

**ATHLETICS &
EXCELLENCE
REPORT**



GREETINGS DIPLOMATS!



Another academic year is behind us, and our 2018-19 Franklin & Marshall student-athletes, with their unmatched drive and determination, once again concluded a banner year for the athletic department. Along the way, all of those with an interest and involvement in F&M athletics were treated to unforgettable moments, record-breaking performances, and award-winning Diplomats.

We hope this publication will serve as a lifelong reminder of those achievements from this past year. The 2018-19 Athletics and Excellence Report is filled with an abundance of astonishing statistics, meticulously reported and staunchly researched stories of current and past student-athletes, and quality photography that captured the emotions that accompanied the competitions.

Follow along as each team's season is chronicled through these stories, statistics, and photographs. As you once again review their journey, may you relive some of the excitement and energy from your own experience cheering them on from the comfort of your home, or next to your fellow Diplomats in the grandstands.

No validation is needed for the team and individual achievements you witnessed over the past year from F&M student-athletes. However, as we pause and reflect on 2018-19, taking a moment to celebrate F&M's 60th-place finish out of 442 Division III institutions in the final Learfield Sports Directors' Cup standings is undoubtedly warranted.

Tremendous regular-season successes led to eight F&M teams earning NCAA Tournament appearances, an incredible accomplishment that saw F&M register 302 points in the Learfield standings. It marked the fifth straight year that the Diplomats eclipsed the 300-point mark and the third consecutive season that F&M finished second among all Centennial Conference institutions.

This is not only a testament to our talented student-athletes, but also to our committed coaches, athletic trainers, equipment managers, administrators, bus drivers, and game-day officials who help to make every match and meet a success.

Much of this could not be possible without our Diplomat Athletic Club and the activities of our Student-Athlete Leadership Council. See some of the unique community service initiatives that these organizations provide on campus, locally and beyond. Your model of philanthropy and dedication teaches us invaluable lessons in teamwork and humility.

All of us at F&M present you this publication with our genuine appreciation and respect. You all play a vital role in us achieving our lofty goals.

Your generosity humbles us. Thank you. We hope to see you in the stands in 2019-20.

GO DIPLOMATS!

With all best wishes,

A handwritten signature in black ink, appearing to read 'Patricia Epps', written in a cursive style.

Patricia S. W. Epps

Director of Athletics & Recreation
Franklin & Marshall College

ATHLETES OF THE YEAR



ILIANNA SANTANGELO '19
FIELD HOCKEY

see student-athlete profile on page 44

DAN MARANO '19
BASEBALL

see student-athlete profile on page 42

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ATHLETICS & EXCELLENCE



Franklin & Marshall student-athletes continued to display excellence in the classroom during their athletic competitions during the 2018-19 academic year. Numerous Diplomats were justly honored for their exceptional commitment and drive.

A total of 111 student-athletes earned places on their respective sports academic honor rolls. Teams within the Centennial Conference (CC) saw 96 Diplomat student-athletes named to the CC AHR—50 in the fall, 22 in the winter, and 24 in the spring. To be named to the list, student-athletes must be sophomores, juniors, or seniors, and have a cumulative GPA of 3.4 or above.

A duo of F&M wrestlers garnered Eastern Intercollegiate Wrestling Association (EIWA) Academic Achievement Award honors. **Emmett LiCastrì '20** earned the distinction for the second consecutive year and **Reid Robilotto '20** made the list for the first time. In order to receive the award, a student-athlete must achieve a cumulative GPA of 3.2 or above and participate in the 2019 EIWA Tournament, or achieve a cumulative GPA of 3.0 and automatically qualify for the NCAA Championships through the EIWA Tournament.

Melissa Epstein '19 and **Julia Bevan '20** of women's squash and **Frank Murry '19** of the men's side all earned the 2019 Collegiate Squash Association (CSA) Scholar-Athlete Award. To be eligible, a student-athlete must be a two-time varsity letter winner, hold a cumulative GPA of 3.5 or above, be either a junior or senior, and play a top-10 ladder position for the majority of their team's matches.

Six members of the women's rowing team and three from the men's side were selected to both the CRCA and MARC Academic honor rolls. **Liz Brodie '21, Sarah Labovitz '20, Kelly Minard '21, Helen Nelson '19, Kayleigh Rine '21 and Margaret Stoner '19** landed the accolade for the women, and **Joel Cannon '19, Harris Karlin '21 and Ngoun Lay '19** of the men's crew received the honor. It is awarded to rowers who have a cumulative GPA of at least 3.5, are in their second, third, or fourth year of eligibility, and have competed in 75 percent of the varsity competitions or the MARC Championships.

Thirteen Diplomats landed on the Academic All-Centennial team. To be nominated for the honor, a student-athlete must receive both All-Conference and Academic Honor Roll honors.

Four F&M student-athletes were recognized nationally for their classroom efforts. **Drew Tomlinson '20 and Kevin Lammers '20** of the football team, along with **Anna Hess '19** of women's swimming and **Jonathon Sinton '20** of men's swimming, all garnered CoSIDA Academic All-District honors. To qualify, a student-athlete must be a sophomore, junior, or senior, have a 3.3 or higher cumulative GPA, and be a starter or key reserve on his or her team.

Hess, as well as **Cole Niggeman '19** of the men's soccer team, were honored with the Delphic Student-Athlete Award at the annual department awards luncheon. The distinction is reserved for the male and female senior athletes with the highest cumulative GPA at the conclusion of the fall semester. He or she must have achieved the highest levels of excellence in athletics, community service, and academics. In accordance with the College's Delphic Student-Athlete Honor Society, the recipients must also embody the ideals of mind, body, and spirit.

Twelve field hockey players landed on the National Field Hockey Coaches Association National Academic squad, which recognizes student-athletes who have achieved a GPA of 3.3 or higher through the fall semester. **Emily Nagle '19** earned the honor for the fourth consecutive season, while **Nicole Bodo '19, Caitlin Morrissey '20, Claire Murphy '20 and Katie O'Loughlin '20** earned the award for the third time. **Emma Durantine '21, Colleen Francis '20 and Christina Seery '21** received the recognition for the second time. **Savannah Familo '22, Addie Peters '21, Abby Straub '21 and Phoebe Wood '19** earned the honor for the first time.

Six F&M football players were inducted in the National Football Foundation and College Hall of Fame Hampshire Society. Senior classmates **Connor Bannon, Steve Gerovasillis, Joe Granahan, Brendan Kilkenny, Tyler Shubert and Vince Speranza** each earned the honor. The society is composed of college football players from every division of competition who were starters or significant substitutes and graduated with a GPA of 3.2 or higher.

For the 17th consecutive year, the women's swimming team earned the College Swimming Coaches Association of America (CSCAA) Team Scholar All-America Award, while the men's team made the list for the third year in a row. The honor is reserved for teams that achieve a cumulative GPA of 3.0 or higher.

Softball players, **Jamie Belfer '22, Ella Glenn '21, Christine Miles '20, Hannah Salvucci '21, Caitlyn Erdman '22, Sam Martin '22, Jenna Mindrebo '22 and Emily Moll '22** earned places on the NFCA All-America Scholar-Athlete team, reserved for student-athletes with a 3.5 grade point average or higher at the conclusion of the academic year.

2018-19 Athletics



REGULAR SEASON
CONFERENCE
CHAMPIONSHIPS

572

Student-athletes



Student-athletes earning
All-CC recognition

111 

CC ACADEMIC
HONOR ROLL

★ 23

All-Americans



CC playoff teams

5 

CC Player of the
Year honors

4,160

Community service
hours logged

5

NCAA PLAYOFF
TEAMS

COUNTRIES
15
REPRESENTED



A strong finish to the spring season allowed Franklin & Marshall to secure a 60th-place finish out of 442 Division III institutions in the 2018-19 final Learfield Sports Directors' Cup standings. The Diplomats' 302 points eclipsed 300 points for the fifth straight year.

The Directors' Cup program honors the top overall athletic programs (Division I, Division II, Division III, NAIA) in the country. Points in the standings are accumulated based on an institution's national postseason participation and success in NCAA Championship competition in up to 18 sports (nine men's sports, nine women's).

Six teams helped accumulate points for the Diplomats, who ranked second among Centennial schools for the third consecutive year. F&M teams trailed only Johns Hopkins, which placed second in the nation with 1,083.75 points. The next closest CC competitor was Haverford in 82nd place with 238 points, followed by Gettysburg in the 86th spot with 229.50 points.

F&M stormed out of the gates in the fall with three teams qualifying for their respective NCAA tournaments. Field hockey led the way with a Sweet 16 appearance that added 53 points to the total. Men's soccer made its sixth straight trip to the NCAA playoffs and claimed a first-round win to garner 50 points, while volleyball earned its first NCAA tournament berth since 2014 to collect 25 points.

Men's swimming culminated a historic campaign with the program's best-ever NCAA finish, taking 23rd place at March's championships.

Spring saw both the men's and women's lacrosse teams advance to the NCAA tournament. The women's side registered a pair of wins to land in the Elite Eight and rack up 73 points, while men's lacrosse earned the program's first tournament appearance since 2017 to collect 50 points.

Women's cross country continued its upward trajectory, tallying two top-5 finishes on the year, as well as a 29th-place showing at the NCAA Mid-East Regionals.

WOMEN'S

CROSS COUNTRY



The Diplomats were led by a strong first-year class this season. **Laura Greene '22** paced the squad at NCAA Regionals, finishing 136th out of 340 runners with a time of 25:51.00. Greene led F&M at the Centennial Conference (CC) Championships Oct. 27th, taking 43rd with a 24:31.2 finish.

Elizabeth O'Connell '22 and **Alexis Salerno '22** delivered top finishes this season. O'Connell paced the Diplomats at the Hood College Invitational Oct. 13, helping the team to a 3rd-place finish out of 11 teams with a time of 24:37.6, which was good for 16th. Salerno got the top spot Sept. 29 at the Cathcart Invite, taking 16th out of 102 runners with a 23:42.3 race.

Emma Frazier '21 picked up where she left off after her rookie season, leading the team as one of the top runners. Frazier was the second Diplomat to cross the finish line at regionals, taking 159th with a time of 26:18.



Men's cross country delivered another strong season finishing, 31st at the NCAA Mid-East Regional competition Nov. 10, as well as a top-5 finish at the Hood College Invitational Oct. 13

MEN'S CROSS COUNTRY

Spencer Lyman '19 continued to lead the charge this year, finishing 72nd out of 357 runners at NCAA Regionals with a time of 27:49:00. The senior notched a season-best run at Hood Oct. 13 with a 26:45.9 finish.

First-year **Stephen Finck '22** was the second Diplomat to cross the finish line at Regionals, taking 195th with a time of 29:41:00. Finck tallied his best run at the Cathcart Invitational, hosted by Salisbury Sept. 29, finishing 54th out of 129 runners with a 28:40.34 run.

Ryan Kiger '19 finished out his career with a dominant senior season. Kiger ran a career-best 28:37.3 race at the Hood College Invitational, taking the 25th spot out of 113 competitors.



FIELD HOCKEY

Field hockey reset four program records while remaining in the nation's top-15 ranking with an overall record of 17-4.

F&M earned one of five Pool C bids into the NCAA Tournament after falling to Johns Hopkins Nov. 4 in the Centennial Conference's (CC) first playoff contest that was decided by penalty strokes. In the program's 12th NCAA appearance, the Diplomats defeated Gwynedd Mercy in the First Round by a 2-0 tally Nov. 7 to advance to the Sweet 16, before falling to Rochester by a 2-0 score Nov. 10.

The Diplomats faced off against four ranked opponents during the regular season, amassing a 3-1 record with key wins to bookmark the season, starting with a 1-0 OT shutout against No. 14 Kean Aug. 31 to open the year. F&M then delivered a 2-0 blanking against No. 11 Johns Hopkins in the regular-season finale Oct. 27 to earn hosting rights to the CC Tournament for the first time since 2015.

The team set the single-season record for goals against average (0.66) to surpass the 2012 squad (0.95). The defense also set the record for shutouts with 13 on the year, passing the 2014 team at 12.

Ilianna Santangelo '19 finished out her four-year career as the program record-holder in three different categories. The goalkeeper ranks first in goals-against average in her career at 0.96, passing **Allie Morey '15**. She set two program records in her senior campaign. First, with a 7-0 F&M victory over Eastern Sept 12, Santangelo set the program record for career wins with 51, eventually ending her career with 64 victories. On Nov. 4, Santangelo notched her 31st career shutout against Johns Hopkins, breaking a 37-year program record, and tallied one more to end at 32 total shutouts.

Junior forward **Erin Coverdale '20** solidified her spot as one of the top players to ever compete in the Conference, becoming the fifth player in CC history and first in F&M history to earn Player of the Year honors in consecutive seasons.

ERIN COVERDALE '20

Longstreth/NFHCA Division III
All-America First Team
Synapse All-America First Team
NFHCA All-Region First Team
CC Offensive Player of the Year
All-CC First Team

ILIANNA SANTANGELO '19

Longstreth/NFHCA Division III
All-America First Team
Synapse All-America First Team
NFHCA All-Region First Team
All-CC First Team

MELISSA GULA '20

NFHCA All-Region First Team
All-CC First Team

JULIANA KEAGLE '19

All-CC Second Team

CAITLIN MORRISSEY '20

All-CC Honorable Mention



Volleyball continued its upward trajectory, delivering one of the best seasons in the last decade.

The Diplomats earned their ninth NCAA Tournament berth, ending the season with a 23-8 overall record and a perfect 10-0 mark in Centennial Conference (CC) action. F&M's 11th-straight CC Tournament appearance continued a streak that is unmatched by a Conference opponent.

F&M's dominant campaign culminated in the team's first NCAA Tournament match since 2014 with the squad falling short to SUNY New Paltz by a 3-0 tally Nov. 9.

VOLLEYBALL

The Diplomats opened the 2018 season taking on some West Coast opponents at the Pacific Classic, hosted by Pomona-Pitzer. F&M continued a strong out-of-conference schedule, notching key victories against eventual NCAA qualifier Bethany (W.Va) by a 3-0 score at the F&M Scramble Sept. 28 and defeating regional rival Susquehanna in a 3-2 showdown Oct. 19.

F&M delivered an unbeaten CC record to earn hosting rights for the first time since 2013. The Diplomats took down Swarthmore, who had been ranked in the top 20, by a 3-2 score Sept. 26 and defeated Johns Hopkins in the regular-season finale Oct. 27 by a 3-2 tally to bring the CC Tournament to Lancaster.

Head Coach Mary Kate Salko was honored as the American Volleyball Coaches Association (AVCA) Mid-Atlantic Region Coach of the Year and earned CC Coach of the Year for the second time. In her 16th season, Salko continued her legacy, notching her 300th career win with a 3-2 victory over Gettysburg Oct. 10, ending the season with 306 wins. Salko is the only Conference coach to earn all 300 wins in the CC era. She became F&M's winningest coach in 2016, passing Steve Coulson (251).

GRACE MAGGIORE '21

AVCA All-America Honorable Mention
AVCA Mid-Atlantic All-Region First Team
Centennial Conference Player of the Year
All-CC First Team

ALLISON FRANKE '22

AVCA All-America Honorable Mention
AVCA Mid-Atlantic Region
Freshman of the Year
AVCA Mid-Atlantic All-Region First Team
Centennial Conference Rookie of the Year
All-CC First Team

BARBARA KAPUSTIN '19

All-CC Second Team

GRACE POLISANO '20

All-CC Honorable Mention



FOOTBALL

With the most wins across a two-year span in program history, F&M football sustained one of the most successful runs by a Diplomat team.

F&M ended its year with an 8-3 record and won its second-straight Centennial-MAC Bowl. Seven Diplomats were named All-Conference and senior defensive end **Joe Granahan '19** reset the Centennial Conference (CC) and F&M career sack records.

F&M started out the year with four straight victories, with dominating wins over Lebanon Valley (44-21) and Juniata (40-17). The next two were hard-fought seven-point victories over McDaniel (21-14) and a 14-7 overtime thriller against Susquehanna.

Two midseason setbacks had F&M sitting at 4-2 heading into the final stretch. The Diplomats took care of Dickinson Oct. 20 by a 35-14 score to retain the Wagon Trophy and thrashed Moravian 40-6 on Homecoming Weekend. A final-second field goal lifted Ursinus over F&M Nov. 3, and the Diplomats finished out the regular season with a 34-10 win over Gettysburg to keep possession of the Lincoln Trophy.

A 7-3 regular season record secured F&M a spot in the Centennial-MAC Bowl for the third straight year, the most out of any team in either conference, and set up a matchup with Lycoming Nov. 17.

A back-and-forth affair came down to the final seconds when **Brendan Kilkenny '19** blocked a 32-yard field goal attempt with 13 ticks on the clock to secure a 21-20 victory over the Warriors and a second consecutive bowl win for F&M.

