior WR

Concord, NH / Concord Sports Management

2020:
COVID

2019:
6 games; 7 rec, 84 yds, 2 TD

2018:
3 games; 4 rec, 44 yds



#26 DAVID SALAZAR

Senior DB

Waltham, MA / Newton North Sports Management

2020:
COVID

2019:
10 games; 43 tackles, 29 solo, 1 FR, 3 BrUp



#21 JACK GLANVILLE

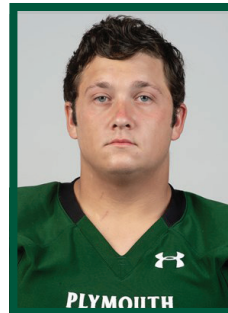
Junior RB

Cape Elizabeth, ME / Cape Elizabeth Sports Management

2020:
COVID

2019:
10 games; 5 tackles, 4 solo, 1 TFL

2018:
3 games; 1 BrUp



#95 TREVOR HNYDA

Graduate Student DL

New Milford, CT / New Milford Business Administration

2020:
COVID

2019:
9 games; 17 tackles, 9 solo, 1.5 TFL

2018:
2 games
2017:
1 game; 1 tackle, 1 solo, 1 TFL



#59 GABE BORO

Senior OL

Calverton, NY / Bishop McGann-Mercy Criminal Justice

2020:
COVID

2019:
8 games; 5 tackles, 3 solo, 2 TFL

2018:
1 game



90 ROWAN DREW

Graduate Student DL

Plymouth, NH / Plymouth Regional Business Administration

2020:
COVID

2019:
9 games; 6 tackles, 2 solo, .5 sacks

2018:
9 games; 17 tackles, 7 solo, 1 sack, 1 FF, 3 TFL

2019 SEASON REVIEW

INDIVIDUAL HONORS

NFF Hampshire Honor Society 2021:

Cooper Gorski, WR
Zac Hunter, WR
Derrick Terrazzano, DL
Matt Tosone, DB

NFF Hampshire Honor Society 2020:

DJ Hersom, RB
Dave Lyons, LB
CJ Perrino, OL
Nick Photos, DL

All-MASCAC (First Team) 2019 (Not awarded 2020):

Matt Shea, DB
Nick Cusano, OL
DJ Hersom, RB

All-MASCAC (Second Team) 2019 (Not awarded 2020):

Brandt O'Hara, OL
David Hamilton, RB

MASCAC Fall Sportsmanship Team, 2019

(Not awarded 2020):
Matt Tosone, DB

MASCAC All-Academic Team Fall-Winter 2020:

Kyle Almeida	Kade Kuliga
Cooper Bartlett	Brett Lavanchy
Gabe Boro	Austin Lynn
Thanos Boulukos	Luke MacNeil
Niko Bouzakis	John Marsden
Jake Canelas	Seth Mullen
Owen Clary	Joshua Ozoria
Andrew Consalvo	Christian Paillet
Rich Corelli	Tanner Plourde
Andrew Cote	Jon Proia
Ryan Coyle	Nick Rendon
Tracy Cristiano	Connor Robert
Samuel Cross	Manny Sanchez
Collin Crowe	Peyton Sarmir
Dan DiMinno	Jaquan Seme
Rowan Drew	Cody Sheehan
Joshua Goff	Mark Slider
Cooper Gorski	Matteo Spadea
Matayo Grondin	Michael Terrazzano
Jyaire Hatcher	Deklan Thurston
Conor Hiner	Matt Tosone
Trevor Hnyda	Drew Von Klock
Brady Hunt	Bryce Wronski
Marvin Josaphat	John Young
Ruchan Karagoz	Cole ZuWallack
Cade Kreider	



FINAL INDIVIDUAL LEADERS (2019)

KICKING	FG GOOD	FG ATT	FG PCT.	FG LONG	XP GOOD	XP ATT	XP PCT.						
Dan Carey*	4	6	67%	34	29	33	88%						
PASSING	COMP-ATT	PCT	YDS	TD	INT	LONG	EFFIC.	PUNTING	ATT	YDS	AVG.	LONG	INS. 20
Brett Lavanchy*	80-158	50.6%	939	10	2	70	118.9	Brett Lavanchy*	35	1303	37.23	61	12
RUSHING	ATT	YDS	YDS/G	AVG.	TD	LONG							
David Hamilton	163	923	92.3	5.7	9	44							
Nick Lancia	131	565	56.5	4.3	7	15							
Vito Aleo	28	129	21.5	4.6	2	15							
RECEIVING	REC.	YDS	YDS/G	AVG.	TD	LONG	KICK RETURNS	RET.	YDS	AVG.	TD	LONG	
Terrell Lewis*	11	261	26.1	23.7	3	70	Christian Paillet*	9	202	22.4	0	40	
Max Osgood	12	135	15.0	11.3	2	26	Gavin Moody*	2	55	27.5	0	28	
Gavin Moody*	7	84	14.0	12.0	2	17	Ryan Milliken*	2	88	44.0	0	52	
Zach Harris*	7	79	7.9	11.3	0	23	PUNT RETURNS	RET.	YDS	AVG.	TD	LONG	
							Terrell Lewis*	2	29	14.5	0	23	
							Joey Cassella	2	26	13.0	0	15	

DEFENSIVE LEADERS	Tackles							Fumbles	
	Solo	Asst.	Total	TFL	Sack	INT	BrUp	Rec.	Forc.
Matt Shea	63	36	99.0	--	--	2	6	--	--
Elijah Bussell	33	30	63.0	6.5	--	--	---	1	3
Matt Tosone	39	22	61.0	1.5	--	--	5	--	1
Eric Smith	28	25	53.0	5	1	1	1	1	1
Kayden Baillargeon*	33	11	44.0	2	--	2	8	--	--
David Salazar*	29	14	43.0	0.5	--	--	3	1	--
Dave Lyons	27	12	39.0	1.5	--	--	--	--	--
Joey Cassella	30	8	38.0	---	--	2	2	--	--

* - Returning for 2021 season





EXPLORE PLYMOUTH STATE UNIVERSITY

Our interactive on-campus events provide you with opportunities to explore your academic and social interests, talk to members of our campus community, meet your future classmates, and have your questions answered. We also offer open house events specific to student athletes!

