

# PLYMOUTH STATE PANTHERS



2023 FOOTBALL MEDIA GUIDE



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## 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 has much to offer the university community. The Panther sports programs afford students the opportunity to develop physically, emotionally, intellectually and socially. The athletics 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 the Morgridge Strength & Performance Lab. The 16,000 square foot, state-of-the-art facility provides student-athletes with ample space and equipment, including a 45-yard strip of artificial turf for rehab and speed training. Additionally, the Physical Education Center houses a swimming pool, 2,000-seat gymnasium, athletic training facility and offices, while the complex 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.

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Men's Basketball	Andrew Novick	603-535-2753
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Men's & Women's Cross Country	John Ostler	603-535-2752
Field Hockey	Molly Saunders	603-535-2759
Football	Paul Castonia	603-535-2761
Men's Ice Hockey	Craig Russell	603-535-2744
Women's Ice Hockey	Ben Chipman	603-535-2776
Men's Lacrosse	Mike Wilus	603-535-2764
Women's Lacrosse	Becky Dale	603-535-3015
Men's & Women's Skiing	Trevor Hamilton	603-535-2773
Men's Soccer	Rob Wright	603-535-2516
Women's Soccer	Peter Simonini	603-535-2732
Softball	Mike Bernier	603-535-3016
Men's & Women's Swimming	Anne Barbeau	603-535-2765
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Men's & Women's Track & Field	John Ostler	603-535-2752
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# PLYMOUTH STATE UNIVERSITY PANTHERS

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## 2023 SCHEDULE

### SEPT.

Sat. 2	at Castleton	1:00 pm
Sat. 9	<b>Univ. of New England</b>	12:00 pm
Sat. 16	at Bridgewater State	12:00 pm
Sat. 30	<b>Framingham State</b> Homecoming	12:00 pm

### OCT.

Sat. 7	at Western Connecticut State	4:00 pm
Sat. 14	<b>Fitchburg State</b>	12:00 pm
Sat. 21	<b>Worcester State</b>	12:00 pm
Sat. 28	at Westfield State	12:00 pm

### NOV.

Sat. 4	<b>Mass. Maritime</b> Senior Day	12:00 pm
Sat. 11	at UMass Dartmouth	12:00 pm