Seven members earned All-CC accolades. Two first-team honors came on offense, with **K.J. Pretty '19** and **Brian Denoncour '20** earning spots. Two more came on defense as **Joe Granahan '19** and **Sebastian Silva-Muniz '20** were honored and **Kevin Lammers '20** was honored as a first team specialist. **Brendan Kilkenny** was a second-team selection and **Phillip Weiser '20** received honorable mention. Granahan became just the 46th player in CC history to be named to the First Team in three consecutive seasons.

Granahan was named to the D3football.com All-South Region Third Team. The honor was the second consecutive All-Region selection for Granahan. He reset both the Centennial and program career record with 36 career sacks. He started all 11 games, and recorded 31 solo tackles and assisted on 25 more. Granahan had 13.5 tackles for a loss, including 10.5 sacks, and three forced fumbles.

For the second consecutive year, **Drew Tomlinson '20** and **Kevin Lammers '20** were each named to the CoSIDA Academic All-District 4 Football Team. The honor marked the second accolade of both student-athletes careers. The CoSIDA Academic All-America Program requires that nominees are at least a sophomore with a 3.3 or higher cumulative grade point average and are starters or significant reserves on their team.

Brendan Kilkenny '19 was named a semifinalist for the National Football Foundation's 2018 William V. Campbell Trophy. He was one of just 41 semifinalists from an NCAA Division III program and one of four from the Centennial to receive the honor. The candidates for the award must be a senior or graduate student in their final year of playing eligibility, have a GPA of at least 3.2 on a 4.0 scale, have outstanding football ability as a first-team player or significant contributor, and have demonstrated strong leadership and citizenship.

Twelve players were named to the Centennial Conference Academic Honor Roll. To make the Academic Honor Roll list, student-athletes must be a sophomore or higher in standing and have a cumulative GPA of 3.40 or above following the 2018 spring semester. **Jake Barr '21, Dom Bertone '21, Brian Denoncour '20, Stevie Gerovasilis '19, Matt Hamby '20, Brendan Kilkenny '19, Derek Kleinman '20, Kevin Lammers '20, Garrett Perschy '21, Tyler Schubert '19, Drew Tomlinson '20, Phillip Weiser '20** made the list.

The Diplomats claimed their sixth consecutive trip to the NCAA Tournament—an unmatched streak in conference history.

MEN'S SOCCER

Ranked No. 17 in the final coaches poll, F&M wrapped up its campaign with a 14-4-3 record.

Five straight home games to open the year proved advantageous, allowing F&M to storm out of the gate with a perfect 5-0 start.

The Diplomats' strong play continued throughout September. They wrapped up the month with an unbeaten 8-0-2 mark and the No. 5 ranking in Division III.

That momentum carried throughout the regular season as the Diplomats qualified for their 10th straight CC Tournament and reached the CC Title game for the second year in a row thanks to a 2-0 shutout of No. 11 Johns Hopkins Nov. 3.

F&M's bid for a second-consecutive Conference Championship fell short after a narrow 3-2 2OT loss to Haverford.

The regular season record afforded the Diplomats one of 19 Pool C bids to the 62-team NCAA Tournament field as F&M earned hosting rights for the opening two rounds.

A 103rd-minute own goal sent the Diplomats past Western Connecticut St. by a 2-1 2OT score Nov. 10. However, time ran out in a heart-stopping 1-0 loss to Eastern the following day—despite a frenzied final effort.

Offense featured one of the most balanced attacks in program history, as 14 members of the team recorded a goal, with 11 accumulating multiple tallies. Thirty-five of the 40 goals scored were assisted on, the second most in program history and only one shy of the record shared by the 1984 and 2015 squads.

Connor Whitacre '20 garnered All-Mid-Atlantic Region and All-CC First Team honors after leading the team with six goals and 21 starts.

A.J. Kopacz '22 burst onto the scene with six goals as a first-year defender, which helped land him on the All-Region and All-CC Second Teams.

Whitacre and Kopacz led a contingent of six Diplomats honored on the All-CC Team, with **Ugo Okolie '19** earning his third-career All-Conference honors with a place on the Second Team. **Ryan Fincher '19** and **Ryan Corr '20**. **Jim Connolly '19** received Honorable Mention recognition.



With two wins in their final three regular-season games, women's soccer displayed enticing potential moving forward.

The Diplomats ultimately closed out 2018 with a 3-12-1 overall record.

F&M's willful effort transferred over to the classroom, as the Diplomats saw 13 members of its team—the most among all of the College's fall sports—earn a place on the Centennial Conference (CC) Academic Honor Roll. The award's arduous criteria calls for representatives to hold a cumulative GPA of 3.4 or above following the 2018 spring semester—a mark that an astounding 46 percent of the team reached.

There were positives on the playing field, as well. Trailing by a 2-0 score in the 87th minute against Covenant Sept. 1, F&M notched a pair of improbable goals to force overtime and eventually claim a 2-2 2OT tie at home.

WOMEN'S SOCCER

In a 3-1 nonconference win over Hood Sept. 18, a contingent of three Diplomats tallied first-half goals en route to a 3-1 triumph in Frederick, Md. In a two-game stretch from Oct. 20 to 24, junior defender **Nicolette Runko '19** caught fire with four goals, garnering All-CC honors for the third time in her career, and landing on the Second Team.

Two of those goals came in a 4-1 victory against Bryn Mawr Oct. 20 with **Anna Goorevich '21** and **Maija Woodruff '22** chipping in the other tallies. On Oct. 24, Runko was at it again, finding the back of the net in the 15th and 19th minutes as the Diplomats held on for the dramatic 2-1 win over Eastern.

WINTER

Men's basketball overcame adversity, including the loss of several of the program's mainstays to graduation, posting a 15-11 record for its 11th straight winning season and garnering the program's 22nd Centennial Conference Tournament appearance across the 25-year history of the CC.

Glenn Robinson, the most victorious coach in Division III history, continued to climb the leaderboards as he finished the season with 967 career wins.

The Diplomats started the year with three nonconference victories and came away as the champion in the William Marshall Tip-Off Tournament, where junior and co-captain **Ignas Slyka '20** was named the Most Valuable Player. The Diplomats won the Sponaugle New Year's Tournament in December, thanks to an all-around team effort and clutch scoring outbursts from Tournament MVP **Justin Kupa '21**.

As 2018 came to an end, the Diplomats had compiled a 7-4 record and were 3-2 in the Centennial Conference.

A memorable buzzer-beater from Kupa gave the Diplomats an upset road win over No. 8 Swarthmore Dec. 1—the eventual runner-up in the NCAA Tournament—but losses to McDaniel and Gettysburg blemished the Diplomats' Centennial record early. Conference struggles continued into January as F&M went 3-5 in CC play, but due to big February wins, the Diplomats snuck into the CC playoffs. Unfortunately, the road ended in the first round in a tough three-point loss to Washington.

J.C. McGrath '19 ended his career on a strong note, earning a spot on his third consecutive All-CC roster, this time on the Second Team. Averaging 10.9 points per game and 8.7 rebound per game, McGrath finished second in the CC with eight double-doubles and was equally as impressive defensively. McGrath was one of only two players in the CC to finish in the top 10 in both steals and blocks. McGrath was also named to the All-Sportsmanship Team following the regular season.

MEN'S BASKETBALL

Kupa finished seventh in the CC in scoring (14.8 ppg) and produced 20 or more points six times, including a career-high 27 at Johns Hopkins and 22 in the Tip-Off Tournament. His selection to the All-CC Honorable Mention list was the first of his career.



The Diplomats narrowly missed the CC Tournament after being eliminated in the final week of the regular season.

The first half of the season proved to be a record-breaking endeavor. **Haley Pione '19** reset the program mark for career three-pointers (179) Nov. 27 against Haverford, passing Dana Johns '06 and ending her career with 225.

Pione became the 15th player in program history to reach the 1,000 career points milestone with 15 points in F&M's 76-67 win over McDaniel.

On Dec. 1, **Sarah Pisani '19** tallied four assists to set the program record with 368, passing Sarah Meisenberg '09 (367). Pisani ended her four-year crusade with 470 assists.

WOMEN'S BASKETBALL

The Diplomats charged into the New Year on a three-game winning streak, beating McDaniel Dec. 8 and garnering back-to-back wins in California against Grove City and Santa Cruz Dec. 29 and 30.

The regular season ended with a bang as **Kristin Hamill '20** recorded her only three-pointer of the season, with .07 seconds left in the game to seal F&M's 55-54 win over Muhlenberg Feb. 16.

Hamill and Pione earned All-CC Second Team recognition at the end of the year. Hamill led the Conference averaging 10.2 rebounds per game. The junior ranked fourth with 16.6 points per game, making her the only player in the CC to average a double-double on the year. Hamill tallied nine double-doubles on the year, scoring in double-digits in 18 of 20 games played.

Pione ranked fifth in the CC, averaging 15.2 points per game. The senior guard ended the regular season 24th across all Division III players in free throw percentage (85.1). Pione ended her career first in program history for made threes with 225 and ninth in points with 1,223.

Women's basketball secured the program's most wins since 2011-12, with a 13-12 record and a 10-10 mark in the Centennial Conference (CC).



The Diplomats claimed their best Eastern Intercollegiate Wrestling Association (EIWA) finish since 2016 and sent a wrestler to the NCAA Division I Tournament for the third time in the last four years.



WRESTLING

The program's grit and determination were on full display at the 2019 EIWA Championships in March, when F&M produced three place winners—the most since 2016.

Antonio Pelusi '19 became the first heavyweight in Diplomat history to place at three EIWAs, securing his career-best finish of fourth—the highest for an F&M heavyweight since 1976. **Wil Gil '21** took the 141-pound bracket by storm with a 4-2 record over the weekend to finish in fifth, while **Paddy Quinlan '19** concluded a noteworthy career with a seventh-place showing.

As a team, F&M finished 12th out of 16 teams with 31 total points, placing ahead of such prestigious programs as Bucknell, Harvard and Hofstra in the standings.

Pelusi's fourth-place showing clinched him an automatic spot in the NCAA Championships, which took place at PPG Paints Arena in Pittsburgh March 21-23. His third time qualifying for the sport's pinnacle Tournament was a feat unaccomplished by a member of his weight class throughout the program's 94-year history.

Gil's performance at the EIWA championships caught the nation's attention and nearly earned him an alternate spot at NAAs. He was selected as the first alternate for his weight class and made the trip to Pittsburgh, but unfortunately didn't get to compete.

Ending his career as one of the most decorated grapplers in F&M history, Pelusi fell to eventual national champion Anthony Cassar of Penn State before dropping a narrow decision to EIWA rival Joey

Goodhart of Drexel. The pair of defeats eliminated Pelusi from the Championships as he concluded his career with 85 wins, good for fifth on the Diplomats' all-time list.

The 2018-19 regular season had its share of ups and downs. When healthy, F&M's dual lineup displayed the ability to dominate. Never was that truer than at home against Davidson Jan. 4 when the Diplomats blew out the Wildcats by a 35-4 score—the largest margin of victory over an opponent since 2014.

Four Diplomat wrestlers placed at the David H. Lehman F&M Open the following day - the most ever for the Diplomats at their home tournament. Quinlan and Pelusi led the way with second-place showings while Gil claimed sixth and **Emmett LiCastri '20** secured fourth.

Gil paced F&M with a 29-12 record on the season and tied for 10th on the Diplomats' all-time season wins list. Pelusi was close behind with a career-best 27-10 mark and etched his name in the season record books as well in 14th. Quinlan also reached the 20-win plateau with a 20-14 overall record. He climbed to 15th on the program's career wins list with a 69-56 record while in Lancaster and finished his career in eighth place with 23 pins.

Overall, nine Diplomats registered double-digit win totals, while four wrestlers recorded five or more pins, including a team-leading eight by **Philip Robilotto '19**.

LiCastri and **Reid Robilotto '20** were honored for their work in the classroom when both earned the EIWA Academic Achievement Award, reserved for student-athletes who have achieved a cumulative GPA of 3.2 or above and participated in the 2019 EIWA Tournament.



Women's swimming secured two medals and a fourth-place finish at the CC Championships Feb. 21-24.

First-year **Tara Kupsky '22** paced the Diplomats in the final weekend, bringing home bronze medals in the 200-yard IM (2:09.47) and 400-yard IM (4:34.56).

The Diplomats delivered a strong start, opening CC action with a 177-85 win over Washington Oct. 26. **Janashree Jonnalagadda '21** recorded two first-place finishes in the 100- and 200-yard Backstroke and **Julia Pavlov '21** touched the wall first in the 50- and 100-yard Freestyle.

F&M opened the New Year 3-0, first taking down Susquehanna and WPI Jan. 13 courtesy of top finishes from Kupsky and **Erin Fago '20**. The Diplomats then handled McDaniel by a 137-39 score Jan. 25. led by, **Kyra Kowalewski '22, Pavlov, Diane Wagner '19, Kupsky and Skye Howes '22**.

For the eighth straight semester, the team was selected as a Scholar All-America Team by the College Swimming and Diving Coaches Association of America (CSCAA). To earn the honor, teams were required to post a GPA of 3.0 or higher for the fall semester.



Men's swimming delivered one of the best campaigns in program history, sending six members to the NCAA Championships and earning 10 All-America honors.

The Diplomats broke nine program records throughout the season and finished in third place at the Centennial Conference (CC) Championships Feb. 21-24, winning 13 medals, the program's most since F&M's 2009 title team.

Christopher Schiavone '21 led the Diplomats in Greensboro during the NCAAs, taking home fourth-place in the 100-yard Freestyle with a CC record-setting time of 43.97. The sophomore also notched an eighth-place finish in the 50-yard Freestyle (20.22) to earn two All-America First Team honors.

Schiavone was joined by **Brendan Cline '22**, **Timothy Gould '19** and **Daniel Sanders '19** in the 200-yard Freestyle Relay, finishing with a time of 1:22.97 to take 15th and earn All-America Honorable Mention recognition. The 800-yard Freestyle Relay team of Cline, Gould, **Alec Wahl '21**, and Schiavone also earned All-America Honorable Mention status with a 16th-place finish (6:50.69).

The Diplomats delivered a strong start to the season, ending 2018 with a second-place finish out of 11 teams at the annual F&M Invitational Nov. 16-18 with top finishes from Wahl, **Thomas Graminski '22** and Schiavone.

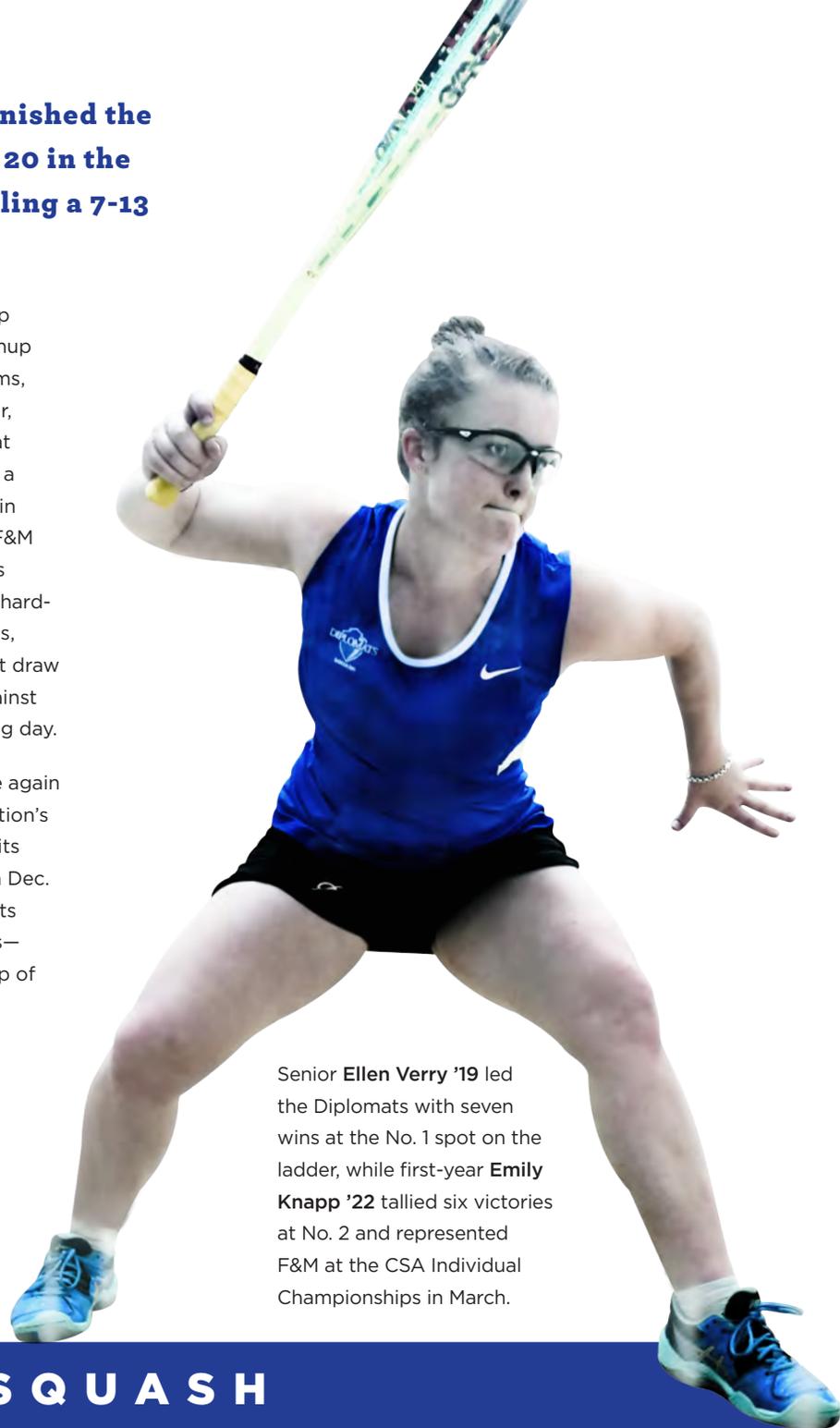
F&M closed out the regular season with gusto as the Diplomats took their final two duals by identical 133-129 scores, including their first head-to-head win against Gettysburg since the 2009-10 season.

