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UNCW

Athletics

2019-20 Review

2019-20 UNCW Athletics Review

In an athletic year that was cut short by the Covid-19 pandemic, UNCW's 19 teams overcame many challenges in 2019-20 to perform well in the athletic arena and classroom.

The men's soccer team continued as one of the CAA's premier programs, capturing the regular season championship and advancing to the finals of the conference tournament. Coach Aidan Heaney was named CAA Coach of the Year after leading the Seahawks to a 12-5-2 record, including a 7-0-1 ledger in league play. UNCW became the first CAA squad since 2009 to finish undefeated in league competition.

The women's soccer team also enjoyed an outstanding season, going 10-6-1 overall and 6-2-1 in the conference behind CAA Goalkeeper of the Year Sydney Schneider. The team secured a berth to the CAA Tournament by recording five consecutive shutouts during a stretch from late September to mid-October behind the tremendous leadership of Schneider and senior Baley Edwards.

In volleyball, the Seahawks played their final year under longtime coach Amy Bambenek and swept their season-opening home tournament. Junior setter Brynn Montgomery registered the first triple-double since the 2003 season with 11 kills, 20 assists and 11 digs in a win over rival Campbell in early September.

Meanwhile, junior Evan Jones became UNCW's first All-CAA runner since 2016 at the CAA Cross Country Championships in early November when he finished 12th at sprawling New Market Battlefield near Harrisonburg, Va.

It was a year of transition for the men's basketball team, which played its first 18 games under C.B. McGrath before concluding the campaign for interim head coach Rob Burke. The young team used a late-season surge to open eyes around the league behind CAA All-Rookie selection Shykeim Phillips.

The women's basketball squad bid farewell to several key players under third-year head coach Karen Barefoot. Senior guards Lacey Suggs and GiGi Smith both eclipsed the 1,000-point plateau as the Seahawks tackled a challenging schedule. The Seahawks topped Charleston in the opening game of the CAA Tournament before the event was halted by league officials at Elon's Schar Center in early March.

In swimming and diving, the teams featured six event champions at the CAA Championships in Christiansburg, Va. Will Countie (100 Backstroke), Gianmichael D'Alessandro (100 Breaststroke) and Kolbein Bjugan (1-Meter Diving and 3-Meter Diving), Evan Arsenault (50 Freestyle) and Courtney Klausen (3-Meter Diving) each collected gold medals at the conference meet.

Countie departed the competition as the most decorated Seahawk, earning All-CAA distinction in five events, including first place in the 100 Back. Bjugan, a freshman, was named Rookie Diver and CAA Diver of the Year, while another newcomer on the women's side, Courtney Klausen, was tabbed CAA Rookie Diver of the Year.

The spring season was a difficult one as the worldwide Covid-19 outbreak abruptly shortened a promising spring for UNCW's student-athletes.

Coach Daniel Bowden's men's golf team capped off the year in dramatic fashion by winning the Bash at the Beach in a playoff at the Surf Golf and Beach Club in Myrtle Beach. Sophomore Segundo Oliva Pinto collected a pair of individual crowns at the Golfweek Program Challenge and Bash at the Beach. He earned CAA Player of the Week three times and collected All-Region honors.

On the women's side, Cindy Ho's club set a school record for scoring average (299.33) and won the River Landing Classic in its final appearance. The team erased a nine-stroke deficit in the last round, firing a school-record 6-under 282 in the finale. In addition, sophomore Phu Khine won two individual titles and was named CAA Golfer of the Week four times.

The tennis, track and field, softball and baseball teams were just getting started when their seasons were curtailed.

Randy Hood's first year as head coach of the baseball program ended in memorable fashion when sophomore catcher Matt Suggs belted a three-run homer in the bottom of the ninth to deliver a dramatic 5-2 victory over rival East Carolina on March 11 at Brooks Field.