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# 2023 PSU FOOTBALL ROSTER

No.	Name	Yr.	Pos.	Ht.	Wt.	Hometown/Previous School	No.	Name	Yr.	Pos.	Ht.	Wt.	Hometown/Previous School
1	Robert Leveillee	Fr.	RB	5-9	179	Rumford, Maine / Mountain Valley	59	Frank Capaldo	Jr.	OL	5-11	267	Melrose, Mass. / Melrose
2	Jake Donahue	Gr.	WR	5-8	196	Hudson, N.H. / Alvirne	60	Brian Parbhoo	Fr.	OL	5-10	317	Brooklyn, N.Y. / Christ the King
3	Willie Lombard	Jr.	RB	5-9	170	Bridgewater, Mass. / Bridgewater-Raynham Regional	61	Charlie Palmer	Sr.	DL	5-10	272	New Providence, N.J. / New Providence
4	Icean Taylor	So.	RB	5-10	185	Manchester, N.H. / Manchester West / Post University	62	Mateo Caputo	Fr.	LS	5-7	200	East Haven, Conn. / East Haven
5	Mikey Levesque	Jr.	DB	6-0	182	Manchester, N.H. / Goffstown	63	Dan Vanamburgh	Fr.	LB	6-0	182	Ballston Spa, N.Y. / Ballston Spa
6	Seth DiSalvo	Jr.	K	5-11	202	North Andover, Mass. / North Andover	63	Joseph Vowles	Fr.	OL	5-8	247	Monahans, Texas / Monahans
7	Matteo Spadea	Sr.	LB	5-9	203	Weymouth, Mass. / Weymouth	64	Jackson Witchley	So.	OL	5-10	261	Brownfield, Maine / Fryeburg Academy
8	David Salazar	Gr.	LB	6-1	219	Waltham, Mass. / Newton North / Bridgeton Academy	65	Ahmed Kamara	Fr.	DL	5-10	267	Acton, Mass. / Acton Boxborough Regional
9	Kyle Baker	Sr.	WR	6-2	225	Pelham, N.H. / Bishop Guertin / WPI	66	Trent McDaniel	Jr.	DL	5-9	220	Victorville, Calif. / Oak Hills
10	Lane Davide	Jr.	DB	5-11	168	West Warwick, R.I. / West Warwick	66	Justin Roche	Fr.	OL	5-11	260	Pelham, N.H. / Pelham
11	Braden Lynn	Jr.	QB	6-2	224	Littleton, Mass. / Littleton	67	Ryan Wolenczuk	Fr.	OL	6-0	238	Morris, Ill. / Morris Community
12	Gustavo Regalado	Jr.	DB	5-10	203	Lawrence, Mass. / Greater Lawrence Technical	68	Jack Claeys	Fr.	OL	5-10	224	Melrose, Mass. / Melrose
13	Nikos Bouzakis	Sr.	WR	6-0	208	Farmington, Conn. / Farmington	69	Sam Merrill	Fr.	LS	5-9	151	Peabody, Mass. / Peabody
14	Mitchell Cripps	So.	WR	6-0	194	Dracut, Mass. / Dracut	70	Jason Osborne	Fr.	OL	6-1	275	Andover, Mass. / Andover
15	Alex Flynn	Jr.	DL	6-2	245	Walpole, N.H. / Fall Mountain Regional / Southern Conn.	71	Teddy Fellows	Jr.	OL	6-1	272	Topsfield, Mass. / Masconomet Regional
16	Jacob Beninati	Fr.	QB	6-0	180	Sanford, Maine / Sanford	72	Khari Whitehead	Fr.	OL	5-11	246	Manchester, N.H. / Manchester Central
16	Jake Dreyfus	So.	DB	5-8	160	Weymouth, Mass. / Archbishop Williams	73	Michael Pesiridis	Jr.	OL	5-8	274	Arlington, Mass. / Arlington
17	Aaric Adams, Jr.	Jr.	LB	6-0	222	Boscawen, N.H. / Merrimack Valley	74	Patrick Rush	Sr.	OL	6-3	262	Farmingdale, Maine / Hall-Dale
18	Jonah Bassett	Fr.	WR	5-9	172	Rutland, Vt. / Rutland	75	Sean Quinn	So.	OL	6-3	273	Norwood, Mass. / Norwood
19	Sam Weidemier	So.	DB	5-11	164	Watertown, Conn. / Watertown	76	Jarrett Lamoureux	So.	OL	5-11	241	Concord, N.H. / Tilton School / Southern Conn.
20	Caden Dubiel	So.	DB	5-7	179	Swampscott, Mass. / Swampscott	77	Michael Smolan	Sr.	OL	6-1	274	Wakefield, R.I. / Bishop Hendricken
21	Josh Crosswhite	Jr.	DB	6-2	210	Littleton, Mass. / Littleton	79	Josh Pope	Fr.	OL	6-0	231	Warwick, R.I. / Coventry
22	Emmanuel Ughu	Jr.	DL	6-1	249	Milford, N.H. / Milford	79	Patrick Rudnisky	Fr.	DL	6-2	324	Boston, Mass. / Catholic Memorial
24	Tyler Kayo	Sr.	RB	6-7	220	Londonderry, N.H. / Londonderry	80	Derek Thomas	Fr.	WR	5-10	173	Glastonbury, Conn. / Glastonbury
25	John Ogden	Fr.	DB	5-10	169	Arundel, Maine / Kennebunk	81	Jon Proia	Sr.	TE	6-2	247	North Chelmsford, Mass. / Chelmsford
26	Beau Fellows	Fr.	DB	5-10	165	Topsfield, Mass. / Masconomet Regional	82	Jacob Morris	Fr.	TE	6-5	236	Kennebunk, Maine / Kennebunk
27	Luc Normandeau	Sr.	DB	6-1	198	Dover, N.H. / Dover	83	Zach Hodge	So.	WR	5-11	193	Springfield, N.H. / Kearsarge Regional
28	Shea McClellan	So.	RB	5-8	206	Abington, Mass. / Abington	84	Pat Grimmatt	Fr.	LB	6-0	205	Bridgewater, Mass. / Bristol-Plymouth Reg. Tech.
29	Seamus Murphy	So.	DB	6-0	201	Norwich, Vt. / Hanover (N.H.)	85	Max Bonanno	Jr.	LB	5-10	219	Waltham, Mass. / Brighton Academy / Nichols College
30	Tyler Gleifert	Sr.	RB	5-10	229	Bristol, Conn. / Bristol Eastern	85	Henry D'Antonio	Fr.	TE	6-2	209	Kingston, N.H. / Sanborn Regional
31	Shawn Harrington	So.	RB	5-11	222	South Weymouth, Mass. / Archbishop Williams	86	Seth Rollins	Fr.	DB	5-10	154	Moultonborough, N.H. / Moultonborough Academy
32	Matthew Griffing	Jr.	RB	5-8	201	West Brookfield, Mass. / Quabog Regional	87	Tim Blair	So.	TE	6-3	260	Danbury, Conn. / Immaculate
33	Ryan Fleming	So.	DL	6-4	232	Boxborough, Mass. / Acton-Boxborough Regional	87	Kevin Saturno	So.	LB	5-11	207	Wolcott, Conn. / Wolcott
34	Jack Cataldi	Fr.	RB	5-9	180	Kennebunk, Maine / Kennebunk	88	Bryan Warren	Gr.	TE	6-2	254	Pine Bush, N.Y. / Pine Bush
35	Reece Davis	Fr.	RB	5-11	186	Livermore, Maine / Spruce Mountain	89	Matt Robinson	Fr.	LB	5-11	202	Farmingdale, N.Y. / Farmingdale
36	Quinn Rotche	So.	DB	6-1	188	Ann Arbor, Mich. / Father Gabriel Richard	90	Cooper Bartlett	Sr.	DL	5-10	236	Londonderry, N.H. / Londonderry
37	William Thomson	Fr.	LB	6-0	183	Lee, Mass. / Lee	91	Daunte Dixon	Fr.	DL	5-11	226	Rochester, N.H. / Spaulding
38	Greg Berthiaume	Fr.	DB	5-11	185	North Attleborough, Mass. / North Attleborough	92	Mike Terrazzano	Sr.	DL	5-11	256	Pelham, N.H. / Bishop Guertin
39	Ned Drena	Fr.	DB	5-11	189	Rochester, N.H. / Spaulding	93	Drew Cakouros	Fr.	LB	5-9	174	Milton, Mass. / Milton
40	Jyaire Hatcher	Gr.	DB	6-0	188	Uniondale, N.Y. / Uniondale	93	Reese Lopez	Fr.	K	5-10	233	Merrimack, N.H. / Merrimack
41	Adam Coletti	Fr.	LB	5-10	195	Ipswich, Mass. / Ipswich	94	Conner Sheehan	So.	P	6-0	202	Dover, N.H. / Dover
42	Jake Daniell	So.	LB	5-10	207	Woburn, Mass. / Woburn Memorial	95	Liam Faherty	Fr.	DL	6-5	198	Milton, Mass. / Milton
43	Daeon Lynch	Fr.	RB	5-9	212	Poughkeepsie, N.Y. / Arlington	96	Lucas Tremblay	Fr.	RB	5-8	220	Beverly, Mass. / Beverly
44	Evan Wilson	Jr.	LB	5-9	218	Derry, N.H. / Pinkerton Academy	97	Collin Crowe	Sr.	DL	5-10	234	Simsbury, Conn. / Simsbury
45	Luke MacNeil	Sr.	LB	5-11	228	Northbridge, Mass. / Northbridge	98	Drake Sutton	Fr.	DL	6-2	238	Bedford, N.H. / Bedford
46	Connor Graham	Fr.	DB	5-10	197	Tolland, Conn. / Tolland	99	Jack Marsden	Sr.	K	5-11	228	Broadalbin, N.Y. / Broadalbin-Perth Junior-Senior
47	Aidan Fritz	Fr.	DB	5-9	177	Colchester, Conn. / Bacon Academy							
48	Dylan Szostak	Sr.	LB	5-8	198	Exeter, N.H. / Windham							
49	Dylan Leonard	Jr.	LB	5-6	214	West Bridgewater, Mass. / West Bridgewater Middle-Senior							
50	Harry Gaudet	So.	OL	5-11	252	Hartford, Vt. / Hartford							
51	Kyle Almeida	Sr.	OL	5-10	266	Woburn, Mass. / Arlington Catholic							
52	Edwin Taveras	Fr.	DL	5-9	223	East Wakefield, N.H. / Spaulding							
54	Ruchan Karagoz	Sr.	DL	5-8	218	Brattleboro, Vt. / Brattleboro Union							
55	Ja'Vony De'Leon	Fr.	OL	5-7	247	Meriden, Conn. / Francis T. Maloney / Husson University							
55	Mason Leavitt	Fr.	LB	5-10	203	Easton, Conn. / Joel Barlow							
56	Jaden Maynard	Fr.	LB		210	Lewiston, Maine /							
56	Keegan O'Connor	So.	OL	6-0	274	Bourne, Mass. / Carver							
57	Cedric Hakian	Fr.	LB	5-10	189	Coventry, Conn. / Coventry							
58	Malik Anderson	Fr.	DL	5-11	196	Hartford, Conn. / Southington							