In the fall, the team received recognition for its work outside of the pool by being named a Scholar All-America Team by the College Swimming and Diving Coaches Association of America (CSCAA). To earn the honor, teams were required to post a GPA of 3.0 or higher for the fall semester.

Women's squash finished the season ranked No. 20 in the nation after compiling a 7-13 overall record.

Competing in the Walker Cup (C Division), an annual matchup of the nation's No. 17-24 teams, for the third consecutive year, the Diplomats opened play at the Team Championships on a tear with a convincing 6-3 win over No. 21 Mount Holyoke. F&M fell just short of the bracket's Championship match with a hard-fought 7-2 loss to No. 17 Tufts, before seeing its Tournament draw to a close with a 7-2 loss against No. 18 Dickinson the following day.

The regular season was once again stacked with many of the nation's top programs. F&M enjoyed its most successful stretch from Dec. 1—Jan. 25 when the Diplomats won four out of five matches—culminating with a 9-0 sweep of No. 23 Colby at home.



Senior **Ellen Verry '19** led the Diplomats with seven wins at the No. 1 spot on the ladder, while first-year **Emily Knapp '22** tallied six victories at No. 2 and represented F&M at the CSA Individual Championships in March.

WOMEN'S SQUASH

In the classroom, the Diplomats were also well-represented with, **Melissa Epstein '19** and **Julia Bevan '20** earning the CSA Scholar-Athlete Award, which is reserved for juniors or seniors who hold a cumulative GPA of 3.5 or higher and played a top-10 ladder position for the majority of their team's matches.

Men's squash enjoyed a return to national prominence, finishing the season as the No. 14 team in the nation.

After a one-year hiatus, F&M found success in the Hoehn Cup bracket, an annual matchup of the nation's No. 9-16 teams, with a 6-3 upset of No. 12 Navy in the Consolation Semifinals, before falling just short in the Finals by a 6-3 score to No. 14 Cornell.

MEN'S SQUASH

F&M concluded the 2018-19 campaign with a 15-8 record, good for the most wins since 2013-14 and tied for the second-best season total in history. The Diplomats closed out the regular season playing their best squash, compiling an 8-2 record in its final 10 games.

Sanjay Jeeva '21, Shams Abbas '20 and Aryan Parekh '22 represented F&M at the CSA Individual Championships in early March. Jeeva highlighted the trio's efforts by advancing to the Semifinals of his Molloy Cup bracket but came up just short of competing in the Championship match.

Jeeva set a career high in wins with an 18-5 overall mark between the No.'s 1-2 spots in the order, while Abbas won six matches at No. 1 and Parekh produced an impressive first-year campaign with a team-leading 19-5 record playing predominantly at Nos. 4-5. **Matthew Dukarm '22** went 18-5 at Nos. 5-7, while **Yannis Senkel '20** went 16-6 from Nos. 2-5.

Frank Murray '19 led the way in the classroom after receiving his second consecutive Scholar-Athlete Award by the CSA. The honor is reserved for juniors or seniors who hold a cumulative GPA of 3.5 or higher and played a top-10 ladder position for the majority of their team's matches.



Women's indoor track and field reset two program marks and brought home two silver medals from the Centennial Conference (CC) Indoor Championships for a seventh-place finish Feb. 24.

The CC Championships returned to Lancaster for the first time since the 1995-96 season, with the two-day event taking place in the Alumni Sports and Fitness Center.

Rachel Wylie '20 topped her own record with a 9.31 finish in the 60m Hurdles to take the silver medal. **Kaitlin Muccio '19** delivered a podium finish, taking second in the 400m with a time of 1:00.35.

Wylie and Muccio teamed up with **Madeline Huelbig '22** and **Laura Greene '22** to set a program record in the 4x800m Relay with a 9:51.94 finish, good for fourth.

The Diplomats started the season off strong, with Wylie (60m Hurdles) and the 4x200m Relay team (Muccio, Wylie, **Emily Natoli '20** and **Jillian Rotman '22**) notching second-place finishes at the Coach I Open, hosted by F&M Jan. 12.

Muccio kept the pace through the middle of the season, tallying two top-five finishes at the Sunday Invitational Feb. 10—a meet hosted by Cornell with competitors from across all three divisions—taking third in the 800m (2:238.92) and fourth in the 300m (43.01).



The Diplomats hosted the Centennial Conference (CC) Indoor Championships for the first time since the 1995-96 season, taking ninth place with nine team points during the two-day competition at the ASFC.

Brandon Davis '19 guided the field group at the Championships, taking sixth in the weighted throw with a distance of 11.09m.

Spencer Lyman '19 closed out the year with a personal best in the mile with a 4:19.51 at the ECAC Division III Indoor Track and Field Championships March 2.

The Diplomats opened the indoor season hosting the Diplomat Open Dec. 1 and Coach I Open Jan. 12. **Ryan Braun '21** paced the pack at Coach I with a second-place finish in the 800m run with a 2:00.86 time. The sophomore notched another podium performance at the Sunday Invitational, a meet hosted by Cornell for teams from all three division, placing third in the 1,000m run (2:35.43).

Harley Wedholm '21 led the mid-distance runners, registering team-bests in the 200m (24.71), 300m (39.06) and the 400m (54.49).



MEN'S INDOOR TRACK & FIELD

SPRING

WOMEN'S LACROSSE

F&M continued to cement itself as one of the top lacrosse programs in the country with another deep run into the NCAA Tournament and a consistent top-10 national ranking.

F&M advanced to the NAAs for the seventh straight season, making it to four Elite Eights, and two Final Fours in those appearances. The Diplomats finished the year with a 17-5 record with a perfect 9-0 mark in Centennial Conference (CC) action.

Two one-goal games had F&M sitting at 1-1 heading into March, when the Diplomats rattled off four straight wins over nationally ranked opponents, before finishing the month with a 7-3 mark. April got off to a great start with a 9-6 win over No. 1 Gettysburg that kickstarted a 7-0 month for F&M, culminating in the Centennial Conference regular season title and the top seed in the CC Tournament. F&M took down Haverford 16-10 in the Semifinal, before falling to Gettysburg in the Championship game.

The Diplomats received one of 10 at-large bids (Pool C) to the program's 21st NCAA Tournament after ending the regular season with a 15-4 record. F&M took care of Springfield 17-3 in the Second Round and defeated Illinois Wesleyan 19-7 in the Sweet 16 the following week. The Diplomats' run came to an end the next contest, falling to eventual National Champions Middlebury, 16-4, in the Elite Eight.



accolades:

MAGGIE HANZSCHE '19

CC Defensive Player of the Year
CC First Team
All-Metro Region First Team
IWCLA All-America First Team

ANYA CHOPOORIAN '21

CC Second Team

MEGAN JACKSON '21

CC First Team
All-Metro Region First Team
IWCLA All-America Second Team

EMILY KITCHIN '22

CC First Team
All-Metro Region First Team
IWCLA All-America Second Team

ALLY MARINO '22

CC Rookie of the Year
CC Second Team
All-Metro Region Second Team

TABITHA RODRIGUEZ '22

CC Second Team





An electric offense led men's lacrosse to its sixth Centennial Conference (CC) Playoff appearance and a consistent ranking in the nation's top 20.

MEN'S LACROSSE

The Diplomats averaged a staggering 14.44 goals per game, the most among all Centennial competitors, and were fifth in the country in man-up scoring efficiency at 49 percent. No other Division III institution turned the ball over less than F&M, as the program averaged a mere 14.83 turnovers per game.

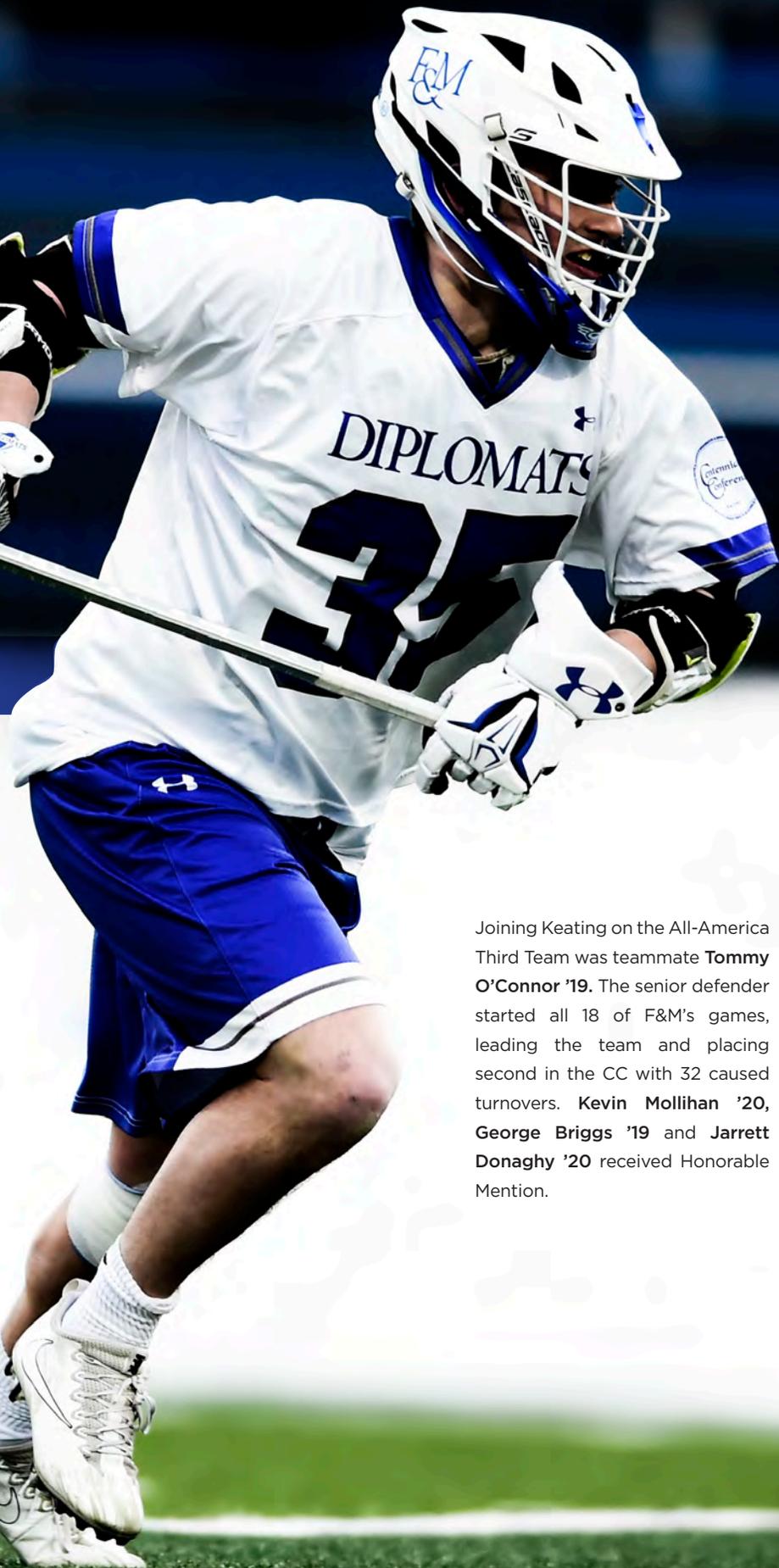
Following a tough opening-game loss to Lynchburg in mid-February, F&M righted the ship in nonconference play by winning four straight game, including a 13-10 road upset over No. 11 Washington & Lee in March.

F&M rolled through one of the nation's toughest Conferences by registering a 7-1 CC mark on the year and entered playoffs as the No. 1 seed thanks to a three-game winning streak to end the regular season.

After a difficult 12-11 loss to Ursinus in the CC Semifinal May 1, the Diplomats' strong play against one of the nation's most difficult schedules was rewarded with one of just eight Pool C at-large bids to the NCAA Tournament and hosting rights to F&M's opening game. However, the Diplomats' run came to an end against No. 19 Stevenson May 8th with a hard-fought 12-9 defeat.

F&M produced its fourth straight season with at least 12 wins after wrapping up the 2019 campaign at 12-6 overall, earning the Diplomats a No. 16 ranking in the final national poll.

Five Diplomats were named to the United States Intercollegiate Lacrosse Association (USILA) Division III All-America Team, led by CC Offensive Player of the Year **Luke Keating '21**, who led the CC in points (100) and assists (42) while placing fifth in goals (58). Keating's 100 points broke a Centennial record that had stood since 1996. The sophomore attacker became only the 14th member of program history to reach the 100-goal plateau for his career.



Joining Keating on the All-America Third Team was teammate **Tommy O'Connor '19**. The senior defender started all 18 of F&M's games, leading the team and placing second in the CC with 32 caused turnovers. **Kevin Mollihan '20**, **George Briggs '19** and **Jarrett Donaghy '20** received Honorable Mention.

accolades:

LUKE KEATING '21

USILA DIII All-America Third Team
IMLCA All-Region Second Team
CC Offensive Player of the Year
All-Centennial Conference First Team

TOMMY O'CONNOR '19

USILA DIII All-America Third Team
IMCLA Mid-Atlantic Region Second Team
All-Centennial Conference First Team
USILA Senior All-Star Game

JARRETT DONAGHY '20

USILA DIII All-America Honorable Mention
IMCLA Mid-Atlantic Region Honorable Mention
All-Centennial Conference First Team
Academic All-Centennial

KEVIN MOLLIHAN '20

USILA DIII All-America Honorable Mention
All-Centennial Conference First Team

GEORGE BRIGGS '19

USILA DIII All-America Honorable Mention
IMCLA Mid-Atlantic Region Honorable Mention
All-Centennial Conference Second Team

ELLIS LLEWELLYN '19

All-Centennial Conference Second Team

A.J. RIGSBY '21

All-Centennial Conference Honorable Mention

JACK BEATTY '21

All-Centennial Conference Honorable Mention

Franklin & Marshall softball concluded its campaign in the playoff hunt until the final week of the regular season, ending the year with a 15-19 overall record and a 7-9 mark in Centennial Conference (CC) play.

The Diplomats delivered a strong start to the season, winning four out of their first five Spring Break contests in Florida, including an impressive hitting display March 12 in a 14-3 (5 Inning) win over North Park, followed by an 8-2 win against Mount Union.

After an up-and-down start to Conference action, F&M notched a 3-1 week on the road against Centennial opponents to stay in playoff contention. A crucial 4-1 win against Dickinson April 16 sparked F&M's doubleheader sweep against Muhlenberg (8-0, 4-1) April 18.

Sabrina Ryan '21 threw for 14 innings on the day, garnering both wins after giving up only one earned run with 10 strikeouts. The Diplomats narrowly missed out on the program's first playoff appearance since 2017 after a pair of losses to Haverford on the final weekend of the regular season.

Abi Buell '22 received postseason accolades, earning All-CC First Team recognition. The first-year led the Diplomats with a .379 batting average, which was good for fourth in the CC, and also ranked second on the team in RBIs (19). She helped pace F&M through the middle of the season with a 10-game hitting streak starting March 30 with F&M's CC opener against Washington and culminating in a 3-for-4 performance with two doubles and three RBIs against Elizabethtown April 11.

The Diplomats were well-represented in the classroom as well, with **Ella Glenn '21**, **Christine Miles '19** and **Hannah Salvucci '21** all earning a spot on the CC Spring Academic Honor Roll.



SOFTBALL

A historic start saw F&M open 2019 with an 11-2 record. A 2-1 upset over No. 17 Keystone March 15 saw **Andrew Poirier '20** register an RBI single in the bottom of the ninth to claim the walk-off win.