If you're ready to get a closer look into what makes the Plymouth State experience special, please sign up for an upcoming event!

Sign up today at
plymouth.edu/visit.





Advertising Space Available



SHOW YOUR PANTHER PRIDE!

Contact Dan Salzer

(603) 535-2779

dsalzer1@plymouth.edu

THANK YOU TO OUR SPONSORS!



BIEDERMAN'S

EMBRACE THE SANDWICH. CELEBRATE THE BEER. KISS THE MOOSE.

• EST. 1973 •

83 Main Street
Plymouth, NH

(603) 535-DELI (3354)

biedermans.com



CHASE ST. MARKET

SPIRITED PROVISIONS. ESSENTIAL SUPPLIES.

83 Main Street
Plymouth, NH

(603) 535-FOOD (3663)

chasestreetmarket.com

DUNKIN'

25 Tenney Mountain Hwy
Plymouth, NH

(603) 535-7622

dunkindonuts.com

WHERE ARE THEY NOW?

Numerous PSU Football players have gone on to enter the work force with outstanding positions. Below is a sampling of some of the professions entered by Panther Football Alumni.

EDUCATION / COACHING / ATHLETIC ADMINISTRATION

Vaughn Beckwith, 2005

Physical Education Teacher / Head Football Coach, Kennett High School, Conway, NH

Chris Belmont, 2005

Physical Education Teacher / Assistant Football Coach, Lincoln-Sudbury (MA) High School, 2011 National Teacher of the Year

Jim Davis, 1985 (Ret.)

Director of Athletics, Physical Education and Student Activities, Belmont, MA Public Schools

Kevin Hebert, 2000

Athletic Director, CAA/Head Football Coach, Spaulding High School, Rochester, NH

Brady Largy, 2008

Assistant Principal, Cawley Middle School, Hooksett, NH

Paul LaPolice, 1994

Head Football Coach, Ottawa REDBLACKS (Canadian Football League), Ottawa, Ontario

Theodore Moccia, 1984

Principal, Oxford Hills High School, South Paris, ME

Matthew MacLean, 2011

Head Coach/Teacher, Sandwich High School, Sandwich, MA

Matt McKinnon, 2008

Head Football Coach, Wethersfield High School, Wethersfield, CT

Scott Parseghian, 1996

K-12 Wellness Director, Head Football Coach, Head Wrestling Coach, Wayland High School, Wayland, MA

Alex Sobolov, 2011

Director of Athletics, Newfound Regional High School, Bristol, NH

Steve Tirrell, 1988

Head Football Coach, Dean College, Franklin, MA

John Trisciani, 2009

Physical Education Teacher / Head Football Coach, Bishop Guertin High School, Nashua, NH

ENTREPRENEUR / BUSINESS OWNER

Adam Avedesian, 2013

Owner, Avedesian Landscaping L.L.C. / Landscape Contracting and General Construction, Methuen, MA

Steve Avedesian, 1986

Owner, Avedesian Landscaping L.L.C. / Landscape Contracting and General Construction, Methuen, MA

Scott Biederman, 1975

Owner, Biederman's Deli and Pub, Plymouth, NH

Dave Fuccillo, 1982

President and Owner, D.P. Fuccillo Concrete Specialists, Falmouth, MA

Tom Proulx, 1975

Vice President and Chief Financial Officer, Proulx Oil and Propane, Newmarket, NH

John Tucker, 1975

Chief Executive Officer, scPharmaceuticals Burlington, MA

Nicholas Vailas, 1975

President, Bedford Ambulatory Surgical Center Bedford, NH Founder of CHAD (NH); East-West Football Game

FINANCE / INSURANCE

Dave Anctil, 1973

Account Executive, Profile Insurance Group, Rochester, NH

Chris McCormack, 1988

Head of Group Insurance and Risk, Reed Elsevier Inc., Newton, MA

Dave Poulin, 1985

Financial Advisor, Senior Portfolio Manager, Portfolio Focus at RBC Wealth Management

Steve Scott, 1993

Insurance Adjuster, Eastern Adjustment Co., Brockton, MA
Defensive Coordinator, Curry College, Milton, MA

LAW ENFORCEMENT

Scott Allen, 1993

Chief of Police, East Bridgewater Police Department, East Bridgewater, MA

John DiPasquale, 2006

State Special Police Office, Boston University Medical Campus, Boston, MA / Sergeant, US Army Reserves

Aaron Ellston, 2008

Police Officer, Manchester Police Department, Manchester, NH

Joe Esposito, 2018

Police Officer, Manchester Police Department, Manchester, NH

Cory Gaff, 2014

Enrolled Massachusetts State Police Academy, New Braintree, MA

Steve Henry

Police Officer, Tilton Police Department, Tilton, NH

Eric Rajkowski, 2013

Enrolled Massachusetts State Police Academy, New Braintree, MA

Eric Shirley, 1990

State Trooper, New Hampshire State Police

Dan Thau

Sergeant, Metropolitan Police, Washington, DC

Andrew Vollaro, 2016

Patrolman, New Boston Police Department, New Boston, NH

MEDIA / FILM / COMMUNICATIONS

David Dyer, 2008

Sports Writer, Kennebec Journal, Augusta, ME

Vinny Manfrate, 2013

Journalist Hippo Press / Script Writer, Manchester, NH

SALES / MANAGEMENT

Ryan Harrington, 2009

Recruiter, Travel Nurse Division, CoreMedical Group, Salem, NH

Brian Keenan, 2009

Product Specialist, Utility, Overhead Distribution, Burndy, L.L.C., Manchester, NH