**Head Coach:**  
Paul Castonia (Trinity '86, 21th year)

**Manager:**  
Cameron Wessel

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

**Athletic Trainers:**  
Micah Dion, Rachel Springmann

**Assistants:**  
Mitch Banuskevich (Receivers), Jack  
Glanville (Running Backs), Trevor Hnyda  
(Defensive Line), Christopher Snook (Line-  
backers), Chris West (Quarterbacks)

**Director of Strength and Conditioning:**  
John "JT" Thomas

# 2023 SEASON PREVIEW

## PANTHERS HOPE TO BUILD ON RECENT SUCCESS

After celebrating a New England Bowl title last fall and with several key returning playmakers, fans of Plymouth State football are understandably geared up for the start of a new year on the gridiron.

Head coach Paul Castonia, who enters his 21st year at the helm, defied league expectations after guiding the Panthers to a nine-win season (tied for the second-most in the Castonia era) and the bowl victory last fall. Plymouth State, which had been picked to finish sixth in the Massachusetts State Collegiate Athletic Conference (MASCAC) by the league coaches, went 6-2 in conference play to finish tied for second.

Despite the on-field success and return of many important players, particularly at key skill positions, Castonia is tasked with proving the doubters wrong again, as the Panthers were picked fifth in this year's edition of the Preseason Coaches' Poll.

"Our skill guys on offense will be our biggest strength," said Castonia, "but we'll have to develop some sort of consistency and be able to sustain and finish drives."

### A LOOK BACK

Plymouth State got out to a hot start last fall, ripping off four straight wins to open the campaign. The Panthers jumped out to an early lead in the opener to beat Castleton, 20-7, before blanking Husson by a 17-0 margin in the final tune-up before MASCAC play.

PSU outlasted a high-powered Bridgewater State in week three, twice rallying from a two-touchdown deficit and relying on a goal-line stand in the final minute to preserve a 41-34 victory.