In Centennial play, F&M garnered a firm grasp on one of the four Tournament spots after pulling off doubleheader sweeps of defending-champion Swarthmore April 13, and Haverford April 20. The Diplomats rolled into the playoffs with a 12-6 CC mark and home-field advantage as the No. 2 seed.

Winning seven of eight regular-season games, F&M shut out Haverford (2-0) on May 2. Ace starter **Jonathan Cole '20** was lights out on the mound, registering eight strikeouts and allowing just four hits.

The season came to a halt the next day with losses to eventual College World Series participant Johns Hopkins and Haverford.

Sixth-year head coach Ryan Horning became F&M baseball's all-time winningest coach, reaching the 100-win plateau after sweeping Hampden-Sydney Feb. 24.

Senior first baseman **Dan Marano '19** ended one of the program's most-storied careers with a record 113 RBIs and the second-most hits at 174. Senior catcher/reliever **Danny Blugis** broke the career caught-stealing record with 32, while Cole struck out 14 batters in a 3-1 win over Haverford April 20—the highest known total in program single-season history.

Cole went on to be named to the D3baseball.com All-America Second Team, Mid-Atlantic Region's Pitcher of the Year, the second All-American in F&M history, and third CC Pitcher of the Year when he was announced to the All-CC First Team. He tallied a 7-2 record, struck out 76 batters in 70 1/3 innings and held opponents to a .174 batting average.

Jack Buckley '20 earned All-Region Third Team honors and All-CC First Team accolades after collecting 73 strikeouts, the second most among all Centennial pitchers. The junior lefty produced a 7-3 record in 69 1/3 innings with a 2.60 ERA.

Designated hitter **Don DiLoreto '21** (Second Team) and shortstop **J.J. Freeman '21** (Honorable Mention) joined the All-CC team. DiLoreto led the Diplomats in walks (24), doubles (10), scoring 25 runs and recording 22 RBIs.

Freeman was one of F&M's top run producers, leading the team in home runs (6), triples (4) and runs scored (49).



The Diplomats won the fifth-most games in their 131-year history with a 27-15 record, made the CC Playoffs and produced the program's first All-American since 1995.

BASEBALL

Women's golf competed in five events during the 2018-19 season, concluding play April 27-28 at the Centennial Conference (CC) Championship in Lancaster.

WOMEN'S GOLF



The Diplomats were tied for sixth in the team score following the first round of action. **Maddy Markmann-Porch '21** led the Diplomats' individual finishers with a 23rd place showing out of 37 golfers, combining to shoot a 216 (109-107) at the two-day event and shaving a pair of strokes off her opening-round tally. **Jamila Gowdy '21** carded a 217 (111-106) to finish close behind in 24th. She totaled a 52 on the back nine Sunday with a pair of pars on her final two holes.

During the regular season, **Megan Whittier '19** and **Ember Toth '20** were both 2-0 in match play, and Toth produced F&M's best individual performance in tournament play by shooting a 103 for a fifth-place showing at the McDaniel Tri-Match Sept. 16.

In head-to-head competition, the Diplomats produced a 1-0-1 record, including a dominant 3-1 victory over Lebanon Valley March 31.

The regular season saw F&M earn five team and five individual titles across 10 tournaments, including a come-from-behind win at the 10-team Ted Keller Memorial Invitational, hosted by Randolph-Macon October 8-9.



MEN'S GOLF

Jared Berlin '22 and Justin Lankler '20 tied for first after two rounds in the field of 55 players. However, Lankler (71-73) recorded a birdie on the first playoff to pick up medalist honors.

The Diplomats provided a dominant performance at the Swarthmore/Neumann Invitational March 24 when Lankler, Steve Nicholas '20 and Tyler Wassell '22 tied for third out of 52 golfers with identical rounds of 78, leading F&M to a first-place showing out of 10 programs.

Following a second-place effort out of 18 teams at the Rosemont Raven Invitational April 13-14, F&M entered the 2019 CC Championship firing on all cylinders. The Diplomats once again proved to be a force at the Tournament, as two individuals finished in the top 10.

Berlin earned Rookie of the Year honors after tying for fifth with rounds of 79, 77 and 77 for a 233, while Lankler tied for eighth with a 237 total (79-83-75).

As a team, F&M saved its best for the final round, as the Diplomats shaved 12 strokes off the previous day's total to climb back into contention but ultimately were forced to settle for fourth place and a 953 total (321-322-310).

Seiichiro Nakai '20 went on to claim All-Region recognition from the Golf Coaches Association of America (GCAA). The California native recorded six top-10 finishes on the year, including a second-place showing at the F&M Fall Invitational Oct. 15.

In addition to All-CC honors, Berlin was named the Mid-Atlantic Region Freshman of the Year. He won two events during his dominant rookie campaign and finished in the top six in seven out of eight events.

Women's tennis notched its sixth straight winning record in Centennial Conference (CC) competition and earned a trip to the CC Tournament.

After opening a difficult regular-season slate with an 0-3 overall mark, F&M bounced back to win five of six matches from March 12 to April 6. Centennial play saw the Diplomats produce an impressive 7-3 record, storming into the Playoffs as winners of four of their final five contests.

F&M took part in one of the most competitive Tournament matches in CC history, coming up just short in the First Round April 30, falling to Gettysburg by a 5-4 tally.

WOMEN'S TENNIS



The back-and-forth affair marked the most closely contested match in the CC Tournament since 2007 and was only the second 5-4 final score in history. F&M wrapped up its campaign with a 9-7 record.

Allison Wolters '19 and **Gavriel Rubenstein '19** were recognized for their dominant play. Wolters became the 29th player in Centennial history to land on the First Team three times and the fifth Diplomat to claim that honor.

She produced an 11-5, 8-1 CC singles mark during her senior campaign at the No. 1 position, bringing her career total to 41 victories, which placed 20th on the program's all-time list. Wolters was honored along with Rubenstein on the All-CC First Team Doubles list after the formidable duo racked up a 12-7 record at No. 1 with a 7-3 mark in Centennial competition and a three-match win streak to conclude the season.

Alex D'Angelo '21 tallied a 10-6 mark between the Nos. 4-5 spots. **Emma Wu '19** was 9-7 from the No. 3 position, while **Marissa Witmer '21** wrapped up her sophomore campaign with a 7-7 overall mark.



Men's tennis earned the program's 10th straight Tournament appearance after finishing the year with an 8-9, 5-4 CC record.

MEN'S T E N N I S

Entering postseason play as the No. 5 seed, F&M earned a trip to the team's eighth straight CC Semifinal with a 5-3 victory over Dickinson in the First Round. The Diplomats fell to eventual-champions No. 24 Johns Hopkins in the Semis by a 6-0 score.

The Diplomats opened CC action with a bang, sweeping McDaniel by a 9-0 score March 28 and taking down Ursinus 8-1 April 2. F&M closed out the regular season with a critical 7-2 win over Muhlenberg to earn the No. 5 seed.

Seniors **Isaac Salas '19** and **Zack Levin '19** represented the Diplomats on the All-CC Team. The duo earned Honorable Mention recognition after finishing the season with a 9-8, 5-4 CC record from the No. 2 spot. The pair registered a five-match winning streak that culminated in an 8-7 (7-4) victory against regionally ranked opponent Salisbury March 30.

Salas was also honored in singles action, making the Second Team. He led the Diplomats from the No. 1 singles spot throughout the season, ending with a 5-9, 4-4 CC mark, including a crucial 6-0, 6-0 sweep against Muhlenberg April 27 to help secure F&M's playoff berth.

Salas finished his career tied for 18th in wins with a 36-32 record, while Levin finished tied for 13th at 39-35.

Women's track and field broke three program records and returned to the NCAA Championships.

Rachel Wylie '20 qualified for the NCAA Championships in the 400m Hurdles for the second time in her career. The junior found her stride at the Centennial Conference (CC) Championships, finishing her preliminary race with a time of 1:02.57 and claiming 22nd seed. Wylie ended with a 19th-place finish at NAAs, running for a time of 1:04.99 May 23. Wylie reset the program mark in the 100m Hurdles at the CC Champs May 5, finishing the race in 15 seconds flat, which was good for second.

Lindsey Powers '19 ended her career with a program record under her name, throwing for 12.72m in the Shot Put at the Eastern Collegiate Athletic Conference (ECAC) Championships May 16.

Four podium finishes helped the Diplomats to a sixth-place showing at the CC Championships May 3-5.



WOMEN'S TRACK & FIELD

Wylie led with a gold and silver in the 100m and 400m Hurdles, respectively, while Powers took the bronze in the Shot Put. The 4x400m relay team of **Kaitlin Muccio '19**, Wylie, **Laura Greene '22** and **Emily Natoli '20** finished third with a time of 4:03.12.

Muccio, **Alexis Salerno '22**, Greene, and **Elizabeth O'Connell** teamed up for a program record in the 4x800m Relay, finishing with a time of 9:37.60 on the second day of the CC Championships, breaking a 36-year-old school record.

Muccio reset all her personal bests in four of five meets. Beginning with a 26.80 finish in the 200m at the Osprey Open April 12, Muccio went on to a personal best in the 800m Run (2:19.58) April 14 at the Bison Outdoor Classic, the 100m Dash (13.36) April 20 at the All American Meet, and the 400m (59.88) during the preliminaries of the CC Champs May 4.

As a team, the Diplomats notched their best finish at the Blue Jay Tune-Up April 27, led by Powers, who took first in the Shot Put (11.77m) and second in the Discus Throw (33.12m), and Greene, who finished on top in the 800m Run (2:20.81).

Men's track and field finished ninth at the CC Championships and went on to compete at the Eastern Collegiate Athletic Conference (ECAC) Championships.

Tanner Erisman '19 led the Diplomats at the CC Championships May 3-5, landing on the podium for the third straight year with a second-place finish in the Javelin, throwing for a distance of 53.55m. Erisman finished in the top three in six of eight events during the season, including a season-best at the Blue Jay Tune-Up April 27, where his throw of 55.11m was good for first.

Thrower **Brandon Davis '19** ended his career with a personal best in the Hammer Throw with a toss of 38.92m, which was good for seventh at the ECAC Championships May 16.

Senior **Spencer Lyman '19** led the mid-distance runners, recording a personal-best finish in the 800m Run during the preliminaries of the CC Championships, crossing the finish-line at the 1:56.91 mark.

The Diplomats recorded their best finish at the Blue Jay Tune-Up, taking eighth of 15 teams. **Aaron DiGregorio '21** notched a third-place finish in the 110m Hurdles with a time of 18.67, while **Ben Walsh** took fifth in the 400m Dash, running for a time of 56.32.



MEN'S TRACK & FIELD

Women's rowing displayed steady improvement throughout the 2018-19 season. The Varsity 8+ boat strung together a series of first-place finishes, once again proving to be a top competitor at the annual Mid-Atlantic Rowing Conference (MARC) Championships in April.

At the Championships, F&M's top boat lived up to expectations, putting forth a valiant effort in the Grand Final but just missing out on catching defending-champion Washington College, as the Diplomats were forced to settle for second place with a time of 7:58.42. Overall, F&M collected 48 points at the event to place fifth out of 11 competitors.

WOMEN'S ROWING



F&M's earned the final two MARC Crew of the Week awards following first-place finishes at the Knecht Cup (April 13-14) and Kerr Cup (April 20).

At the 81st Dad Vail Regatta on May 10-11, the Diplomats officially wrapped up another stellar season when F&M's Varsity 4+ boat of **Kelly Minard '21** (coxswain), **Sam Hershey '20** (4), **Katie Benham '20** (3), **Liz Brodie '21** (2), and **Kayleigh Rine '21** (1) registered a second-place finish in the Division II/III second final with a time of 7:20.092—a mere five seconds off the lead.

Several Diplomats were awarded for their work on the water and in the classroom. **Katie Benham '20** and **Margaret Stoner '19** landed on the 2019 All-MARC Varsity list while **Emily Briggs '22** earned a spot on the 2019 All-MARC Novice list.

Brodie, **Sarah Labovitz '20**, Minard, **Helen Nelson '19**, Rine, and Stoner were named MARC Academic All-Conference, which is awarded to rowers who have a cumulative GPA of at least 3.5, are in their second, third or fourth year of eligibility, and have competed in 75 percent of the varsity competitions or the MARC Championships.



MEN'S ROWING

The Diplomats tallied their highest-ever point total at the Mid-Atlantic Rowing Conference (MARC) Championships and followed with an impressive showing at the 81st Dad Vail Regatta.

At the MARC Championships April 27, F&M's Varsity 8+ boat claimed first in the Petite Final, leading the Diplomats to a sixth-place showing out of 20 boats –the largest-ever field in the event. F&M concluded with 58 total points, besting such DI competition as Penn State (37 points), Loyola (27 points) and Maryland (26 points).

For the second consecutive year, the Diplomats took part in the esteemed Dad Vail—the largest collegiate regatta in North America. The Varsity 4+ boat of **Giuseppe Inglima '20** (coxswain), **Seth Sherwood '22** (4), **Harris Karlin '21** (3), **Ben Carroll '20** (2), and **Lukas Grattan '20** (1) started off with an 18th-place finish out of 35 boats (across all divisions) in the day's opening preliminary event to qualify for one of the top three final's heats. The group eventually secured fourth out of six boats in their final race.

Men's rowing competed at five spring events leading up to the Championships, taking home a first-place showing by the Varsity 4+ at the Washington College Invitational March 30 and a second-place finish from the Varsity 8+ boat at the Kerr Cup Petite Final April 20.

Grattan and Carroll landed on the 2019 All-MARC Varsity list while Sherwood earned a spot on the 2019 All-MARC Novice list. **Joel Cannon '19**, **Harris Karlin '21**, and **Ngoun Lay '19** were named MARC Academic All-Conference, which is awarded to rowers who have a cumulative GPA of at least 3.5, are in their second, third or fourth year of eligibility, and have competed in 75 percent of the varsity competitions or the MARC Championships.



“ Simply put, Jack is an 'F&M man,' and it doesn't surprise me that he had no hesitation to help out someone in need.”

—John Troxell

JACK DON

Jack Donaghy '20, a rising senior quarterback on the football team, volunteers for numerous programs in the community. Perhaps his most remarkable decision was to join a program whose members give bone marrow to help others.

Head coach John Troxell and his wife, Pam, in conjunction with F&M's Student-Athlete Leadership Council, helped organize a marrow donor registry drive on the College's campus in support of the Be the Match program in spring 2018. Throughout the past 25 years, the organization has managed the largest and most diverse marrow registry in the world in a fight against life-threatening blood cancers such as leukemia and lymphoma.

Donaghy stepped forward and, in December, he donated.

“Donating marrow is not like giving blood,” explained Donaghy.

“You first need to be on the national registry, and then if someone is sick and needs a transplant, the registry will contact you.”

“For confidentiality purposes, I do not know, nor do the doctors know, who I donate to.

“I believe I am doing something that any person would do given the opportunity.”

Bone marrow is soft, spongy tissue found inside the bones. A bone marrow transplant replaces unhealthy marrow with healthy marrow cells.

Before a transplant, a patient gets chemotherapy with or without radiation to destroy diseased cells and marrow. The healthy cells then are “transplanted” to the patient. The new cells enter the bloodstream through an intravenous line, similar to sending blood through an IV. The cells find their way into the bone marrow, where they grow and start to make healthy red blood cells, white blood cells, and platelets.

Agreeing to become a donor requires a strong commitment, as well as a challenging procedure. “They drill into your back in two areas,” said Donaghy. “If you placed your hands on your hips and wrapped your thumbs around your back, that is where they drill in. Once the incision is made, they continually go in and out of both spots until they have extracted the amount they need for the recipient.

“I was under anesthesia for the procedure, but I was in pain and extremely sore for about a week. I was uncomfortable for about three weeks or so.”

Volunteering is an integral part of Donaghy's makeup. He helps out at a local weight-training center for young men and at a junior baseball program in the summer, and also volunteers with Habitat for Humanity.

A native of Havertown, Donaghy went to Haverford High School where he earned admission to the National Honor Society and the National Business Honor Society.

“I have enjoyed football at F&M,” said Donaghy. “It's been great to have played on two of the most successful back-to-back seasons in recent years, going 10-1 and 8-3.”

The son of Eileen Donaghy, a nurse practitioner at the University of Pennsylvania Hospital, and Peter Donaghy, principal at Haverford High School, he has three siblings, Erin, T.J., and Kate. He said he chose F&M because of the College's combination of outstanding academics and an excellent football program.

“I wanted to get a great education,” said Donaghy, who is majoring in business, organizations, and society. “I enjoy the academic experience, and I have met some great people here. We have terrific guys on the team, and I think we will be friends for many years after college.”

Donaghy's intangibles stand out to Troxell and the rest of the F&M football program.