Steven Krasinski, 1992

District Sales Manager at GlaxoSmithKline, Pharmaceutical Sales, Western / North-Central MA

Justin Smith, 2008

New Hampshire Sales Territory Manager, Stadium System, Canaan, CT (Athletic Equipment Sales and Reconditioning)

Doug Martin, 2004

Principal, Colliers International Commercial Real Estate, Manchester, NH

Matt Bailey, 2013

Key Account Sales Representative for UnitedHealth Group, Boston, MA

TRADE / UNION WORK

Jeff Ethier, 2009

Linesman, International Brotherhood of Electrical Workers Local #104

STRENGTH COACHING

David Feeley, 2004

Director of Strength & Conditioning for Football at University of Miami, Miami, FL

Aaron Getz, 2011

Assistant Sports Performance Coach, Duke University Football, Durham, NC

Mike Gittleston, 1977

Former Weight Training & Conditioning Coach, University of Michigan, Ann Arbor, MI; 2003 National Collegiate Football Strength and Conditioning Coach of the Year

Greg Johnson, 2002

Founder, Varimex Fitness, Sacramento, CA; 2015 Life Fitness Trainer of the Year

Brandon Hourigan, 1995

Director of Sports Performance (Football), Wake Forest University, Winston-Salem, NC

Jim McGuire, 2010

Head Strength & Conditioning Coach, Fitchburg State University, Fitchburg, MA

Ryan Bellerose, 2016

Assistant Strength Coach, Vanderbilt University, Nashville, TN

ENVIRONMENTAL

Tim Butler, 2007

Technical Investigator, Energi Ins. Services; Peabody, MA

MILITARY

Justin Kane, 2012

Sergeant, US Army, Schofield Barracks, Oahu, Hawaii, Infantry Mortarman, Fire Detection Services

PLYMOUTH STATE FOOTBALL HISTORY

ALL TIME SEASON RECORDS

Year	Head Coach	Record	Postseason
2020	Paul Castonia	N/A (COVID)	
2019	Paul Castonia	6-4	
2018	Paul Castonia	6-4	
2017	Paul Castonia	9-2	NCAA
2016	Paul Castonia	6-4	
2015	Paul Castonia	2-8	
2014	Paul Castonia	1-9	
2013	Paul Castonia	2-8	
2012	Paul Castonia	2-8	
2011	Paul Castonia	4-6	
2010	Paul Castonia	6-4	
2009	Paul Castonia	8-3	ECAC
2008	Paul Castonia	10-2	NCAA
2007	Paul Castonia	9-1	ECAC Champions
2006	Paul Castonia	4-5	
2005	Paul Castonia	4-6	
2004	Paul Castonia	1-8	
2003	Paul Castonia	0-10	
2002	Chris Rorke	0-10	
2001	Chris Rorke	7-3	
2000	Chris Rorke	5-5	
1999	Chris Rorke	8-3	ECAC Champions
1998	Mike Kemp	7-4	ECAC
1997	Mike Kemp	7-4	ECAC
1996	Mike Kemp	5-4	
1995	Don Brown	9-1	NCAA
1994	Don Brown	10-1	NCAA 2nd Round
1993	Don Brown	6-4	ECAC
1992	Lou Desloges	4-4-1	
1991	Lou Desloges	6-3-1	ECAC
1990	Lou Desloges	9-2	ECAC
1989	Lou Desloges	7-2	
1988	Lou Desloges	10-1	ECAC
1987	Lou Desloges	10-1	ECAC Champions
1986	Lou Desloges	9-2-1	ECAC
1985	Jay Cottone	8-3	ECAC
1984	Jay Cottone	10-1	NCAA
1983	Jay Cottone	9-2	ECAC Champions
1982	Jay Cottone	10-0	
1981	Jay Cottone	9-1	
1980	Jim Aguiar	6-3-1	
1979	Dan Zaneski	4-6	
1978	Dan Zaneski	3-6	
1977	Charlie Currier	2-6-1	
1976	Charlie Currier	5-4	
1975	Tom Bell	6-4	
1974	Tom Bell	7-1-1	
1973	Tom Bell	6-2	
1972	Tom Bell	4-2-1	
1971	Walter Murphy	5-3	
1970	Walter Murphy	0-3	

NCAA PLAYOFF RESULTS W-1, L-5

1984	Union 26, PSC 14
1994	PSC 19, Kings Point 18 Ithaca 22, PSC 7
1995	Union 24, PSC 7
2008	Cortland State 31, PSU 14
2017	Brockport 66, PSU 0



ECAC PLAYOFF RESULTS W-4, L-9



1983	New England	PSC 35, Mass. Maritime 24
1985	North	University at Albany 33, PSC 21
1986	North	Alfred 30, PSC 3
1987	North	PSC 13, Ithaca 12
1988	North	Coast Guard 31, PSC 14
1990	North	Union 33, PSC 19
1991	Northwest	Cortland State 21, PSC 6
1993	Northwest	Rensselaer 13, PSC 0
1997	Northwest	Buffalo State 21, PSC 17
1998	Northeast	Salve Regina 36, PSC 6
1999	Northeast	PSC 13, Salve Regina 7
2007	North Atlantic	PSU 24, Bridgewater State 21
2009	Northeast	Springfield 42, PSU 13

CAREER RUSHING LEADERS

SINGLE SEASON RUSHING LEADERS

	Year	Att.	Yards	Avg.	TD
Jeff Mack	2008	284	1779	6.3	20
Joe Dudek	1985	216	1615	7.4	24
Joe Dudek	1984	199	1378	6.9	21
Jeff Mack	2007	242	1353	5.6	14
Shawn Redburn	1996	194	1208	6.2	16
Joe Dudek	1983	212	1204	5.6	12
Matt Friedman	1993	249	1179	4.7	8
Joe Dudek	1982	123	1094	8.9	16
Bill Flynn	1979	229	1068	4.7	10
Russ Massahos	1999	207	1042	5.0	12