After its bye week, Plymouth State continued the early-season momentum in a defensive battle at Framingham State. The Panthers led 14-7 late in the fourth quarter and for the second straight game the defense came up big, as the Rams drove to the PSU 6-yard line with a chance to pull even. The Panthers forced three straight incompletions, including a pass breakup on fourth down, to secure the win.

WestConn spoiled the team's Homecoming Weekend in a back-and-forth affair, holding on for a 34-27 win, but the Panthers came right back with another four-game winning streak powered by an explosive offense.

Plymouth State rushed for 385 yards in a 42-7 win at Fitchburg State, then followed up with nearly 300 yards on the ground and seven rushing TDs in a 56-21 blowout over Worcester State. The Panthers returned home to topple Westfield State, 31-22, then downed a tough Mass. Maritime squad, 21-7, to set up a de facto conference title game in the final week of the regular season.

UMass Dartmouth completed its unbeaten run through the league with a 46-21 win at Panther Field to close out the regular season, but Plymouth State was awarded a spot in the New England Bowl, its first post-season appearance since the 2017 NCAA Tournament.

Determined not to see a repeat of the week two shutout, Husson raced out to a 20-0 lead, though a missed extra point would loom large. A short TD pass cut the margin to 20-7 just before halftime.

The Panthers marched 80 yards late in the third quarter to make it a one-score game, 20-14, before game MVP Manny Sanchez punched in the winning

touchdown from eight yards out with six minutes left to play. From there, the defense forced a three-and-out and Plymouth State ran out the clock to cap the come-from-behind win.

### OFFENSE

Quarterback Braden Lynn made a seamless transition to the college game last year, earning Offensive Rookie of the Year honors after throwing for the most yards by a PSU quarterback since the 2018 season. He finished the year with 1,413 yards and ten touchdowns, a 135.3 rating and a 62.5% completion percentage that ranked second in the league.

"Braden's capable of putting the ball where it belongs at the right time and place. He's a guy that should make everybody better."

Lynn will be surrounded by a familiar group as the team returns five of its top six receivers from last season. Jake Donahue led the receiving corps with 38 catches for 562 yards and six TDs, while tight end Bryan Warren is a two-time All-MASCAC honoree and poses a threat as both a blocker and pass-catcher. Shifty running back Willie Lombard averaged more than 20 receiving yards a game last year, and Kyle Baker had a pair of touchdowns while finishing tied for third with 13 catches.

New England Bowl MVP Manny Sanchez joins Lombard in the backfield. Sanchez finished last fall with 900 rushing yards and currently sits 10th among PSU's all-time leading rushers. Tyler Kayo and Tyler Gleifert give Castonia some solid options in short yardage situations.

"We have some guys that can do different things, so we should have some flexibility with the offense as long as everyone stays healthy. The hope is we'll be able to build upon what we did last year and distribute the ball around to different people."

Teddy Fellows was named First Team All-MASCAC for the second straight year last fall and Frank Capaldo has been an off-and-on starter the last two seasons. The pair will anchor the offensive line, though Castonia will be looking for contributions from some newcomers to create running lanes.

"We've got a lot of newcomers on the line, so we've got work to do. Hopefully they can pick things up and get better as we go."

### DEFENSE

Since the days of the "Green Wall," Plymouth State football has been synonymous with a powerful defense and that trend has continued under Castonia's leadership. Plymouth State has led the MASCAC in scoring defense in four of the last six years and was second by just 0.1 points per game in 2016 and 2019.

Emmanuel Ughu, Mike Terrazzano and Collin Crowe all bring experience to the defensive line. Ughu terrorized opposing offenses last year, posting 36 tackles and 6.5 tackles for a loss on his way to All-MASCAC honors, while Crowe posted the second-most sacks on the team.

"Those three have all played a decent amount. Hopefully they can continue to progress, but some young guys are going to have to step up and play a good amount, so it's a work in progress."

Evan Wilson earned his first All-Conference nod a year ago after ranking fifth in the MASCAC with 80 tackles. His nine tackles for loss were most on the team, while he made the most of his one interception, returning it 38 yards for a score. The return of David Salazar, who missed the entire 2022 season with injury, should help counter the graduation of key contributors from last year.

"Wilson is obviously the most experienced guy coming back, and Salazar will be a good addition to have back."

The biggest change on defense is at the secondary after the graduation of multiple starters.

"Our secondary has to figure it out. We can't allow big plays, and that's where we're losing the most experience on defense."

Luc Normandeau, who was fourth on the team with 54 tackles last fall, is the key returner at the spot, and Josh Crosswhite, Jake Dreyfus, Jyair Hatcher and Beau Fellows all impressed during camp and are expected to contribute.

"Normandeau brings a lot of experience with him. Behind him will be a mixture of guys who will rotate through."

### SPECIAL TEAMS

Castonia-led teams have a tradition of strong special teams play and there's no reason to think 2023 will be any different.

Lombard had a pair of return touchdowns last fall, a complement to his agility and disciplined blocking. He averaged nearly 40 yards per return, highlighted by a 90-yard return TD that helped PSU overcome a 14-point deficit in the win against Bridgewater State. Dreyfus, Crosswhite and Donahue will also be options in punt return situations.