“Jack is a tremendous leader and a player that the team rallies around,” said Troxell. “He has great character and commitment to his teammates.

Donaghy saw brief game action in 2018, but perhaps his biggest play came off the field when he donated bone marrow. “I would absolutely do it again if given the opportunity,” said Donaghy.

A G H Y

Student-athletes often have peaks and valleys in their collegiate careers. Never has that been more evident than for baseball stalwart Dan Marano '19, who left a remarkable legacy despite disappointing downtime. Injuries plagued the Diplomat first baseman in 2016, 2017 and 2019, but he fought through them to emerge as one of the most valuable players on the squad, which finished with an impressive 27-15 record in 2019.

Marano was the Rookie of the Year in the Centennial Conference (CC) in 2015 and was the CC Player of the Year in 2018. No other student-athlete in Centennial baseball history can make that claim. He was All-CC First Team and an All-Region Third Team selection in both 2015 and 2018, before relying on a medical hardship to use his final year of eligibility in 2019.

The accolades defined the peaks of his collegiate career. The injuries marked the valleys.

"I broke my wrist halfway through my senior season and returned two weeks later for the end of conference play and playoffs," said the Diplomat co-captain from Maple Shade, N.J.

"When you face injuries, you think of what goals can still be reached. I always enjoyed being on the squad, and when I was injured, I worked on supporting my teammates and helping to make us the best team we could be."

Marano had a dynamic junior year. He led the Centennial Conference with a .411 batting average, and his 62 hits marked the third-highest single-season total in program history. He tied a Centennial record with a 6-for-6 hitting performance against Drew University April 19. Marano emphasized fielding his position, and in 2018 he did not make an error in 295 chances. He registered 41 RBIs, 12 doubles, and five home runs.

During his injury-plagued final season in 2019, he appeared in 30 games and hit for a .305 average. But he worked closely with head coach Ryan Horning and made sure he was the most productive teammate he could be.

"Dan will leave F&M as the winningest player in school history, and I can think of no better player or person to hold that title," said Horning. "He is one of the most unselfish players I have ever coached, constantly doing what's best for the group as a whole."

Marano is interested in community and public health care issues. He said one of his most satisfying activities was holding leadership positions with the Student-Athlete Leadership Council (SALC), the College's version of the NCAA-mandated SAAC. Marano served as president during his senior year. SALC organizes events to increase community involvement, raise funds, and boost Diplomat pride.

Marano went on to be awarded F&M's coveted Garrigues Outstanding Senior Athlete Award, given for excellence in academics, sportsmanship, and on-field performance. Despite his injuries, Marano put together a stellar four-year career as the program's all-time RBI leader with 113, while his 174 hits are good for second on F&M's list. He exits Lancaster in the top 10 of several additional categories, including batting average, games started, total at-bats, doubles, home runs, total bases, total defensive putouts, and double plays turned.

During the recruitment process, I asked Dan what his goals were in college," recalled Horning.

"The typical answer I get from recruits has something to do with statistical goals and/or playing time, but Dan's response was, 'I want to leave this program better than where I found it.' You don't hear 17-year-olds speak that way."

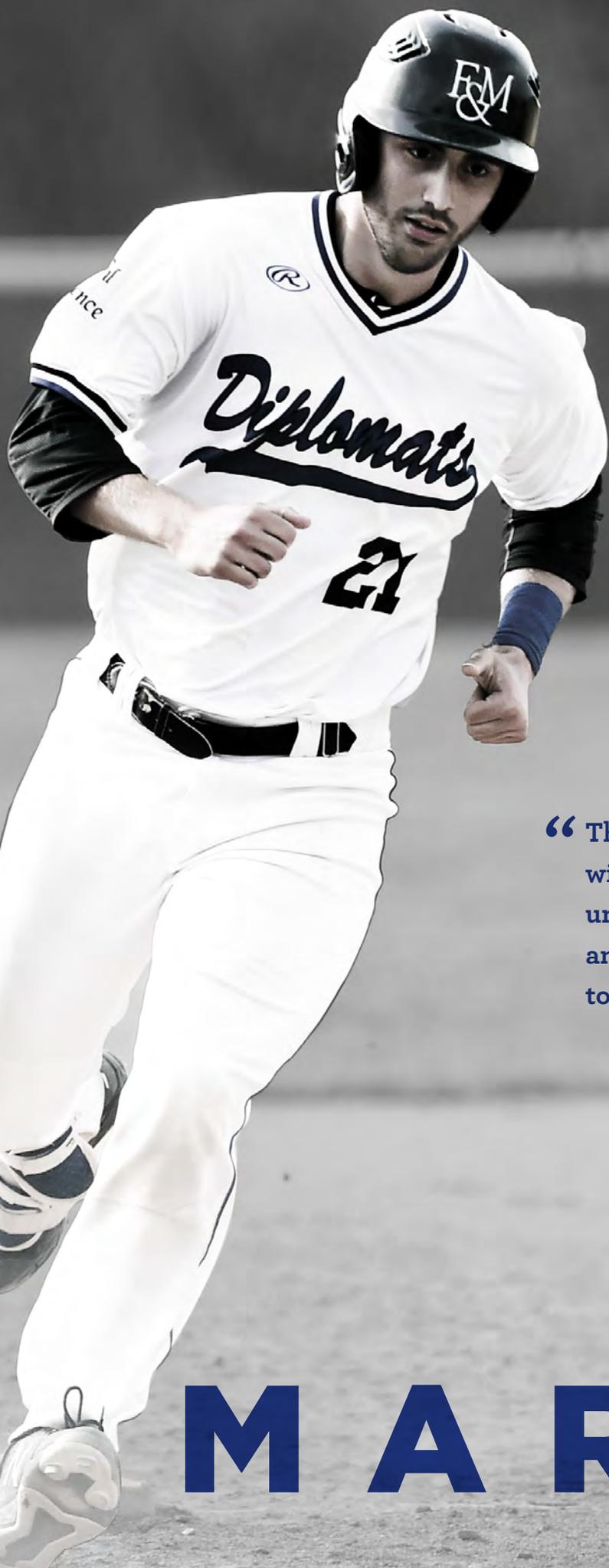
"This was a great place for me," said Marano. "I wanted a competitive environment in academics and athletics, and I found that. On the field, we won a lot of games, and we were consistently among the best in the conference."

His mother, Wendy, is a public-relations professional with a hospital in Camden, N.J.; his father, Dominic, is a paralegal in Philadelphia. His sisters are Elizabeth and Justine. Marano plans on pursuing a career in health-care consulting or population health after leaving Lancaster.

After missing the equivalent of nearly an entire season due to injuries, Marano's mark on the Diplomat baseball program will be imprinted by his character as much as it will be by his abundant talent and remarkable performance on the field. And there is little doubt that Marano's future after F&M will be defined more by its peaks, rather than its valleys.



DAN



“ The impact Dan has had on our program will last long beyond his time in an F&M uniform. He has pushed his teammates and coaches to not only work harder but to expect more of each other.”

—Ryan Horning

M A R A N O

ILIANNA

SANTANGANO

Many words could describe the Franklin & Marshall field hockey team's defensive unit throughout the past four seasons, but no other descriptor offers quite the same accuracy as this one – elite. And while there have been numerous All-CC defenders along F&M's backline during that elite stretch of play, there has been one consistency.

Goalkeeper Ilianna Santangelo '19 was a remarkable four-year starter in cage, who seemed to get better each season.

Santangelo was a steady presence for the Diplomats, who accumulated a 68-17 record during her time in Lancaster, advancing to four NCAA Sweet 16 appearances, a pair of Elite Eights and the Final Four in 2017. Number 87 was there for it all, starting in 80 of 82 career games and providing key saves in key moments. As remarkable as her first three seasons were, her senior year in 2018 was historic.

Named to both the Longstreth/NFHCA Division III and Synapse Sports All-America Second Teams, she finished fifth in the country in save percentage (.851). She surrendered only 11 goals in 1,460 minutes to set a program record for lowest goals-against-average mark in a season at 0.53 - a number good for fourth in Division III.

"Ilianna was a tremendous team player," explained head coach Kaitlyn Eager. "At the goalkeeping position, you have to be ready to adapt to anything. There are some games that you get a lot of action and other games you may only touch the ball one or two times.

"She knew the less she touched the ball, the better the team was doing by keeping the ball in our offensive end. She never cared as much about her individual accolades as she did winning as a team."

Santangelo has assured herself a rightful place among the program's best. She is the program record holder in career wins (64), shutouts (32), and lowest goals-against-average mark (0.75). Santangelo collected a total of three All-CC honors during her career, including a pair of First-Team nods, and was named to the Synapse Sports All-Rookie team as a first-year.

For her outstanding performance in both field hockey and the classroom, she was named the school's Karvasales Award winner as the senior female student-athlete who displayed "cumulative outstanding athletic and academic achievements over a four-year period."

During her time at F&M, Santangelo made an impact away from the field as president of Students for Autism Awareness for three years.

"My interest lies in aiding the special-needs community in a variety of capacities. I hope to learn the medical side of illnesses and also the inner workings of each individual and what we as a larger community can do to assist them in living their happiest existence."

She is now employed at Massachusetts General Hospital in the emergency department as a medical scribe. She also intends to take courses at Northeastern University with the goal of attending medical school. Santangelo's departure means the Diplomats will be forced to adapt without their safety net—their fixture between the pipes for the last 82 games.

Number 87's presence will be missed. Replacing a four-year starter is challenging. And replacing a student-athlete like Ilianna Santangelo, who put the team first while consistently competing at an elite level when her number was called, is an even greater hurdle to overcome.

G E L L O



“As a coach, you don’t worry as much about the ball getting into our defensive end when you have someone of Ilianna’s experience and confidence.”

– Kaitlyn Eager

VOLLEYBALL MINDFULNESS



One way that Franklin & Marshall's volleyball squad improves performance is through the implementation of mindfulness. In sports, mindfulness might be defined as the art of relaxing so one can be more competitive.

In life, it has been described as the psychological process of bringing one's attention to experiences occurring in the present moment, which can be developed through practice and other training.

"It's been a great program for us," said sophomore Delaney Hahn '21, an outside hitter from North Carolina. "We had a good season, and I think it has been a factor."

Coach Mary Kate Salko's team entered into a mindfulness program as a means of obtaining a greater awareness during games. One goal of the practice is to reduce negativity and focus on the next point of the match, the next moment.

The program at F&M is a formal regimen administered by Kathy Babb, senior student development adviser, and a career adviser with the College. Babb makes the program available for all students, staff, and faculty, but in spring 2018, she and Salko developed a program specifically for volleyball.

"Students can be under a lot of pressure," said Babb. "This program can create quiet time to make student-athletes aware of themselves."

“We want to drive away negativity and focus on the goal of high-performance team play. We don't diminish competitive edge—we help players focus for better performance.”

—Kathy Babb

A mindfulness session can bring the team together for quiet moments. Team members might do yoga. They might pray. They might cleanse their minds by not thinking at all. They might gather in a circle and express appreciation of their teammates.

"I think the program has been beneficial," said Salko. "Students are under stress, and a chance to relieve it can come through meditation, and when we're in a group, we can verbalize about what we need to do and how we are a team."

Mindfulness is a recognized tenet of the educational and corporate communities. Research has suggested that mindfulness practices have had positive influences on well-being, stress reduction, mental acuity, and physical health.

The Diplomats are benefiting from this regimen as a result of a \$1 million commitment by retired investment executive Tony Kreisel, '66, and his wife, Dr. Kimberly Faris. They endowed a program that offers the F&M community a broad range of mindfulness training and practice opportunities.

"I work with a great deal of 18-to-26-year-olds, in school and out, and there seems to be a lack of balance among many," said Faris, a Boston-area clinical psychologist, in a statement. "Mindfulness helps provide balance and healthier coping skills."

Kreisel, a trustee of the College and retired chief investment officer, large-cap value, at Putnam Investments, said F&M's holistic view of student development is one of its distinguishing characteristics.

"This program—the Faris-Kreisel Mindfulness Program—adds to our palette of holistic student development in a way that I find exciting," Kreisel said in a statement. "It's something our students will keep with them throughout their lives."

HIGHLIGHTS DOMINANT ERA OF SQUASH

AASHISH KAMAT '88



The 1986-87 men's squash team finished a remarkable campaign ranked second in the nation, with triumphs over Cornell, Princeton, Yale and the University of Pennsylvania. Fundamental to the team's success were three All-Americans. Two were seniors, Morris Clothier '87 and Chris Spahr '87, and both earned spots in the Hall of Fame in the 1990s.

Joining them in the Hall this year was Aashish Kamat '88, whose incredible junior campaign contributed to the team's success. It's a memory he recalls fondly.

"I think my proudest moment athletically is my junior year as a whole," said Kamat. "We lost only one match, and beat a lot of highly ranked schools."

Kamat attributed the team's success to several factors. Paramount among them, he said, was the close relationships fostered among members of the team.

"Coach [William] Marshall and Coach [John] Stallings encouraged team bonding," remembered Kamat. "It helped that everyone was talented and we all gelled together, practicing with each other and constantly learning from each other. And a lot of it was luck and happenstance, in that all of us were together at the same time."

Despite the inherent individuality of squash success, Kamat makes an important distinction, once again emphasizing the team aspect.

"Even though it's an individual sport, an individual victory means nothing if the team doesn't win," explained Kamat. "That's why it was so important for us to get close and to motivate each other."

THE STUDENT-ATHLETE, LIBERAL ARTS EXPERIENCE

Kamat has found immense international success, and he owes a lot of it to his time at F&M as both a student and an athlete. In the harsh, dog-eat-dog world of banking and finance, Kamat values his experience as a student-athlete.

"Squash is responsible for a lot of what I am today," said Kamat. "I wouldn't have gone to F&M, or even have been accepted, if not for squash. My time in Lancaster helped me to develop essential skills that I use every day: Collaboration, leadership, and motivation are just a few."

F&M presented Kamat, born in the bustle of India's city life, with a new environment. The small school fostered an organic sense of camaraderie, which Kamat called invaluable to his experience as a student-athlete.



Outside of squash, the College provided Kamat with a wide variety of courses that diversified his education. Kamat honed in on his interests through his accounting major but said the liberal arts setting serves as a fantastic foundation for success later in life. “Getting cooped up in just one area can be detrimental,” said Kamat.

“But liberal arts allowed me to interact with many different people in varied fields. The business world is all about relationships, and F&M fosters that growth.”

“Liberal arts teaches you the things that may not seem directly relevant to your career, but play a huge role,” acknowledged Kamat.

“I learned about religion, logical analysis, world cultures...the list goes on. It was so valuable for me to think outside the box and to connect different areas of study.”

Speaking to the versatility of a liberal arts education, Kamat is thankful for the multitude of available course offerings.

THE BUSINESS WORLD

Kamat has worked around the globe, from Philadelphia to Hong Kong, since his departure from F&M. Immediately out of school in the late '80s, Kamat found a position managing audits in Philadelphia.

“F&M exposed me to a completely different world from my years in India,” reflected Kamat. “This helped with my transition into the next steps of my professional career.”

He stayed true to his accounting major and became an internationally recognized

figure in the banking world, with stints at J.P. Morgan Chase & Co. and Bank of America in New York City. Kamat most recently headed the prominent Universal Bank of Switzerland in India.

Even as a secondary activity to his professional career, squash remains a part of Kamat's life, and a successful one at that. The 1984 Indian Junior National Champion still actively participates in tournaments and continues to impress colleagues and fans in India and around the world. He even achieved the status of one of the “20 best squash players on Wall Street,” according to a 2013 article from Business Insider.

Kamat retired from the Universal Bank of Switzerland in 2017. He plans to spend more time playing squash, and also wants to continue seeking out entrepreneurial opportunities in his fields of expertise.

RECEIVING THE CALL TO THE HALL

The news of his selection into the F&M Athletic Hall of Fame caught Kamat off guard.

“I was surprised, in the sense that some of my teammates had gotten the honor earlier on and I wasn't expecting it now,” explained Kamat.

But his squash resume justifies his selection. A two-time All-American, Kamat won 35 matches and lost only 15. His whopping .842 winning percentage in his stellar junior campaign ranks among the best seasons in Diplomats history. Kamat made the visit to campus for the induction ceremony, flying in with his family from their home in India. He was escorted onto the stage by current members of the F&M Men's Squash team.

“It's probably been around 10 years since I've been here in Lancaster,” said Kamat. “I was excited to see the new facilities, especially the new stadium, but also to reminisce with old colleagues and teammates and relive the old times.”

Written by Jordan Cohn '19



UNLEASHING POTENTIAL

ALEXA BARBUSH '13

More than 100 young athletes flooded the court at the Boston Celtics' training facility in March 2018. It was a special day for this enthusiastic group of fans, as the Celtics' junior NBA clinic provided a once-in-a-lifetime opportunity to receive skills training from the best in the business and a glimpse into a professional facility. NBA players, trainers and coaches led the kids through various drills, and trainers utilized different techniques to allow for the most comprehensive experience.