Name	Years	Att.	Yards	Avg.	TD
Joe Dudek	1982-85	750	5291	7.1	73
Jeff Mack	2004-08	710	3944	5.6	43
Russ Massahos	1998-01	707	3276	4.6	36
David Hamilton	2016-19	562	2589	4.6	25
Shawn Redburn	1994-96	437	2583	5.9	27
Matt Friedman	1991-93	479	2503	5.2	18
Andrew Foglia	2010-13	571	2503	4.4	19
Tracey Manter	1987-90	429	2244	5.2	14
John DeMarco	2005-08	523	1932	3.7	35
Ty Long	2009-10	302	1565	5.2	7
Mitch Banuskevich	2015-18	365	1435	3.9	9
Brandon Clough	2005-08	271	1328	4.9	12
J.J. Brooks	2007-10	335	1219	3.6	19
Dwayne Anderson	1980-82	235	1143	4.9	8
David Bowman	1993-94	251	1124	4.5	13
Jim Paltanawick	1981-84	258	1115	4.3	9
Bill Flynn	1979	229	1068	4.7	10

PLYMOUTH STATE CONFERENCE HONORS

ECAC PLAYER OF THE YEAR

1994	Joel Perry	QB
1990	Matt Jozokos	QB
1988	Pat McAniff	LB
1985	Joe Dudek	RB
1984	Joe Dudek	RB

ECAC ROOKIE OF THE YEAR

2004	Adam Long	TE
1987	Matt Jozokos	QB
1982	Joe Dudek	RB

FFC PLAYER OF THE YEAR

2003	Dan Fallon	DB
	(Rookie)	
1999	Colt Meredith	DB
	(Defense)	
	Matt Simpson	QB
	(Rookie)	
1997	Dave Gibson	LB
	(Defense)	
	Brent Bardellini	PR
	(Special Teams)	
1995	Colby Compton	LB
	(Defense)	
	Joel Perry	QB
	(Offense)	
1994	Colby Compton	LB
	(Defense)	
	Joel Perry	QB
	(Offense)	

MASCAC DEFENSIVE PLAYER OF THE YEAR

2017	Zach Ziemba	DB
------	-------------	----

MASCAC DEFENSIVE ROOKIE OF THE YEAR

2016	Prince Gbaley	DB
------	---------------	----

MASCAC OFFENSIVE ROOKIE OF THE YEAR

2015	Brandonn Drumgole	WR
------	-------------------	----

NEFC COACH OF THE YEAR

2007	Paul Castonia	
------	---------------	--

MASCAC COACH OF THE YEAR

2017	Paul Castonia	
2016	Paul Castonia	

FFC COACH OF THE YEAR

1995	Don Brown	
1994	Don Brown	
1993	Don Brown	

FIRST TEAM MASCAC ALL-STARS

2019	Matt Shea	DB
	Nick Cusano	OL
	DJ Hersom	RB
2018	Mitch Banuskevich	DB
	Jeremy Martin	P
	Jeremy Martin	K
	Nick Cusano	OL
2017	Zach Ziemba	DB
	Blair Zentek	DB
	Joe Esposito	DL

FIRST TEAM NEFC ALL-STARS

2012	Matt Fiore	DL
2011	Christian Mulcahy*	DB
2010	Brian Castellucci	LB
	Nick Fuccillio	C
2009	Alex Battaglini	DL
	Brian Castellucci	LB
	Zac Duval*	OL
	Christian Mulcahy	RS
	Zach Parsons	S
	Nick Provost	P
	Jim Sestito	DL
	Alex Smith	WR
	Matt Vahey	OL
2008	Jeff Mack*	RB
	Tim Nicholson	TE
	Joe Duval*	OL
	Zac Duval	OL
	Justin Jarvis	DL
	Jim Sestito	DL
	Brian Keenan	LB
	Kevin Whalen*	LB
2007	Jeff Mack	RB
	Adam Long	TE
	Craig Baird*	C
	Justin Smith	DL
	Brad Largy	P
2006	Jeff Ethier	DL
	Dan Fallon	DB
	Joe Fellini	OL
1991	Chris McMahon	OG
	Jay Chabot#	PK
	Joe Barressi	P
	Scott Allen*#	LB
	Mike Giard	DB
	Steve Krasinski*	DE
1990	Matt Jozokos	QB
	Eric Ball#	OT
	Jay Chabot	PK
	Sean Holt	NG
	Pete D'Agostino	LB
	Charles Struckel#	DB
1988	Matt Jozokos*#	QB
	Paul Belanger*	WR
	Eric Ball*	OT
	Chris McCormack*	C
	Scott Fillion	DE
	Steve Tirrell*	DT
	Pat McAniff*#	LB
	Craig Burns*	CB
1987	Matt Jozokos	QB
	Paul Belanger	WR
	Chris McCormack	C
	Brian Harrington	PK
	Leo Cooney	DE
	Tim Marini	DT
	Pat McAniff	LB
	Bob Conti*	DB
1986	Eric Shirley	OG
	Leo Cooney	DE
	Tim Marini	DT
	Bob Conti	DB
	John Sullivan*	DB
1985	Joe Dudek*#	RB
	Dave Watson*#	OT
	Pat McAniff*#	LB
	Keith Godbout*#	DT