Castonia expects some competition when it comes to the kicking duties. Jack Marsden and Conner Sheehan will battle for the punter spot, while Seth DiSalvo and Reese Lopez are the contenders at place kicker.

"That's the easiest position there is to decide. They all get the same amount of kicks from the same spot and we'll see what happens."

### SEASON OUTLOOK

PSU has a pair of non-conference contests to get ready for the eight-game MASCAC schedule, visiting Castleton before hosting UNE in the home opener on Sept. 9. After that, the Panthers open the conference slate with a trip to Bridgewater State. The team's bye week comes in week four, before Framingham State visits Panther Field for a Homecoming Weekend showdown on Sept. 30.

"The league is tough. The personnel in those programs is, generally speaking, very talented. With Bridgewater State, WestConn, Framingham State, UMass Dartmouth, it's going to be a battle every week."

Plymouth State opens league play with the teeth of the schedule, facing the teams picked second, third and fourth in the Preseason Coaches' Poll in its first three MASCAC games.

"We go right to the meat of the [MASCAC] schedule, but we have to play them at some point, and we have the off week in there so when people get banged up it gives them a week to recover."

# HEAD COACH PAUL CASTONIA



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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 21st season atop the Plymouth State football program in 2023-24. Easily the longest tenured coach in program history, he is the program's all-time leader in wins and has led the team to five 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 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.

Castonia has also piloted the Panthers to three Bowl games (2007, 09, 22), rallying his troops from a 20-0 deficit to capture the New England Bowl against Husson last fall. He also won the ECAC North Atlantic Bowl in 2007, and competed in the ECAC Northeast Bowl 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. The Panthers have gone .500 or better each of the last six seasons, while he sports an overall record of 94-99 at 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 41-21 since, finishing .500 or better every year. The 2022 team finished 9-2, matching the record of the 2017 NCAA Tournament team, which represented the most wins since the 2008 team won 10 games.

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 team has continued to show progress every season since he arrived, Castonia's 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 is 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."

For proof of Castonia's commitment to grooming well-rounded student-athletes, look no further than the academic achievements of his players. During his tenure, 484 students have earned All-Academic honors, with another 43 claiming spots as National Football Foundation (NFF) Hampshire Honor Society members and three more honored by College Sports Communicators as Academic All-District selections. His athletes have garnered plenty of recognition on the field as well, with over 90 All-Conference selections to go with several ECAC All-Region, NEFWA All-New England, D3football.com All-Region and even D3football.com All-American selections.

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 21th 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 12 seasons before being promoted to Co-Head Coach in July 2020. He has also filled the role of Defensive Coordinator for 15 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 the top scoring defense in the MASCAC four of the last six years.



## MITCH BANUSKEVICH

Plymouth State '19  
Wide Receivers

Mitch Banuskevich begins his fourth season as an assistant coach with the PSU football staff following a tremendous four-year career with the Panthers. Banuskevich spent his first two seasons as the cornerbacks coach before transitioning to wide receivers coach in 2022. Banuskevich was a two-year captain and earned All-MASCAC honors three years. He ranks 11th all-time with 1,435 career rushing yards despite playing as a DB his senior year.



## JACK GLANVILLE

Plymouth State '23  
Running Backs

After wrapping up a four-year career with the Panthers, Jack Glanville switches roles to join the coaching staff as the running backs coach. A short yardage specialist, Glanville racked up 279 career rushing yards between his junior and senior seasons, and notched a pair of touchdowns last fall. He played on the opposite side of the ball as a freshman and sophomore, moving from defensive back to linebacker.



## TREVOR HNYDA

Plymouth State '21, '22G  
Defensive Line

Trevor Hnyda returns to the Plymouth State football staff as the defensive line coach for his second season following a four-year career with the Panthers. Hnyda, a team captain in 2021, was part of PSU's first MASCAC Championship team in 2017. He was presented with the team's Donald P. Wharton Presidential Award in 2021 and named to the NFF Hampshire Honor Society in the spring of 2022. Hnyda earned a BS in Sports Management in 2021 and completed his MBA in 2022.



## CHRIS WEST

Westfield State '22  
Quarterbacks

Chris West joins the Panthers' coaching staff for his first season after playing for a pair of MASCAC rivals. West spent three years as a defensive back at Westfield State before finishing his playing career at Worcester State last fall. A Dean's List recipient, he will work with the quarterbacks.