One group of trainers assisting with the clinic was from basketball program Unleashed Potential. Hailing from Central Pennsylvania with humble beginnings, the specialized group made the most of the opportunity to showcase its unique operation.

For former F&M women's basketball standout Alexa Barbush '13, seeing the championship banners and the determined young players brought her basketball story full circle.

THE F&M EXPERIENCE

When Barbush stepped on the court in Maysers Gymnasium for the first time as a Diplomat in 2009, Centennial Conference coaches and fans alike knew there was a bright future ahead for the Etters, Pa., native. Barbush had been a four-year varsity starter for a perennial top-10 Pennsylvania team at Trinity High School. Finishing her high school career with two Mid-Penn Conference First-Team selections and All-Pennsylvania recognition, Barbush's potential to make an immediate impact was evident.

"She had this relentless competitiveness and fierce determination right from the start," recalled F&M Head Coach Kirsten Richter. "You could see it defensively. We had high expectations."

Barbush didn't disappoint. She was a star on both sides of the court, finishing her debut season as the team's third-leading scorer and swiping a team-high 77 steals. An absence of seniors allowed Barbush to assume a role of responsibility as she grew as a person and player. The subsequent years saw Barbush shatter program records, including the single-season mark for steals

with an astounding 105, and receive a CC Player of the Year Award her junior year to go along with two All-America nods.

"At the end of the day, my accolades are great, but my relationships are the most important takeaways from my collegiate career," said Barbush.

"I'm proud of my All-America honors, and it's cool to be a member of the 1,000-point club. But what I value most from my F&M days can't be expressed in those stats."

"The most beneficial aspect about my liberal arts education was the freedom I had to meet new people and explore opportunities I might not have necessarily known I was interested in," noted Barbush. Arriving in Lancaster with plans to major in business, organizations, and society, Barbush took a psychology class early on and found a new calling.

"I took a few psychology classes and fell in love with the field," said Barbush. "I did it because I liked it. I didn't want to be an artist, but I took a few art classes because I enjoyed it. I was like many others in that I didn't know what I wanted to do, but doing what you enjoy always works out in the long run."



BACK TO BASKETBALL

It eventually came together for Barbush her senior year, when she began laying the groundwork for a career after playing basketball alongside her future husband, Jordan. Jordan's father ran the National Youth Basketball Division for 24 Hour Fitness, and the three came together and started a basketball training company, Unleashed Potential.

The organization has grown from a small, Pennsylvania-oriented company into a national phenomenon. Barbush's father-in-law, Joe Stasyszyn, often referred to as "Mr. S" by Barbush and many others, relayed his background to Barbush. She has taken his valuable training and run with it.

"We train individuals, small groups, high school teams, and more through unique and thorough sessions," explained Barbush. "Mr. S gives speeches for USA Basketball as well, so Jordan and I follow along for those and learn so much."

Barbush, remembered by Richter as one of the most astute players she's ever coached, continually learns from the game and develops her training tactics based on her experiences. A brief stint as an assistant coach at Dickinson College allowed her to follow up on her playing experiences with an equally important perspective.

"There's definitely a line between coach and player that should be established, but I think it's incredibly important to be a person and a friend first and foremost, and a coaching figure second," said Barbush.

Barbush described Unleashed Potential as a program that differentiates itself from others due to the all-encompassing programs that efficiently develop several facets of a player's game.

"We not only train basketball skills, but we also develop the underappreciated elements of the game," explained Barbush. "Movement training, speed, agility, quickness, proper movements: All of this is just as important as your shot and your ball-handling ability."

NATIONAL & INTERNATIONAL SUCCESS

Barbush and the Stasyszyn family are proud to train teams within one of the most prominent AAU Associations in Pennsylvania, Mid Penn Motion. However, they also travel all over the country.

"We've been up to Canada, down to Memphis, out west to Los Angeles, and we may even be joining Mr. S on a visit to Italy for a camp this year," explained Barbush.

The Boston Celtics experience was a highlight for Barbush and the rest of Unleashed Potential.

"We checked out the gyms, the weight rooms, and so much more of the facility," recounted Barbush.

"We heard that Gordon Hayward was rehabbing his injury while we were running through drills. It was pretty surreal."

Most importantly, an impressive list of alumni demonstrates the effectiveness of Unleashed Potential's diverse programs.

"A girl we've been working with since eighth grade is going to Jacksonville University, a Division I program," said Barbush, proudly. "We've sent people to DI programs like Villanova and Delaware, to Division III programs, and have even had graduates of those schools end up playing overseas."

DIFFERENT VENTURES

Barbush remains with Unleashed Potential today, but has branched out and found further success. She owes a lot of her experiences to her F&M background. As a digital associate with Universal Media Analytics, Barbush's work includes graphic design, social media branding, and advertising for media which can be seen on billboards, television broadcasts, and elsewhere throughout the community.

"My psychology major doesn't exactly correlate with my line of work, and I'm not claiming to be a psychologist due to my background," said Barbush. "But, as with basketball, psychology helps me to learn about dealing with people, whether it's a young basketball player having a bad game or a client trying to best advertise a product."

A visit to the Mayser Center for the women's basketball alumni game in February sparked some memories and made Barbush even more thankful for her F&M experience.

"I'd give anything to be back here and go back through those old times," said Barbush. "Looking back on what may have seemed mundane at the time, like hanging out with all of my teammates when we were alone on campus over winter break, makes you aware of how special the experience was."

"My advice for current students is to enjoy your time here as much as possible and try not to stress. It will all work out in the end."

Written by Jordan Cohn '19



USHERING IN AN ERA OF EXCELLENCE **BRANDON CORDAY '08**

The bleachers surrounding Tylus Field were jam-packed on Oct. 20, 2007. Fresh off a defeat at the hands (or perhaps feet) of the Swarthmore Garnet, the Franklin & Marshall College Men's Soccer team sought to defend its home turf and bounce back after a discouraging overtime loss. After all, it was the squad's first loss of the season, and had stained its immaculate 13-0 record.

That F&M soccer season almost never happened. Coach Dan Wagner and the entire Diplomats community suffered a tragic loss when senior Chris Campbell suddenly passed away a day before the preseason began.

"The guys dedicated the year to Chris," remembered Wagner. "We were good for sure, but a lot of our success came because we were playing for Chris out there."

The rival presence that came into Lancaster on that warm but blustery evening was almost as impressive as the Diplomats. The Blue Jays of Johns Hopkins University had soared during the first half of the season, boasting a 13-2 record. The last time the two squads met was in the Centennial Conference Championship the season before, a contest that had resulted in a Blue Jays victory.

More than 1,600 fans—a number that shattered the 15-season-old home soccer game attendance record by more than 700 people—huddled around Tylus Field in a frenzy of excitement. Wagner vividly recounts the scene.

"The setting was just a perfect storm of how good we were, how good Hopkins was, the devotion of the guys to Chris, the fact that it was the first Homecoming game ever at Tylus Field... all of these things coalesced into an exceptional atmosphere," recalled Wagner. "People were lining the fences four or five rows deep, all along the side fence and behind each goal."

With the score knotted 1-1 after a late equalizer from Johns Hopkins, both teams battled for the remaining minutes of regulation time, but to no avail. With overtime in the cards, senior Brandon Corday '08 knew he needed to take charge—and he did just that.

"That year, if we were going to score, it was either going to be Brandon or Ryan [McGonigle]," explained Wagner, sitting in his office near a poster depicting the eventful night. "Those two were the ultimate offensive duo."

Three minutes into the overtime period, Corday received a chip pass from McGonigle at midfield and finished off a one-on-one situation, effectively ending the game.

"We hadn't beaten Johns Hopkins at home in 14 years," recalled Corday. "I was playing in front of half the school on Senior Day. It was an unforgettable moment."

REWRITING THE RECORD BOOKS

Although the Johns Hopkins game may stand out as the pinnacle of Corday's brilliant career, he remembers plenty of others. Among those was the famous "Boot Game" against Elizabethtown, an annual tradition that awards the winner a trophy of a game-used cleat.

"We beat E-town after waiting out a two-hour delay, and the game ended around midnight," explained Corday before recounting additional highlights of his career. "The Hopkins game led us to an at-large NCAA bid for my senior year, which was an amazing feeling. The same thing had happened in my junior year. There were just so many great victories."

The team's success reflected Corday's extraordinary individual accomplishments. The first-ballot F&M Athletic Hall of Famer, inducted in October 2018, currently sits atop the College's leaderboard in career assists with 25.

"Brandon talks to a lot of the guys, and I talk to him nearly every day," said Wagner. "He's stayed close with the program."



Corday's offensive prowess was notable not only for his excellent ball distribution but also for his knack of finding the back of the net. He sits fourth in program history for goals scored, which gives him 93 total points, also good for fourth all-time. With appearances on the Centennial Conference First Team in all four years of his career, Corday is one of the most dominant offensive Diplomats in history.

A STRONG TEAM BOND

Corday still has endless praise for the coaching system Wagner has instilled throughout his career heading the team. Since Corday's years as a Diplomat, the team has not endured a losing season under Wagner and has consistently been one of the nation's top squads.

"Coach Wagner just brings so much to the table," said Corday. "His commitment to bettering as many people as he can is so strong that the entire system he creates is made to get the best out of everyone. He's just as avid a student of the game as all the players."

SOCCER FOR LIFE

Corday went on to play soccer professionally after graduating from F&M. Competing for the Major Indoor Soccer League's Chicago Storm and Chicago Riot in brief stints, he looks back on his college years and realizes how "rare and special" his experience was in Lancaster.

"The soccer team was big on culture, and F&M nurtured the development of our team's close bonds," said Corday. "Everything was designed for close and frequent interaction between us. The way we made it through Chris' passing made us super close."

The lack of this close-knit, well-developed culture was the most challenging aspect of playing professionally for Corday. He decided to part ways with professional soccer as a career after a few years.

"I was making two leaps, skipping from Division III to the pros without any Division I experience," said Corday. "The speed of the game is dramatically different, as well as the overall ability of the guys on the field out there."

After playing and coaching soccer, Corday opted to attend law school and follow a path first built in in his undergraduate experience. A beneficiary of F&M's special studies program, Corday created his own major, "Values in Conflict," and went on to use this focus in his career as a field counsel.

"My bachelor's degree in my own created major helped me to develop critical and analytical thinking in a way that suited my needs and interests," Corday said.

Soccer still plays an enormous role in his life, and he continues competing for a semipro club at home in California.

"Attention to detail, daily structure and discipline, and embracing challenges were all relevant skills that my soccer career fostered."

BACK WHERE IT ALL BEGAN

Although Corday is a first-ballot selection, the 10-year wait period can still sneak up on the inductees.

"I was a little surprised when I got the call," said Corday. "I didn't realize it had been 10 years already. I spoke to Coach Wagner right away and couldn't wait to come back to campus."

"If I have any advice for the guys now, it is to embrace the culture, enjoy the culture, and take advantage of the time you have with everyone," said Corday, furthering his legacy not only as a stellar athlete, but also as a role model for the current members of the F&M men's soccer program.

Written by Jordan Cohn '19



FRANKLIN & MARSHALL
COLLEGE

1978-79 F&M MEN'S BASKETBALL FINAL FOUR TEAM—40TH YEAR ANNIVERSARY



The 1978-79 team went 27-5 and advanced to the NCAA Final Four. It lost the first game there to North Park University, of Chicago, 83-73, and won the consolation game over Centre College, of Danville, Ky., 66-65, on a buzzer-beater by stalwart Donnie Marsh '79.

In getting to the Final Four, the Diplomats defeated Washington College and Widener University in the MAC Playoffs and then downed Albright, Elizabethtown and Jersey City State in the NCAA tournament to advance to the Final Four. The final two games were played at Augustana College in Rock Island, Ill.

Coach Glenn Robinson, who possesses a remarkable memory as well as superior mentoring skills, recently reflected on that season from 40 years ago. "I remember well the game against Jersey City State which sent us to the Final Four," said Robinson, who has been the head coach of the Diplomats since 1971.

"They had extremely athletic guards that were difficult to guard man to man. We switched to a zone at the half and played the entire second half in a zone defense.

"The defense forced them to shoot from the outside, and many of their shots were taken by their freshman center, who was not a good shooter. I still get goosebumps when I think of the chanting crowd shouting each player's name as we took them out of the game. They then switched to chanting 'Rock Island, Rock Island,' which was the location for the Final Four that season. During the game, it was deafening when we did something exciting like scoring or getting a steal."

Robinson, of course, did not know then that Franklin & Marshall would go on to be the country's best Division III men's basketball program of his era.

"Donnie Marsh was one of the finest players in the history of Franklin & Marshall men's basketball," said Robinson. "His scoring record stood for over 30 years, and some of his highlight plays would be fitting for SportsCenter."

Decades later, members of that historic team still resonate with Robinson.

The Atlanta Hawks took Marsh in the third round (52nd overall) of the NBA draft following graduation. He went on to enjoy a long and successful coaching career with stops at UAB (2006-12), Indiana (2004-06) and Virginia Tech (1997-2000). Marsh was at the helm at Florida International for four seasons (2000-04) and is currently the associate head coach at Florida Gulf Coast University.

“Tom Whittaker became a student coach but contributed like an adult coach,” recalled Robinson. “His unselfishness was contagious and helped set the tone for the team play.

“Mark Worley was incredibly athletic for a 6-6 player and was a forerunner for today’s guards. Bird was tall but able to handle the ball and move well on the perimeter.”

Taylor’s career has been as a CEO with nonprofit organizations.

“A lot of credit goes to Coach Robinson for our success that season,” said Taylor, who is a member of the College’s Board of Trustees. “He was always prepared and was exceptional at identifying weaknesses in the other team so we could take advantage. That was a great season that I remember clearly.”

Roster members that year included Don Anderson, Tom Blefko, Rob Crawford, Tom Feraco, Gene Kakalec, Bill Kane, Brian Lewis, Bob Manaskie, Marsh, Dave McKenna, Cary Monroe, Art Taylor, Dennis Westley, Tom Whittaker and Mark Worley.

Marsh was named to the “All-Final Four” team. He finished his career as one of F&M’s most proficient scorers, with 1,695 points. That record is now held by Brandon Federici ’18. Marsh led the team in scoring with an 18.8 average (601) points and was named to several All-America teams.

“I can’t believe it’s been 40 years,” Marsh said. “That was a great team we had, and we worked together well. I give Coach Robinson a lot of credit. He prepared us and made sure a lot of pieces came together.

“Coach gave me leeway to play my game. We had a good relationship, and I enjoyed playing for him. I grew as a person.” The versatile guard said he is pleased he chose to play for F&M rather than seek a career in Division I or II.

“A lot of things came together, so we had a great team, and I had some good seasons,” said Marsh. “In a larger program, I could have got lost in the shuffle. At F&M, I found a place, and we had some outstanding seasons.”

Robinson, who is Division III’s all-time winningest coach and is nearing the 1,000-victory mark, was too early in his career to grasp the rare achievement of that 1978-79 team.

“In terms of F&M men’s basketball, I didn’t know this would be such a high point,” said Robinson. “I hadn’t coached for that long at that time.”

Robinson’s legacy has been highlighted by his Diplomat teams reaching the Final Four five times (1979, 1991, 1996, 2000, 2009), with the 1991 squad going all the way to the championship game.



Manaskie was the Diplomats’ playmaker and averaged 9.3 points per game. Westley averaged 13.6 and Worley contributed 11 points per game.

Taylor ’80, who was a junior on that squad, said, “I remember the mood on campus toward the end of the season. There was excitement, and before the Final Four, students referred to the team as the Rock Island Express.

“At one point, there was a huge roll of butcher paper at the Student Center. Students would come by and sign it, wishing us good luck. There was an enormous amount of student spirit, and I will always be thankful for their support.”

Forty years later, the hope for those four additional, historical teams that followed the 1978-79 squad is to be remembered as clearly and as fondly as the first Final Four team that laid the foundation for the rest.

2018 Athletic Hall of Fame



ABOUT KELLY:

A three-time All-American in lacrosse, Cassels was the 10th three-time All-Centennial First Team choice in the program's history. In 2007, the midfielder scored 41 goals, including three game-winners, and assisted on 20 more to lead the team to the NCAA Division III title. She ended her career sixth in team history with 217 points, scoring 163 goals and handing out 54 assists.

Cassels was a four-year member of the women's soccer team. She recorded six goals as a defender and captained the Diplomats her senior year.