	Rich Minehan	OG
	John Sullivan	DB
	John Tucker	DE
1984	Joe Dudek*#	RB
	Larry Cummings*	QB
	Ed Iodice*#	DB
	John Posiviata*	WR
	Glenn Segalla*#	LB
	Ken Vancini	OG
	Dave Watson*#	OT
	John DeStefanis	DE
	Scott Anson*	TE
1983	Joe Dudek*#	RB
	John Posiviata	WR
	Scott Anson*	TE
	Ted Moccia*#	C
	Gerald Perreault	OT
	Mike Cuomo*	DE
	Glenn Segalla	LB
	Ed Iodice	DB
1982	Joe Dudek*#	RB
	Scott Anson	TE
	Kevin Bradley	QB
	Ron Simmons	OG
	Ted Moccia	C
	John McNulty*#	DT
	Paul Hirschfield	DT
	Rob May	NG
	Mike Cuomo	DE
	Mark Barrows*#	MLB
	Ed Iodice	DB
1981	Lee Richard*	DB
	Duane Dahlheimer	DB
	Dave Fuccillo	OG
	George Gifford	OT
	Paul Hirshfield*	DT
	John McNulty	DT
	Tim Keliher*	MLB
1980	Ernie Genice	WR
	Ron Simmons*#	MLB
	Steve Bonoli	NG
1979	Bill Flynn	RB
	Dan Owens	TE
	Charlie Brown	C
	Mark Taylor	OT
1978	Rick Kilekas	MLB
1977	Rick Kilekas	MLB
1976	Robin Carrera	DB
	Bill Hay	OG
	Rick Kilekas	MLB
	Skip Capone	DT
1975	Gary Boyle	HB
	Robin Carrera	DB
	Bill Stumpf*#	OLB
	Tom Williams	PK
1974	Arthur Irzyk	DB
	Bob Gibson*#	DB
1972	Jamie Fish	WR
	Les Wolfgram	RB
	Don Sweet	DT
	Arthur Irzyk	DB
	Bob Gibson	DB
1971	Bill Bullock	OT
	Wes Wolfgram	RB
	Bob Gibson	DB
	Ed Small	DT
	Tom Cassese	MLB

FIRST TEAM FFC ALL-STARS

2002	Tim Boothroyd	LB
	Chris Holton	WR
2001	Chris Kelliher*	LB
	Russ Massahos	RB
	Mike Pelletier*	DB
	John Walters*#	TE
	Chad Zibolis	OL
2000	Chris Belmont	OL
	Chris Kelliher*	LB
1999	Chris Belmont*	OL
	Jason Marcell	DB
	Russ Massahos	RB
	John McLaughlin	DB
	Colt Meredith*#	DB
	Sean Murphy *	DE
	Charlie Schubert	WR
1998	Brent Bardellini	KR
	Joel Carey*	WR
	John McLaughlin	DB
	Colt Meredith*	DB
	Sean Murphy	DE
1997	Brian Arakelian	OL
	Joe Attubato*	DL
	Brent Bardellini	WR,PR
	Rocky Criscone	LB
	Paul D'Ascoli*	PK
	Dave Gibson*#	LB
	Matt Horan*	OL
	Jose Raymond	RB
	Marc Turcotte*	DB
1996	Chris Beaulé*	TE
	Rocco Criscone	LB
	Dave Gibson*	LB
	Butch McCarthy	C
	Shawn Redburn	RB
1995	Brent Bardellini	PR
	Colby Compton*#	LB
	Paul D'Ascoli	PK
	Jason Friedman	DE
	Dave Gibson	LB
	Andy Lavigne	DB
	R.J. Letendre	WR
	Joel Perry	QB
	Shawn Redburn	RB
	Jeff Ziegler*#	OL
1994	Colby Compton#	LB
	Paul D'Ascoli	PK
	Brandon Hourigan	OL
	R.J. Letendre	WR
	John Morley	DE
	Joel Perry	QB
	Jon Podgorni	OL
1993	Colby Compton*	LB
	Matt Friedman	RB
	PJ Hanson	DB
	Matt Moore*	OT
	Mark Sawicki	OG
1992	Doug Cantrell	WR
	Mike Giard	DB
	Tony Reddington	OG

PLYMOUTH STATE FOOTBALL ALL-AMERICANS



Bob Gibson - DB
1974 Kodak
All-American



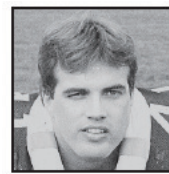
Fred Quinlan - OG
1974, 1975 NAIA
All-American
1975 AP Honorable Mention



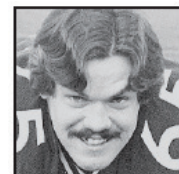
Bill Stumpf - OLB
1974 NAIA
Honorable Mention



Lee Richard - DB
1980 CoSIDA
Honorable Mention



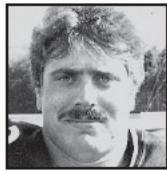
Mark Barrows - LB
1982 Kodak All-American
CoSIDA 2nd Team,
AP Hon. Mention



John McNulty - DT
1982 CoSIDA 3rd Team
AP Honorable Mention



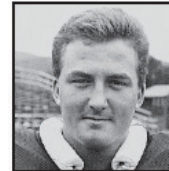
Ron Simmons - OT
1982 CoSIDA 3rd Team
AP Honorable Mention



Ted Moccia - C
1983 CoSIDA
Honorable Mention



Ed Iodice - DB
1984 Pizza Hut 1st Team



Glenn Segalla - LB
1984 Pizza Hut 3rd Team



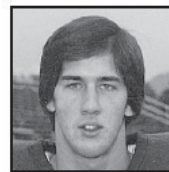
John Posiviata - WR
1984 Pizza Hut
Honorable Mention



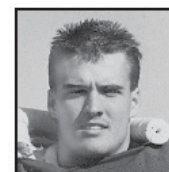
Dave Watson - OT
1984 Pizza Hut 2nd Team
1985 Pizza Hut 1st Team



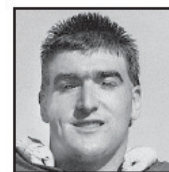
Pat McAniff - LB
1985 Pizza Hut 3rd Team
1988 Pizza Hut 1st Team