# KEY PANTHER RETURNERS



## #3 WILLIE LOMBARD

Junior RB

Bridgewater, MA / Bridgewater - Raynham  
Regional  
Criminal Justice

### 2021:

6 games, 53 carries, 209 yds, 1 TD

### 2022:

7 games, 78 carries, 443 yds, 8 TD



## #27 LUC NORMANDEAU

Senior DB

Dover, NH / Dover  
Marketing

### 2019:

6 games, 6 tackles, 6 solo, 1 BrUp

### 2020:

COVID

### 2021:

10 games, 59 tackles, 34 solo, 2.5 TFL, 2  
INT, 6 BrUp, 1 FR

### 2022:

11 games, 54 tackles, 37 solo, 5.5 TFL, 1  
INT, 2 BrUp, 3FF, 1 FR



## #2 JAKE DONAHUE

Graduate Student WR

Hudson, NH / Alvirne  
Marketing (GR)

### 2021:

9 games, 3 rec, 42 yds

### 2022:

11 games, 38 rec, 562 yds, 6 TD



## #8 DAVID SALAZAR

Graduate Student LB

Waltham, MA / Newton North /  
Bridgeton Academy (ME)  
Business Administration (GR)

### 2019:

10 games, 43 tackles, 29 solo, 3 BrUp, 1 FR

### 2020:

COVID

### 2021:

10 games, 68 tackles, 45 solo, 6 TFL, 4 BrUp

### 2022:

DNP - Injured



## #11 BRADEN LYNN

Junior QB

Littleton, MA / Littleton  
Marketing

### 2022:

11 games, 120-of-192, 1413 yds, 10 TD



## #44 EVAN WILSON

Junior LB

Derry, NH / Pinkerton Academy  
Business Administration

### 2021:

9 games, 38 tackles, 24 solo, 9 TFL, 2  
sacks, 1 INT, 4 BrUp, 1 FR

### 2022:

10 games, 80 tackles, 49 solo, 9 TFL, 1  
INT, 2 BrUp, 1 FF, 1 FR



## #71 TEDDY FELLOWS

Junior OL

Topsfield, MA / Masconomet Regional  
Business Administration

### 2021:

10 games

### 2022:

11 games



## #23 EMMANUEL UGHU

Junior DL

Milford, NH / Milford  
Sports Management

### 2021:

9 games, 23 tackles, 14 solo, 5 TFL, 2  
sacks, 2 BrUp, 3 FR

### 2022:

11 games, 36 tackles, 30 solo, 6.5 TFL, 1  
BrUp, 2 FR

# 2022 SEASON REVIEW

## INDIVIDUAL HONORS

### NFF Hampshire Honor Society:

Sam Bolinsky, TE  
Thanos Boulukos, RB  
Christian Paillet, WR  
Manny Sanchez, RB

### MASCAC Offensive Rookie of the Year:

Braden Lynn, QB

### All-MASCAC (First Team):

Emmanuel Ughu, DL  
Teddy Fellows, OL  
Thanos Boulukos, FB

### All-MASCAC (Second Team):

Quinn Girard, DB  
Evan Wilson, LB  
James Mauro, OL  
Bryan Warren, TE  
Manny Sanchez, RB

### MASCAC Fall Sportsmanship Team:

Sam Fleming, DL

### MASCAC All-Academic Team Fall-Winter 2022:

Chauncey Alado	Zach Hodge	Derrick Shepherd
Kayden Baillargeon	Ruchan Karagoz	Gannon Stewart
Kyle Baker	AJ Laccona	Dylan Szostak
Cooper Bartlett	Dylan Leonard	Mike Terrazzano
Sam Bolinsky	Mikey Levesque	Emmanuel Ughu
Thanos Boulukos	Braden Lynn	Cooper Varano
Nikos Bouzakis	Jack Marsden	Sam Weidemier
Colton Burrows	Shea McClellan	Cameron Wessel
Frank Capaldo	Troy Muldoon	Evan Wilson
Sam Cerqueira	Luc Normandeau	
Kyle Chamberlin	Keegan O'Connor	
Mitchell Cripps	Christian Paillet	
Collin Crowe	Charlie Palmer	
Jake Currier	Michael Pesiridis	
Ryan Fleming	Tanner Plourde	
Sam Fleming	Jon Proia	
Alex Flynn	Sean Quinn	
Jack Glanville	Nicholas Rendon	
Tyler Gleifert	Jake Richards	
Matthew Griffing	Patrick Rush	
Shawn Harrington	Kevin Salvatore	
Jyaire Hatcher	Manny Sanchez	
Zach Herman	Nick Savariego	



## FINAL INDIVIDUAL LEADERS (2022)

PASSING	COMP-ATT	PCT	YDS	TD	INT	LONG	EFFIC.	PUNTING	ATT	YDS	AVG.	LONG	INS. 20
Braden Lynn*	120-192	62.5%	1413	10	6	53	135.3	Conner Sheehan	29	1120	38.6	57	9
RUSHING	ATT	YDS	YDS/G	AVG.	TD	LONG	KICK RETURNS	RET.	YDS	AVG.	TD	LONG	
Manny Sanchez*	194	900	90.0	4.6	12	27	Willie Lombard*	13	479	36.9	2	90	
Willie Lombard*	78	443	63.3	5.7	8	33	Christian Paillet	11	225	20.5	0	39	
Gregory Walker	23	113	37.7	4.9	2	15	AJ Laccona	4	85	21.3	0	46	
RECEIVING	REC.	YDS	YDS/G	AVG.	TD	LONG	PUNT RETURNS	RET.	YDS	AVG.	TD	LONG	
Jack Donahue*	38	562	51.1	14.8	6	53	Willie Lombard*	3	22	7.3	1	17	
Bryan Warren*	21	271	24.6	12.9	1	38	Christian Paillet	2	15	7.5	0	15	
Willie Lombard*	13	141	20.1	10.9	0	43							
Kyle Baker*	13	132	12.0	10.2	2	26							
KICKING	FG GOOD	FG ATT	FG PCT.	FG LONG	XP GOOD	XP ATT	XP PCT.						
Seth DiSalvo	4	6	67%	35	41	43	95%						