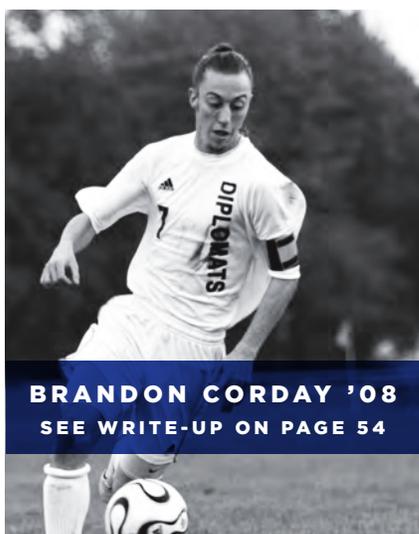
KELLY CASSELS '07 | WOMEN'S LACROSSE, SOCCER



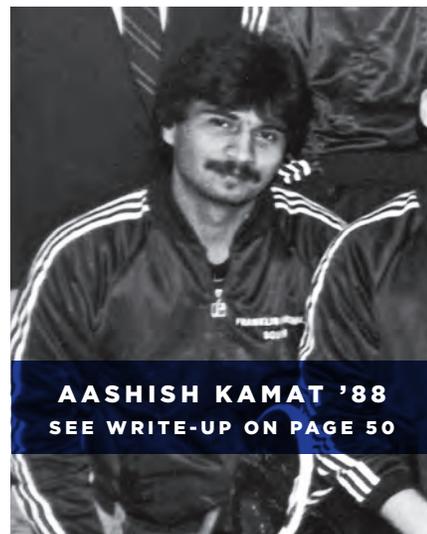
ABOUT JEN:

The 2004 CC Player of the Year, Fried was the only F&M softball player to earn All-CC recognition all four years of her career—while being named to the First Team on three occasions. Competing primarily as an outfielder, Fried was 32-for-32 in career stolen bases and was only one of two CC players to achieve a perfect percentage with at least 20 steals. Her .386 career batting average places second in F&M history and 16th among all Conference players. In addition to her stellar softball career, Jen was a goalkeeper for three years for the F&M women's soccer team and was an assistant coach for the women's soccer program for two years following her graduation.

JEN FRIED '04 | SOFTBALL, WOMEN'S SOCCER

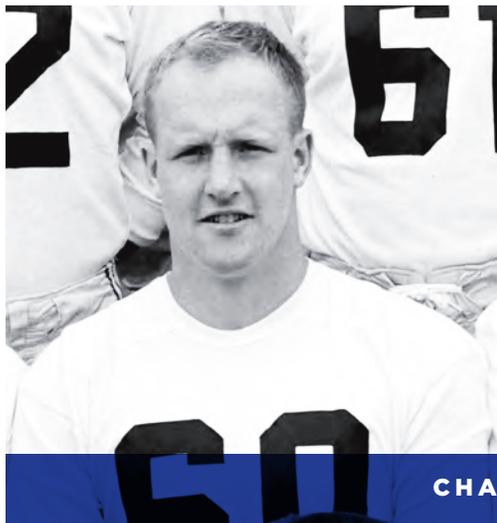


BRANDON CORDAY '08
SEE WRITE-UP ON PAGE 54



AASHISH KAMAT '88
SEE WRITE-UP ON PAGE 50

Inductees



ABOUT CHARLEY:

Havens was a starting offensive and defensive lineman from 1955 to 1957 on the F&M varsity team. He earned the team's Apple Outstanding Player Award following his sophomore year and garnered multiple weekly awards throughout his career. He was a two-time team captain and considered by many as the best lineman of his era. A regular on the Dean's List and President of Phi Kappa Psi his senior year, he went on to receive his law degree following graduation.

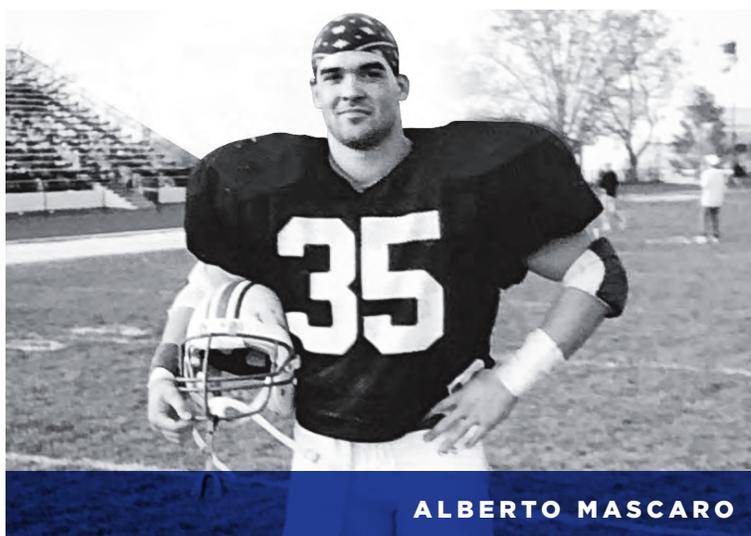
CHARLEY HAVENS '58 | FOOTBALL



ABOUT EILEEN:

Keever, a two-sport standout, was a three-time All-CC First Team field hockey member—one of only 19 players in the history of the Conference to accomplish that feat, and one of only three Diplomats to stake that claim. One of just three F&M players to earn three All-America honors, Keever's 107 points remain fifth in the program record books, while her 45 goals rank sixth, and her 17 assists are good for 10th all-time. In 2004, she led the Centennial Conference with 21 goals, becoming one of just 24 players in CC history to reach the 20-goal plateau in a season. She was also a two-time All-CC member for women's lacrosse and was named second team all-region her senior season.

EILEEN KEEVER '06 | FIELD HOCKEY, WOMEN'S LACROSSE



ABOUT ALBERTO:

Mascaro twice earned a place on an All-America team list, garnering a spot on the Sports Information Directors' (SID) Second Team in 1989 and the SID Third Team in 1991. A two-time captain, Mascaro was dominant on the defensive line, recording 24.5 career quarterback sacks, a mark which led the program at his time of graduation and still places fourth in the F&M record books. Mascaro was also a two-time All-CC member, finishing his career with 265 total tackles, three forced fumbles and two fumble recoveries.

ALBERTO MASCARO '92 | FOOTBALL



GIVING BACK

Service is an important component of being a Diplomat. Each academic year, through numerous volunteer programs and initiatives, Franklin & Marshall College student-athletes rise to the occasion and claim the Diplomat name.

D3WEEK CANNED FOOD DRIVE

In April, the Student-Athlete Leadership Council (SALC) partnered with the Ware Institute for Civic Engagement for a canned-goods drive. The Diplomats collected soup, oatmeal, canned fruit, canned meat, canned tuna, dried pasta, and peanut butter for the Lancaster County Council of Churches-operated food bank.

HABITAT FOR HUMANITY RESTORE

Members of the football team donated nearly 350 hours of their time to a local Habitat for Humanity Restore—a reuse store operated by Habitat for Humanity that accepts donations and sells home-improvement items to the public at a fraction of the retail price.

CANCER AWARENESS

Multiple teams held game-day fundraisers to benefit Colleges Against Cancer, the Kay Yow Cancer Fund, and the American Cancer Society.

TRACK-OR-TREAT

Students from the school's 27 varsity sports, club sports teams, College Houses and student organizations were involved with the planning and facilitating of the annual Track-or-Treat event, an indoor Halloween celebration aimed at providing children in the surrounding community a safe environment to trick-or-treat.

Kids were entertained with games that were organized by the student-athletes, as well as prizes, a balloon artist, fresh-popped popcorn, and much more. The event continued to benefit from the outstanding support of the F&M community and more groups participated in planning and/or helping out with Track-or-Treat than ever before.

F&M WILLIAM MARSHALL & TERRY GREENE TOURNAMENTS

Joining forces with the Lancaster Rotary Club, the Department of Athletics and Recreation raised \$48,867 for local charities with proceeds from the 2018 F&M William Marshall Tournament and Terry Greene Memorial Basketball Tournament. Proceeds from the tournaments were designated primarily to support the United Way of Lancaster's City Youth Summer Program Initiative. The 16-year partnership has raised more than \$650,000 for charities.

LITTLE DIPS DIAPER DRIVE

The football team donated more than 12,000 diapers to the Water Street Ministries in October, enough to provide children at the Lancaster shelter with diapers for three months. The diapers were collected Oct. 27, when the Diplomats defeated Moravian by a 40-6 score.

VOLLEYBALL & FIELD HOCKEY COLLECT BACKPACKS

Both the volleyball and field hockey programs participated in State Rep. Mike Sturla's annual backpack giveaway for the United Way of Lancaster County. The Diplomats handed out school supplies and helped direct traffic at the event, which was held at Clipper Magazine Stadium in the spring.



TEAMWORK

The 16th annual TeamWork event grew to a three-day initiative in April, featuring a record number of service projects to support local nonprofits and community organizations in the Lancaster community.

More than 450 F&M student-athletes, along with members of Greek organizations and other student groups, contributed. Specific projects included men's soccer, men's and women's swimming, and women's lacrosse taking shifts to help prepare the Boys & Girls Club of Lancaster's Camp Hogan summer camp in Millersville.

Women's track & field cleared trails at Millport Conservatory in Lititz. The men's side offered a helping hand to the Central Market Trust and Prima Theatre in Lancaster City, while the wrestling team spread mulch at Joe Jackson Park.

The football, men's lacrosse, volleyball, and men's and women's squash teams planted more than 400 trees with the Alliance for the Chesapeake Bay at Hiltz Farm in Manheim, while women's basketball helped with outdoor yard work at Buchanan Elementary School in Lancaster City.

BASEBALL RAISES AWARENESS FOR AUTISM

F&M baseball helped raise awareness for autism during an April 2 road game against Dickinson this past spring. Funds were raised for the Children's Therapy Center (CTC) in Fair Lawn, N.J.

TENNIS AND SQUASH ACES

The pair of ACES programs—Athletics, Community, Excellence, and Scholarship—continued to combine athletic training and mentoring to help develop the leadership and intellectual potential of hundreds of Lancaster middle school and high school students.

4L DAY

F&M's Student-Athlete Leadership Committee (SALC) hosted the seventh annual Lancaster-Lebanon League Leadership Workshop for local high school student-athletes.

SALC organized and presented a variety of sessions on the topics of leadership, goal setting, communication skills, and proper social media use—affording students an opportunity to exchange information and ideas on the subject.

LAUREN'S FIRST AND GOAL

Members of the F&M football team, families and the coaching staff volunteered their time at the annual Lauren's First and Goal camp in June, helping raise money through registrations and donations. The F&M football program had 23 players and their families at the camp and raised \$10,000 for Pediatric Brain Tumor Foundation and Cancer Services through their work at the concession stand. Now in its 16th year, the foundation has raised \$2.4 million toward pediatric research, patient services and assisting families.



FAN SUPPORT

A record 45,255 fans worldwide tuned in to GoDiplomats.com/Live to view Diplomat sporting events. They were treated to improved camera angles and in-depth, informative graphics in an effort to provide one of the best broadcasting experiences in Division III.

The Mayser Center Squash Courts received a complete renovation of its video broadcast equipment, with an upgrade to high-definition cameras on each court and the ability to simultaneously stream every home match.

The cutting-edge system revolutionized the broadcast of F&M squash matches, as each individual court was streamed independently with its own high-definition video and audio feed.

A center-court camera was added in Mayser, offering viewers a one-of-a-kind look at the action, with an overhead shot of the opening tip-off for men's and women's basketball games, as well as a true center-court view of the volleyball net, and an aerial view of Diplomat wrestling matches.

Every track, throw and jump event for the 2019 Centennial Indoor Track & Field Championships, at the Alumni Sports and Fitness Center, was covered with separate live video feeds for the first time in the history of the event.

GoDiplomats.com welcomed a record number of visitors to the site. 365,412 parents, alumni, and fans checked out the home of F&M athletics on 748,256 occasions—an average of 62,354 visits per month. Visitors logged more than 2.3 million page views as the athletics communication staff generated more than 900 articles.

LIVE EVENTS

207

EVENTS HOSTED

21

POSTSEASON
EVENTS HOSTED

464

TOTAL EVENTS

STREAMING

156

LIVE STREAMED EVENTS

45,255

NUMBER OF VIEWERS

290

AVERAGE VIEWERS
PER CONTEST

GODIPLOMATS.COM

365,412

TOTAL USERS

748,256

TOTAL SESSIONS

62,354

AVERAGE PER MONTH

2.3

million
TOTAL PAGE VIEWS

YOUTUBE

132

VIDEOS POSTED

74,375

TOTAL VIEWS

91,982

MINUTES WATCHED

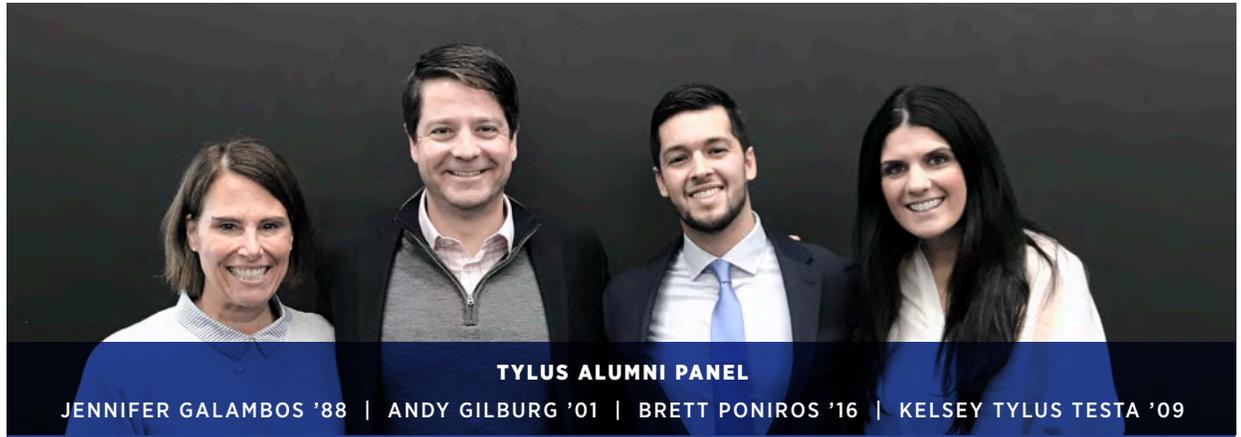
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minutes
AVERAGE VIEWING TIME

DAC | DIPLOMAT ATHLETIC CLUB

FOR THE 2018-19 ACADEMIC YEAR, **2,246** DONORS CONTRIBUTED **\$641,609.**

Funding and support for the Diplomat Athletic Club (DAC) continues to grow each year. Supporters of the Diplomat Athletic Club (DAC) play a critical role in driving F&M's athletic success. The generosity of our extended athletic family makes it possible for us to offer our students an exemplary athletic experience. **THANK YOU FOR YOUR SUPPORT!**



DIPLOMAT DEVELOPMENT AND DISCOVERY INITIATIVE

Made possible by a gift from the Tylus family, the Diplomat Development and Discovery Initiative (DDDI) launched in January. The venture is helping us blaze new paths to excellence in leadership for all Diplomats: coaches, student-athletes, professional staff and alumni. The initiative focuses on three areas: Coaching Excellence, Student-Athlete Leadership Development, and Alumni Mentoring.

During our January launch event, a panel of alumni student-athletes shared how their experiences on the field, court and pitch launched them into lives of success. After the panel, current student-athletes networked with the alumni panelists.

Other opportunities funded through this initiative included professional development for coaches, team-building sessions by sport, a recruiting strategies workshop for the athletic department, and athletic leadership and volunteers activities during TeamWork, a weekend dedicated to giving back to the local community. The program will continue to grow in 2019-20 with initiatives keyed to each student-athlete's class year.

RAISE OUR GAME

1,326 DONORS. \$176,565. 31 DAYS.

The campaign began on March 1, 2019, when F&M's 27 varsity teams challenged their supporters to meet specific fundraising goals set by each team. And for the third consecutive year, the F&Mily rose to the challenge and broke previous records.

Members from every corner of the community jumped in to support F&M's constantly growing culture of philanthropy. Alumni, parents and friends spread the word and contributed financially, while coaches and student-athletes posted on social media and sent letters and emails. Students-athletes also contributed gifts of their own—186 total.

Fourteen donors bolstered the efforts by presenting matching-gift challenges to rally fan support, including Al Ingraham '72,

Diplomat Athletic Club (DAC) chair, who presented a \$10,000 donor challenge for the third year in a row. These challenges amounted to \$47,700 and helped to secure new donors via dollar-for-dollar alumni match incentives.

"Coaches, student-athletes, volunteers, alumni, parents and friends all came together for one cause—Diplomat Athletics. I am grateful to all the donors who made gifts to this year's record-setting effort," said Patricia Epps, F&M's director of athletics and recreation.

This effort is part of the Now to Next capital campaign's commitment to strengthening the already exemplary student-athlete experience at F&M.