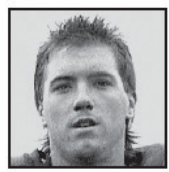
Joe Dudek - RB
1982 CoSIDA 2nd Team,
AP Hon. Ment.,
1983 Kodak, CoSIDA 1st Team,
1985-86 Kodak Pizza Hut 1st Team,
AP Little All-American,
"Football News", 9th in 1985 Heisman
Trophy Balloting



Bob Mudge - DE
1986 Pizza Hut
Honorable Mention



John Sullivan - CB
1986 Pizza Hut
Honorable Mention
"Football News" 2nd Team



Matt Jozokos - QB
1988 Pizza Hut 3rd Team
1989 Pizza Hut
Honorable Mention



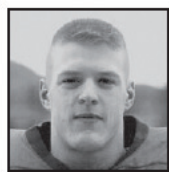
Paul Belanger - WR
1989 Pizza Hut
Honorable Mention



Scott Allen - LB
1991 Champion Div. III
1st Team



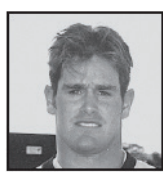
Steve Krasinski - DE
1991 Champion Div. III
Honorable Mention



Colby Compton - LB
1994 CoSIDA 1st Team,
Football News 1st Team,
A.P. Second Team,
1995 AFCA 1st Team,
Hewlett Packard/CoSIDA 2nd Team



Jeff Ziegler - OT
1995 Hewlett Packard
CoSIDA 3rd Team



Dave Gibson - LB
1997 Don Hansen's
FB Gazette Second Team,
Hewlett Packard/CoSIDA
3rd Team



Colt Meredith - DB
1999 Hewlett-Packard/
CoSIDA Honorable Mention



John Walters - TE
2001 Hewlett-Packard/
CoSIDA 3rd Team
2001 Football Gazette
3rd Team



Zac Duval - OL
2009 D3Football.com
Honorable Mention

PLYMOUTH STATE FOOTBALL AWARDS

CHARLES CURRIER AWARD

Presented annually for outstanding dedication, desire and hustle.

2019 - Nick Cusano	2000 - Mike Donahue
2018 - Grant McGregor	1999 - Dan Demuth
2017 - Andrew Romeo	1998 - Jason Lussier
2016 - Brad Drewek	1997 - Jeff Goode
2015 - Ryan Bellerose	1996 - Shawn Redburn
2014 - Ryan Bellerose	1995 - Paul Drone
2013 - Gregg Callanan	1994 - Jack Dalton
2012 - Dustin Matthews	1993 - John Barry
2011 - Justin Kane	1992 - Paul Landry
2010 - Zack Parsons,	1991 - Greg Demetri
Aaron Getz	1990 - Tony Mann
2009 - Zac Duval	1989 - Fred Pimental
2008 - Jeff Mack	1988 - Dave Notte
2007 - Craig Baird	1987 - Paul Sheehan
2006 - Joe Fellini	1986 - Tom Lamb
2005 - Joe Fellini	1985 - Bill Troy
2004 - Joe Fellini	1984 - Bob Batson
2003 - Jeff Robinson	1983 - Ted Moccia
2002 - Justin Falite	1982 - Ron Simmons
2001 - Cory Skillin	

WALTER L. MURPHY COACHES AWARD

Presented in recognition of outstanding leadership and dedication as a teacher, motivator and mentor.

Award suspended after 2016

2016 - Tyler Scudder	2003 - Jay Foster
2015 - Zach Parsons	2002 - Lou Desloges
2014 - Vaughn Beckwith	2001 - Christopher Clarke
2013 - David Feeley	2000 - Steve Tirrell
2012 - Devin Zeman	1999 - Don Brown
2011 - Paul Lavigne	1998 - Charles Currier
2010 - Kevin Bradley	1997 - Jay Cottone
2009 - Brian Murphy	1996 - Ted Moccia
2008 - Ken Osbon	1995 - Gary Emanuel
2007 - Mike McLaughlin	1994 - Skip Capone
2006 - John Bownes	1993 - Charles Lenahan
2005 - Tom Pabst	1992 - Walter L. Murphy
2004 - Nick Vailas	

DONALD P. WHARTON PRESIDENTIAL AWARD

Presented to senior football players who have overcome adversity and shown exceptional leadership, dedication and perseverance.

2019 -	David Hamilton, DJ Hersom, Brandt O'Hara, CJ Perrino, Matt Palma, Nick Lancia
2018 -	John Devlin, Zack Edwards, Malcolm Huesman
2017 -	Jack Howarth, Andrew Romeo, Blair Zentek, Zach Ziemba
2016 -	Brandon Mitchell, RJ Ramsden, Tyler Mahoney
2015 -	Mike Leonard, Ryan Bentley, Drew Bolton
2014 -	Drew Bolton
2013 -	Nate Dubois, Cory Gaff, Xander Fuccillo, Jake Matthews, Andrew Foglia
2012 -	Matt Bailey, Paul Capaldo, Andrew Foglia, Ray Boulay, Eric Rajkowski, Dave Button
2011 -	Chris Corey, Chad Croteau
2010 -	Brendan Fontaine, Matt MacLean, Harry Fallon, Steve Campbell, Mike Bruning
2009 -	Bill Horan, Jim Sestito, Matt Vahey, Mike Vahey
2008 -	John DeMarco, Joe Duval, Tim Nicholson, Brandon Clough
2007 -	Adam Long, Donny Lewis, Drew Richardson
2006 -	John DiPasquale, Dana Flinders
2005 -	Sean Elwood, Caleb Hooker, Jake Meserve, Pat Quinlan

ROSS DEACHMAN AWARD

Presented annually to the underclassmen who made the most significant contributions to the offense and defense.