DEFENSIVE LEADERS	Tackles							Fumbles	
	Solo	Asst.	Total	TFL	Sack	INT	BrUp	Rec.	Forc.
Evan Wilson*	49	31	80.0	9.0	--	1	1	1	1
Qinn Girard	45	22	67.0	1.5	--	1	6	--	--
Bryce Wronski	46	19	65.0	3.5	--	--	1	--	1
Luc Normandeau*	37	17	54.0	5.5	--	1	1	1	3
Kayden Baillargeon	34	8	42.0	1.5	--	1	6	--	--
Emmanuel Ughu*	30	6	36.0	6.5	--	--	1	2	--
Christian Paillet	18	13	31.0	2.0	--	1	2	3	1
Cooper Varano	16	15	31.0	3.0	--	--	2	2	--

\* - Returning in 2023





# 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!

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# 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

### Chris Belmont, 2005

Physical Education Teacher, Campton Elementary School, Campton, NH, 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

### Brad Largy, 2008

Principal, Hooksett Memorial School, Hooksett, NH

### Theodore Moccia, 1984

Principal (Ret.), Oxford Hills High School, South Paris, ME

### Matthew MacLean, 2011

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

Physical Education Teacher, Inter-Lakes High School, Meredith, NH

### Steve Tirrell, 1988

Special Assistant to Head Football Coach, UMass, Amherst, MA

### John Trisciani, 2009

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

### Chad Zibolis, 2002

Physical Education / Health Teacher / Head Football Coach, Nashua North High School, Nashua, NH

## ENTREPRENEUR / BUSINESS OWNER

### Steve Avedesian, 1986

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

### Scott Biederman, 1975

Owner, Chase Street Market, 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, 1987

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

### 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

## LAW ENFORCEMENT

### Scott Allen, 1993 (Ret.)

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

Massachusetts State Police, New Braintree, MA

### Steve Henry

Police Officer, Tilton Police Department, Tilton, NH

### Eric Rajkowski, 2013

Massachusetts State Police, 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

Sales Professional, BSN Sports, NH-MA

### Doug Martin, 2004

Principal, Colliers International Commercial Real Estate, Manchester, NH

### Matt Bailey, 2013

Key Account Sales Representative for UnitedHealth Group, Boston, MA

### Don Lewis, 2008

Boston Sports Medicine Sales Manager, Stryker

Corporation, Boston, MA

### Chris Kelly, 2018

Senior Business Development Manager, Healthcare and Revenue Cycle, Medix Healthcare, Boston, MA

## TRADE / UNION WORK

### Jeff Ethier, 2009

Linesman, International Brotherhood of Electrical Workers Local #104

## STRENGTH COACHING

### David Feeley, 2004

Director of Football Sports Performance, Duke University, Durham, NC

### Mike Gittleson, 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 Football Strength and Conditioning, Vanderbilt University, Nashville, TN

### Ryan Bellerose, 2016

Assistant Strength Coach / Sports Science Coordinator, Carolina Panthers, NFL, Charlotte, NC

## ENVIRONMENTAL

### Tim Butler, 2007

Executive Vice President, Primary Loss Control, Danvers, 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
2022	Paul Castonia	9-2	New England Bowl Champions
2021	Paul Castonia	5-5	
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	

## 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

## 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 BOWL 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

## NEW ENGLAND BOWL RESULTS W-1, L-0

2022	PSU 21, Husson 20
------	-------------------

## CAREER RUSHING LEADERS

Name	Years	Att.	Yards	Avg.	TD
Joe Dudek	1982-85	785	5570	7.1	76
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
Matt Friedman	1990-93	481	2591	5.2	23
Shawn Redburn	1994-96	437	2583	5.9	27
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
Manny Sanchez	2021-22	366	1674	4.6	19
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

2022	Braden Lynn	QB
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

2022	Emmanuel Ughu	DL
	Teddy Fellows	OL
	Thanos Bouloukos	FB
2021	James Mauro	OL
	Zach Caffrey	FB
	Ryan Milliken	PR/KR
	Bryce Wronski	LB
	Teddy Fellows	OL
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

2016	Zach Ziemba	DB
2016	Brad Drewek	DL
2013	Rob Giles	K

## FIRST TEAM NEFC ALL-STARS

2012	Matt Fiore	DL
2011	Christian Mulcahy	DB
2010	Brian Castellucci	LB
	Nick Fuccillio	C
2009	Alex Battaglino	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 Stumpff	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 Pellitier	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 Beale	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



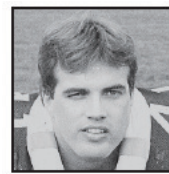
Fred Quinlan - OG  
1974, 1975 NAIA  
All-American  
1975 AP Honorable Mention



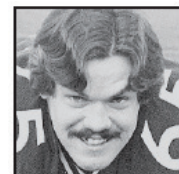
Bill Stumpf - OLB  
1974 NAIA  
Honorable Mention