HONORS LIST | CONFERENCE, REGIONAL AND NATIONAL

Field Hockey

- NICOLE BODO '19**
Zag Field Hockey/NFHCA National Academic Honors
- ERIN COVERDALE '20**
Longstreth/NFHCA Division III All-America First Team
Synapse All-America First Team
NFHCA All-Region First Team
CC Offensive Player of the Year
All-CC First Team
- LIANNA SANTANGELO '19**
Longstreth/NFHCA Division II All-America First Team
Synapse All-America First Team
NFHCA All-Region First Team
All-CC First Team
Karvasales Outstanding Senior Athlete Award
- SAVANNAH FAMILO '22**
Zag Field Hockey/NFHCA National Academic Honors
- MELISSA GULA '20**
NFHCA All-Region First Team
All-CC First Team
- JULIANA KEAGLE '19**
All-CC Second Team
Athletic Director's Award for Leadership Distinction
- CAITLIN MORRISSEY '20**
All-CC Honorable Mention
Fall Academic All-Centennial
CC Academic Honor Roll
Zag Field Hockey/NFHCA National Academic Honors
- EMMA DURANTINE '21**
CC Academic Honor Roll
Zag Field Hockey/NFHCA National Academic Honors
- COLLEEN FRANCIS '20**
CC Academic Honor Roll
Zag Field Hockey/NFHCA National Academic Honors
- CLAIRE MURPHY '20**
CC Academic Honor Roll
Zag Field Hockey/NFHCA National Academic Honors
- EMILY NAGLE '19**
CC Academic Honor Roll
Zag Field Hockey/NFHCA National Academic Honors
- KATIE O'LOUGHLIN '20**
CC Academic Honor Roll
Zag Field Hockey/NFHCA National Academic Honors
- ADDIE PETERS '21**
Zag Field Hockey/NFHCA National Academic Honors
- CHRISTINA SEERY '21**
CC Academic Honor Roll
Zag Field Hockey/NFHCA National Academic Honors
- ABBY STRAUB '21**
Zag Field Hockey/NFHCA National Academic Honors
- PHOEBE WOOD '19**
Zag Field Hockey/NFHCA National Academic Honors

Football

- CONNOR BANNON '19**
NFF Hampshire Honor Society
- K.J. PRETTY '19**
All-CC First Team
- BRIAN DENONCOUR '20**
All-CC First Team
Fall Academic All-Centennial
- JOE GRANAHAN '19**
All-CC First Team
D3football.com All-South Region Third Team
NFF Hampshire Honor Society
- SEBASTIAN SILVA-MUNIS '20**
All-CC First Team
- BRENDAN KILKENNY '19**
All-CC Second Team
Semifinalist for William V. Campbell Trophy
CC Academic Honor Roll
Fall Academic All-Centennial
NFF Hampshire Honor Society
- PHILLIP WEISER '20**
All-CC Honorable Mention
CC Academic Honor Roll
Fall Academic All-Centennial
- DREW TOMLINSON '20**
CoSIDA Academic All-District
CC Academic Honor Roll
- KEVIN LAMMERS '20**
All-CC First Team Specialist
CoSIDA Academic All-District
CC Academic Honor Roll
Fall Academic All-Centennial
- JAKE BARR '21**
CC Academic Honor Roll
- DOM BERTONE '21**
CC Academic Honor Roll
- BRIAN DENONCOUR '20**
CC Academic Honor Roll
- STEVIE GEROVASILIS '19**
CC Academic Honor Roll
NFF Hampshire Honor Society
- MATT HAMBY '20**
CC Academic Honor Roll
- DEREK KLEINMAN '20**
CC Academic Honor Roll
- GARRETT PERSCHY '21**
CC Academic Honor Roll
- TYLER SCHUBERT '19**
Athletic Director's Award for Leadership Distinction
CC Academic Honor Roll
NFF Hampshire Honor Society
- VINCENT SPERANZA '20**
NFF Hampshire Honor Society

Men's Soccer

- CONNOR WHITACRE '20**
All Mid-Atlantic Region
All-CC First Team
- A.J. KOPACZ '22**
All-Region Team
All-CC Second Team
- UGO OKOLIE '19**
All-CC Second Team
- RYAN FINCHER '19**
All-CC Second Team
- RYAN CORR '20**
All-CC Second Team
- ALEX BILODEAU '19**
CC Academic Honor Roll
- JIM CONNOLLY '19**
All-CC Honorable Mention
CC Academic Honor Roll
Fall Academic All-Centennial
- MAX GEUDER '20**
CC Academic Honor Roll
- JOSH GOTLIB '19**
CC Academic Honor Roll
- RYAN HANNUM '21**
CC Academic Honor Roll
- WILL KELLEY '20**
CC Academic Honor Roll
- ALEX LALOVIC '21**
CC Academic Honor Roll
- ALEX MARTINEZ '21**
CC Academic Honor Roll
- COLE NIGGEMAN '19**
Delphic Student-Athlete Award
CC Academic Honor Roll
- Women's Soccer**
- NICOLETTE RUNKO '19**
All-CC Second Team
- RILEY BROOK '21**
CC Academic Honor Roll
- ALI CUNNIFFE '21**
CC Academic Honor Roll
- LEA DUNGA '21**
CC Academic Honor Roll
- ANNA GOOREVICH '21**
CC Academic Honor Roll
- KIRSTEN HEINE '21**
CC Academic Honor Roll
- TARA HESSENTHALER '21**
CC Academic Honor Roll
- ALLISON KLEI '21**
CC Academic Honor Roll
- LAUREN KRANIS '19**
CC Academic Honor Roll
- SARAH LATERZA '21**
CC Academic Honor Roll
- CHRISTINA MARINOS '21**
CC Academic Honor Roll
- GABBY PANAYOTAKIS '21**
CC Academic Honor Roll
- HANNAH ROBERTSON '20**
CC Academic Honor Roll

- SAM SPRINGER '20**
CC Academic Honor Roll

Volleyball

- GRACE MAGGIORE '21**
AVCA All-America Honorable Mention
AVCA Mid-Atlantic All-Region First Team
Centennial Conference Player of the Year
All-CC First Team
- ALLISON FRANKE '22**
AVCA All-America Honorable Mention
AVCA Mid-Atlantic Region Freshman of the Year
AVCA Mid-Atlantic All-Region First Team
Centennial Conference Rookie of the Year
All-CC First Team
- BARBARA KAPUSTIN '19**
All-CC Second Team
- GRACE POLISANO '20**
All-CC Honorable Mention
- AMY MULLEN '21**
CC Academic Honor Roll
- CHARLOTTE WATSON '21**
CC Academic Honor Roll
- NATALIE WEAVER '20**
CC Academic Honor Roll

Men's Cross Country

- RYAN KIGER '19**
CC Academic Honor Roll
- BEN KOTRAN '21**
CC Academic Honor Roll
- SPENCER LYMAN '19**
SALC Sportsmanship Award
CC Academic Honor Roll

Women's Cross Country

- EMMA FRAZIER '21**
CC Academic Honor Roll
- CAYLIE PRIVITERE '21**
CC Academic Honor Roll
- SOPHIE WORTHY '20**
CC Academic Honor Roll

Men's Basketball

- J.C. MCGRATH '19**
All-Centennial Conference Second Team
CC Academic Honor Roll
Winter Academic All-Centennial Team
All-Sportsmanship Team
- BRIAN HINES '21**
CC Academic Honor Roll
- IGNAS SLYKA '20**
CC Academic Honor Roll
- JUSTIN KUPA '21**
All-Centennial Conference Honorable Mention

Women's Basketball

- KRISTIN HAMILL '20**
All-Centennial Conference Second Team
- HALEY PILONE '19**
All-Centennial Conference Second Team
- ANNMARIE DICARLO '19**
All-Sportsmanship Team
- EMILY MORAN '21**
CC Academic Honor Roll

SAROSHA PARSONS '20
CC Academic Honor Roll

Men's Swimming

CHRISTOPHER SCHIAVONE '21
Two All-America First Team
Two All-America Honorable Mention

BRENDAN CLINE '22
Two All-America Honorable Mention

TIMOTHY GOULD '19
Two All-America Honorable Mention

DANIEL SANDERS '19
Two All-America Honorable Mention

ALEC WAHL '21
All-America Honorable Mention

JONATHAN SINTON '20
CoSIDA Google Cloud Academic
All-District
CC Academic Honor Roll

JAMES CONNOLLY '19
All-Sportsmanship Team

Women's Swimming

AUBREY CHANG '20
CC Academic Honor Roll

ERIN FAGO '20
CC Academic Honor Roll

ANNA HESS '19
CoSIDA Google Cloud Academic
All-District
Delphic Student-Athlete Award
CC Academic Honor Roll

KATHERINE HIRSCH '20
CC Academic Honor Roll

SARAH HOLMES '20
CC Academic Honor Roll

COLLEEN LAWLOR '19
CC Academic Honor Roll
All-Sportsmanship Team

Men's Indoor Track & Field

RYAN KIGER '19
CC Academic Honor Roll

BEN KOTRAN '21
CC Academic Honor Roll

SPENCER LYMAN '19
CC Academic Honor Roll

TYLER MCGEE '20
CC Academic Honor Roll

DREW O'HERN '21
CC Academic Honor Roll

BEN WALSH '19
CC Academic Honor Roll

BRANDON DAVIS '19
All-Sportsmanship Team

Women's Indoor Track & Field

RACHEL WYLIE '20
All-Centennial Conference Second Team
CC Academic Honor Roll
Winter Academic All-Centennial Team

KAITLIN MUCCIO '19
All-Centennial Conference Second Team
CC Academic Honor Roll
Winter Academic All-Centennial Team

EMMA STEFFAN '22
All-Sportsmanship Team

JASMIN DIXON '19
CC Academic Honor Roll

CAYLIE PRIVITERE '21
CC Academic Honor Roll

Men's Squash

FRANK MURRAY '19
College Squash Association
Scholar-Athlete Award

Women's Squash

MELISSA EPSTEIN '19
College Squash Association
Scholar-Athlete Award

JULIA BEVAN '20
College Squash Association Scholar-
Athlete Award

Baseball

DAN BAROFF '21
CC Academic Honor Roll

JACK BUCKLEY '20
ABCA All-Region Third Team
All-Centennial Conference First Team

JUSTIN CAVEGN '20
CC Academic Honor Roll

JONATHAN COLE '20
D3baseball.com All-America
Second Team
D3baseball.com All-Mid-Atlantic Region
Pitcher of the Year
D3baseball.com All-Mid-Atlantic Region
First Team
ABCA All-Region First Team
CC Pitcher of the Year
All-Centennial Conference First Team

DON DILORETO '21
All-Centennial Conference Second Team

J.J. FREEMAN '21
All-Centennial Conference Honorable
Mention
CC Academic Honor Roll
Spring Academic All-Centennial Team

KEVIN LAMMERS '20
CC Academic Honor Roll

KELSEY LAUNI '21
CC Academic Honor Roll

DAN MARANO '19
CC Academic Honor Roll
All-Sportsmanship Team
Garrigues Outstanding Senior Athlete
Award

JONATHAN PESANTEZ '19
CC Academic Honor Roll

ANDREW POIRIER '20
CC Academic Honor Roll

Softball

ABI BUELL '22
All-Centennial Conference First Team

JAMIE BELFER '22
NFCA All-America Scholar Athlete
All-Sportsmanship Team

ELLA GLENN '21
NFCA All-America Scholar Athlete
CC Academic Honor Roll

CHRISTINE MILES '20
NFCA All-America Scholar Athlete
CC Academic Honor Roll

HANNAH SALVUCCI '21
NFCA All-America Scholar Athlete
CC Academic Honor Roll

CAITLYN ERDMAN '22
NFCA All-America Scholar Athlete

SAM MARTIN '22
NFCA All-America Scholar Athlete

JENNA MINDREBO '22
NFCA All-America Scholar Athlete

EMILY MOLL '22
NFCA All-America Scholar Athlete

Men's Lacrosse

JACK BEATTY '21
All-Centennial Conference
Honorable Mention

GEORGE BRIGGS '19
USILA Division III All-America
Honorable Mention
All-Centennial Conference Second Team

ERICH DELLA VOLPE '21
CC Academic Honor Roll

JARRETT DONAGHY '20
USILA Division III All-America
Honorable Mention
All-Centennial Conference First Team
CC Academic Honor Roll
Spring Academic All-Centennial Team

SAM GARGES '19
CC Academic Honor Roll

GARRETT IZZO '21
CC Academic Honor Roll

LUKE KEATING '21
USILA Division III All-America Third Team
Centennial Conference Offensive Player
of the Year
All-Centennial Conference First Team

ELLIS LLEWELLYN '19
All-Centennial Conference Second Team

KYLE MCCORMICK '21
CC Academic Honor Roll

KEVIN MOLLIHAN '20
USILA Division III All-America
Honorable Mention
All-Centennial Conference First Team

TOMMY O'CONNOR '19
USILA Division III All-America
Third Team
USILA Senior All-Star
All-Centennial Conference First Team

A.J. RIGSBY '21
All-Centennial Conference Honorable
Mention
All-Sportsmanship Team

JAKE WETZEL '21
CC Academic Honor Roll

DANIEL ZLEVOR '19
CC Academic Honor Roll

Women's Lacrosse

ANYA CHOPOORIAN '21
All-CC Second Team

MAGGIE HANZSCHE '20
IWLCA All-Metro Region First Team
All-CC First Team
All-Sportsmanship Team
SALC Sportsmanship Award

MADDIE HUGHES '19
IWLCA Senior All-Star
CC Academic Honor Roll

MEGAN JACKSON '21
IWLCA All-Metro Region First Team
All-CC First Team

EMILY KITCHIN '22
IWLCA All-Metro Region First Team
All-CC First Team

ALLY MARINO '22
IWLCA All-Metro Region Second Team
All-CC Second Team

JULIA MCKAY '19
CC Academic Honor Roll

TABITHA RODRIGUEZ '22
All-CC Second Team

Men's Tennis

SAM BELLERSEN '21
CC Academic Honor Roll
All-Sportsmanship Team

ZACK LEVIN '19
All-CC Honorable Mention (Doubles)

ANDREW PACE '20
CC Academic Honor Roll

ISAAC SALAS '19
All-CC Second Team (Singles)
All-CC Honorable Mention (Doubles)

Women's Tennis

GAVRIEL RUBENSTEIN '19
All-CC First Team (Doubles)

MARISSA WITMER '21
CC Academic Honor Roll
All-Sportsmanship Team

ALLISON WOLTERS '19
All-CC First Team (Singles)
All-CC First Team (Doubles)
CC Academic Honor Roll
Spring Academic All-Centennial Team

Men's Rowing

JOEL CANNON '19
MARC Academic Honor Roll

BEN CARROLL '20
All-MARC Varsity

LUKAS GRATTAN '20
All-MARC Varsity

HARRIS KARLIN '21
MARC Academic Honor Roll

NGOUN LAY '19
MARC Academic Honor Roll

SETH SHERWOOD '22
All-MARC Novice

Women's Rowing

KATIE BENHAM '20
All-MARC Varsity

EMILY BRIGGS '22
All-MARC Novice

LIZ BRODIE '22
MARC Academic Honor Roll

SARAH LABOVITZ '20
MARC Academic Honor Roll

KELLY MINARD '21
MARC Academic Honor Roll

HELEN NELSON '19
MARC Academic Honor Roll

KAYLEIGH RINE '21
MARC Academic Honor Roll

MARGARET STONER '19
All-MARC Varsity
MARC Academic Honor Roll

Men's Outdoor Track & Field

BRANDON DAVIS '19
All-Sportsmanship Team

TANNER ERISMAN '19
All-CC Second Team (Javelin)

RYAN KIGER '19
CC Academic Honor Roll

BEN KOTRAN '21
CC Academic Honor Roll

SPENCER LYMAN '19
CC Academic Honor Roll

Women's Outdoor Track & Field

JASMIN DIXON '19
CC Academic Honor Roll

KAITLIN MUCCIO '19
CC Academic Honor Roll
All-Sportsmanship Team

LINDSEY POWERS '19
USTFCCCA Division III All-Region
Team (Shot Put)
All-CC Honorable Mention (Shot Put)

CAYLIE PRIVITERE '21
CC Academic Honor Roll

RACHEL WYLIE '20
USTFCCCA Division III All-Region Team
(400m Hurdles)
All-CC First Team (400m Hurdles)
All-CC Second Team (100m Hurdles)
CC Academic Honor Roll
Spring Academic All-Centennial Team

Men's Golf

JARED BERLIN '22
Division III Mid-Atlantic Region
Freshman of the Year
CC Rookie of the Year
All-CC Team

JUSTIN LANKLER '20
All-Sportsmanship Team

IAN MURRAY '21
CC Academic Honor Roll

SEIICHIRO NAKAI '20
Division III PING Mid-Atlantic
All-Region Team

DREW O'HERN '21
CC Academic Honor Roll

Women's Golf

EMBER TOTH '20
All-Sportsmanship Team