2019 -	Brett Lavanchy (O), Matt Tosone (D)
2018 -	Nick Cusano (O) Zac Garside (D)
2017 -	Mitch Banuskevich (O) Matt Shea (D)
2016 -	Mitch Banuskevich (O) Blair Zentek (D)
2015 -	Zack Edwards (O) Zach Ziemba (D)
2014 -	Rick Ordway (O) Sam Bellamy (D)
2013 -	Ryan Bellerose (O) Mike Leonard (D) Rick Ordway (D)
2012 -	Zac Iovanella (O) Gregg Callanan (O) Josh Morgan (D)
2011 -	Dave Button (O) Peter LaBreck (D)
2010 -	Joel Mignault (O) Ray Boulay (D)
2009 -	J.J. Brooks (O) Brain Castellucci (D)
2008 -	Matt Vahey (O) Mike Vahey (O) Nick Fuccillo (O) Aaron Ashburner (O) Jim Sestito (D)
2007 -	Jeff Mack (O) Justin Jarvis (D)
2006 -	Jeff Mack (O) Mike Lannon (D)
2005 -	Joe Duval (O) Jeff Ethier (D)
2004 -	Tye Seastedt (O) Tim Butler (D)
2003 -	Joe Fellini (O) Dana Flanders (O) Scott Viscardi (D)
2002 -	Harry Payne (O) Brian Francis (D)
2001 -	Mike Bicchieri (O) Shawn McGowan (D)
2000 -	Bobby Maylone (D)
1999 -	Chris Belmont (O) Jason Marcell (D)
1998 -	Chris Belmont (O) Colt Meredith (D)
1997 -	Bryan Sinatro (O) Kevin Hebert (D)
1996 -	Brian Arakelian (O) Joe Attubato (D)
1995 -	Jeff Ziegler (O) Dave Gibson (D)
1994 -	R.J. Letendre (O) Andy Lavigne (D)

PLYMOUTH STATE FOOTBALL AWARDS

FRED MADORE AWARD

Presented to the player who best epitomizes the hard-nosed tradition, gritty determination and competitiveness of Plymouth State Football.

2019 – Matt Shea
2018 – Mitch Banuskevich
2017 – Chris Kelly
2016 – Rick Ordway
2015 – Rick Ordway
2014 – Rob Giles
2013 – Zac Iovanella
2012 – Matt Fiore
2011 – Matt Fiore
2010 – Dan Kelly
2009 – Alex Smith
2008 – Ryan Harrington, Justin Jarvis
2007 – Brad Largy, Justin Smith
2006 – Dan Fallon
2005 – Dan Fallon
2004 – Pat Quinlan
2003 – Matt Coddaira, Jay Zinis
2002 – Shawn Boyle
2001 – Bobby Maylone
2000 – Chris Belmont
1999 – John McLaughlin
1998 – Sam Carey
1997 – Jose Raymond
1996 – Butch McCarthy
1995 – Mike Rauner
1994 – Toby Cloutier
1993 – Paul Carlow

LOU DESLOGES AWARD

Awarded to a person affiliated with the Plymouth State Football program who embodies the best qualities of Coach Lou Desloges - exceptional toughness, loyalty and kindness.

2019 – Geoff McGlone
2018 – Devin Zeman
2017 – Lou Desloges

JASON D. HOLDER AWARD

Presented annually to the Most Valuable Player in the Homecoming Game.

2019 – Matt Shea
2018 – Mitch Banuskevich
2017 – Johnny Delvin
2016 – Blair Zentek
2015 – Zack Edwards
2014 – Joe Walsh
2013 – Sam Bellamy
2012 – Josh Morgan
2011 – Ray Boulay
2010 – Brian Castellucci
2009 – J.J. Brooks
2008 – Jeff Mack
2007 – John DeMarco
2006 – Mike Lannon
2005 – Dan Fallon
2004 – Pat Quinlan
2003 – Dan Fallon
2002 – Tim Boothroyd
2001 – Mike Pelletier
2000 – Jason Marcell
1999 – Russ Massahos
1998 – Matt Botz
1997 – Offensive Line
1996 – Shawn Redburn & Andy Jackson
1995 – Tyler Moore
1994 – Joel Perry
1993 – Toby Cloutier
1992 – P.J. Hanson
1991 – Paul Landry
1990 – Matt Jozokos
1989 – Tracey Manter
1988 – Paul Belanger
1987 – Matt Jozokos
1986 – Tim Marini
1985 – Joe Dudek
1984 – Joe Dudek
1983 – Gary Turgeon
1982 – Scott Anson
1981 – Lee Richard
1980 – Lee Richard
1979 – Bill Flynn
1978 – Richard Kilekas
1977 – Robin Carrera
1976 – Mike Kelly
1975 – Skip Capone
1974 – John L. Sullivan
1973 – Les Wolfgram
1972 – James Anctil
1971 – Les Wolfgram
1970 – Steve Barjiel

JAMES HAMILTON AWARD

Presented annually for outstanding contribution to the defense and for displaying spirit, enthusiasm and desire.

2019 – Eric Smith
2018 – Matt Shea
2017 – Joe Esposito
2016 – Zach Ziemba
2015 – Zach Wilkins
2014 – Kyle Wilson
2013 – Josh Morgan
2012 – Wyatt Huston
2011 – Ray Boulay
2010 – Brian Castellucci
2009 – Alex Battaglino
2008 – Brian Keenan
2007 – Jeff Ethier
2006 – Tim Butler
2005 – Jake Meserve
2004 – Dan Fallon
2003 – Eric Lawless, Doug Martin
Erik Stanley
2002 – Jamey Funk
2001 – Jim Stacy
2000 – Seth Howard
1999 – Sean Murphy
1998 – Kevin Hebert
1997 – Bill Lawrence
1996 – Mark Crossman
1995 – Andy Lavigne
1994 – Jeff Jarry
1993 – R.J. Hanson
1992 – Ric Deignan
1991 – Chris Atwood,
Coach Christopher Clarke



MASSACHUSETTS STATE COLLEGIATE ATHLETIC CONFERENCE

577 Western Avenue • Westfield, MA 01085

Angela Baumann

Commissioner

413-572-8212

abaumann@westfield.ma.edu

Emily Loux

Director of Media Relations

413-572-8449

mascacinfo@westfield.ma.edu

Westfield, Mass.— The 2019 Massachusetts State Collegiate Athletic Conference Football regular season champion Framingham State has been tabbed picked by the coaches from around the league as the preseason favorite to win the 2021 crown after COVID cancelled the 2020 season.