Lee Richard - DB  
1980 CoSIDA  
Honorable Mention



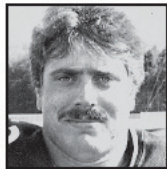
Mark Barrows - LB  
1982 Kodak All-American  
CoSIDA 2nd Team,  
AP Hon. Mention



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



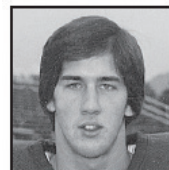
John Posiviata - WR  
1984 Pizza Hut  
Honorable Mention



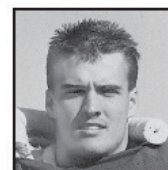
Dave Watson - OT  
1984 Pizza Hut 2nd Team  
1985 Pizza Hut 1st Team



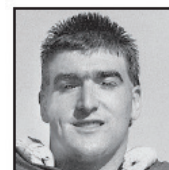
Pat McAniff - LB  
1985 Pizza Hut 3rd Team  
1988 Pizza Hut 1st Team



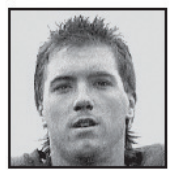
Joe Dudek - RB  
1982 CoSIDA 2nd Team,  
AP Hon. Ment.,  
1983 Kodak, CoSIDA 1st Team,  
1985-86 Kodak Pizza Hut 1st Team,  
AP Little All-American,  
"Football News", 9th in 1985 Heisman  
Trophy Balloting



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



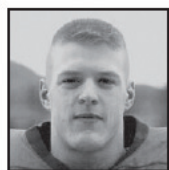
Paul Belanger - WR  
1989 Pizza Hut  
Honorable Mention



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



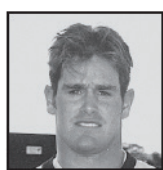
Steve Krasinski - DE  
1991 Champion Div. III  
Honorable Mention



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.

2022 – James Mauro	2002 – Justin Falite
2021 – James Mauro	2001 – Cory Skillin
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, Aaron Getz	1991 – Greg Demetri
2009 – Zac Duval	1990 – Tony Mann
2008 – Jeff Mack	1989 – Fred Pimental
2007 – Craig Baird	1988 – Dave Notte
2006 – Joe Fellini	1987 – Paul Sheehan
2005 – Joe Fellini	1986 – Tom Lamb
2004 – Joe Fellini	1985 – Bill Troy
2003 – Jeff Robinson	1984 – Bob Batson
	1983 – Ted Moccia

## 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 – Bryon 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.

2022 – Thanos Boulukos, Luc Normandeu, Sam Fleming, Austin Harnish, Chris Coburn, Christian Paillet, Manny Sanchez, Jake Donahue, Bryce Wronski
2021 – Rowan Drew, Trevor Hnyda, Kayden Baillargeon
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

## ROSS DEACHMAN AWARD

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

2022 – Braden Lynn (O), Evan Wilson (D)
2021 – Teddy Fellows (O), Quinn Girard (D)
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.

2022 – Kayden Baillargeon  
2021 – David Salazar  
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

## 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.

2022 – Matt Elsker  
2021 – Cory Gaff  
2019 – Geoff McGlone  
2018 – Devin Zeman  
2017 – Lou Desloges

## JASON D. HOLDER AWARD

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

2022 – Jake Donahue  
2021 – Quinn Girard  
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

## JAMES HAMILTON AWARD

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

2022 – Quinn Girard  
2021 – Bryce Wronski  
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

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**Emily Loux**

Assistant Commissioner

413-572-8449

mascacinfo@westfield.ma.edu

Westfield, Mass. – Reigning MASCAC Regular Season Champion UMass Dartmouth has been tabbed by the coaches from around the league to win back-to-back conference crowns in the 2023 preseason poll.

Landing in fifth is Plymouth State with 41 points. The Panthers finished 6-2 during the league campaign in 2022. Manny Sanchez finished the regular season with 769 yards on the ground, fourth-most in the league, for 85.44 yards per game. His 11 rushing touchdowns were second-most in the conference.

Eight of the nine MASCAC football teams begin their 2023 season the weekend of September 1-2 with non-conference play while Massachusetts Maritime kicks off their season on September 8.

*Courtesy of MASCAC Media Relations*

## 2022 MASCAC STANDINGS

	MASCAC	ALL
UMass Dartmouth	8-0	9-2
Plymouth State	6-2	9-2
Western Conn. State	6-2	7-3
Bridgewater State	6-2	7-4
Framingham State	4-4	5-5
Mass. Maritime	3-5	3-7
Westfield State	2-6	2-8
Worcester State	1-7	1-9
Fitchburg State	0-8	1-9

## 2023 MASCAC FOOTBALL PRESEASON COACHES' POLL

Rank	School (FPV)	Points
1	UMass Dartmouth (7)	63
2	Bridgewater State	53
3	Western Conn. State (1)	47
4	Framingham State (1)	46
5	Plymouth State	41
6	Mass. Maritime	29
7	Westfield State	19
8	Worcester State	16
9	Fitchburg 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





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