Landing in fifth is Plymouth State with 35 points. The Panthers had a 4-4 mark in league play in 2019. Quarterback Brett Lavanchy threw 10 touchdown passes with 939 yards on 80 completions for the squad in 2019 and returns for the Panthers this season.

Eight of the nine MASCAC football teams begin their 2021 season this weekend, September 3 and 4 with non-conference play while Massachusetts Maritime kicks off their season on September 10.

Courtesy of MASCAC Media Relations

2019 MASCAC STANDINGS

	MASCAC	ALL
Framingham State	8-0	8-3
Western Conn. State	6-2	8-3
Bridgewater State	6-2	6-4
UMass Dartmouth	5-3	7-3
Plymouth State	4-4	6-4
Mass. Maritime	4-4	6-4
Westfield State	2-6	2-8
Fitchburg State	1-7	2-8
Worcester State	0-8	0-10

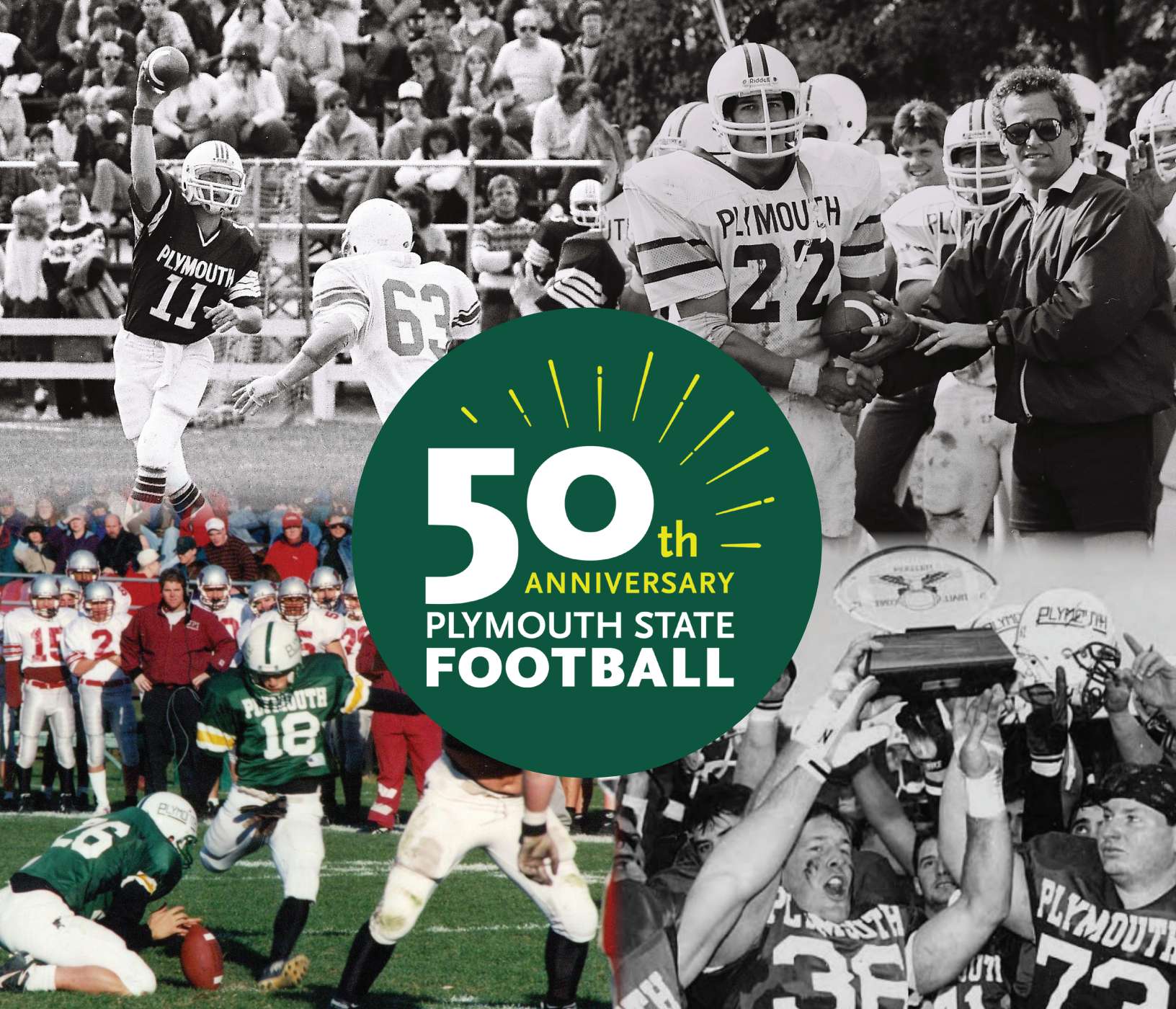
2021 MASCAC FOOTBALL PRESEASON COACHES' POLL

Rank	School (FPV)	Points
1	Framingham State (6)	59
2	Western Conn. State	53
3	Bridgewater State (1)	52
4	UMass Dartmouth (2)	46
5	Plymouth State	35
6	Mass. Maritime	34
7	Westfield State	18
8	Fitchburg State	17
9	Worcester State	10

PLYMOUTH STATE FOOTBALL CONFERENCE AFFILIATIONS

1971-91	New England Football Conference
1992-03	Freedom Football Conference
2004-05	Independent
2006-12	New England Football Conference
2013 -	Massachusetts State Collegiate Athletic Conference





50th
ANNIVERSARY
PLYMOUTH STATE
FOOTBALL

CELEBRATING 50 YEARS OF VARSITY FOOTBALL