Academically, seniors Kendall Bender of the volleyball team and Daniel Groom of men's tennis were named UNCW's CAA Scholar-Athletes of the Year. A finance major, Groom was also honored as the CAA's Male Scholar-Athlete of the Year. In addition, Lacey Suggs was selected the CAA's Women's Basketball Scholar-Athlete of the Year.

In the classroom, the Seahawks continued to excel, registering a 3.497 cumulative grade point average for 2019-20, with eight teams achieving NCAA Public Recognition Awards for their academic work.

2019-20 Sport Summaries

Baseball

- ◆ The Seahawks finished with an 11-5 overall record and 8-3 mark at Brooks Field in the shortened season.
- ◆ New head coach Randy Hood won his first game at the top of the dugout when UNCW overcame a two-run deficit in the bottom of the ninth to defeat Dayton, 10-9, on Feb. 14 at Brooks Field.
- ◆ The Seahawks swept Kentucky during a late-February series in Lexington, giving the Seahawks their first series sweep of a SEC opponent and the first road sweep of a three-game non-conference series in program history.
- ◆ In what turned out to be the season finale on March 11, Matt Suggs slugged a three-run walk-off homer in the bottom of the ninth to lift UNCW past 19th-ranked East Carolina, 5-2, at Brooks Field.

Men's Basketball

- ◆ In their final season under C.B. McGrath, the Seahawks went 10-22 overall and finished ninth in the CAA at 5-13.
- ◆ The Seahawks, the No. 9 seed, fell to No. 8 Drexel, 66-55, in the first round of the CAA Tournament at the Sports & Entertainment Complex in Washington, D.C.
- ◆ Freshman guard Shykeim Phillips was selected to the CAA All-Rookie Team after an outstanding debut with the club.
- ◆ Shykeim Phillips was named CAA Rookie of the Week three times and Imajae Dodd collected the honor once during the regular season.
- ◆ C.B. McGrath directed the team in the first 19 games of the season, compiling a 5-14 record. Assistant coach Rob Burke then piloted the squad to a 5-8 record over the remaining 13 contests.
- ◆ The Seahawks went 3-1 in the Battle for the Capital exempt tournament in November.
- ◆ Sophomore guard Jaylen Sims led the team in scoring (11.8 ppg) and junior guard Mike Okauru paced the squad in rebounding (5.6 rpg) and assists (2.7 apg).

Women's Basketball

- ◆ In Karen Barefoot's third year, the Seahawks finished 10-20 overall and tied for eighth place in the CAA with a 6-12 mark.
 - ◆ UNCW defeated Charleston, 69-55, in the opening game of the CAA Women's Basketball Championship presented by Sonabank before the tournament was halted.
 - ◆ Senior guard Lacey Suggs was named CAA Women's Basketball Scholar-Athlete of the Year, joining Cherie Lea (2003-04), Michaela Vezenkova (2005-06) and Rebekah Banks (2017-18) as the only other UNCW players to receive the honor.
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- ◆ Lacey Suggs, a former walk-on, became the 17th player in program history to score 1,000 career points after achieving the milestone on Feb. 28, 2020, with an 18-point performance against Northeastern at Trask Coliseum. She finished her career with 1,059 points, the 14th-highest total in school history.
- ◆ Redshirt senior guard GiGi Smith, a Third-Team All-CAA selection, eclipsed 1,000 points for her college career on Dec. 19, 2019, in a 78-75 overtime loss to Catawba. Smith, who netted 378 points in two seasons at ODU before transferring to UNCW, completed her career with 1,255 points.
- ◆ Senior guard Ahyiona Vason earned CAA All-Defensive Team honors, becoming the first Seahawk to receive the distinction since Alisha Andrews in 2011-12.
- ◆ Senior guard Timber Tate closed out her career ranked fourth in program history with 143 three-pointers while her 520 attempts from beyond the arc set a school record.
- ◆ GiGi Smith scored a career-high 32 points in the Seahawks' 73-72 overtime loss against Drexel on Jan. 5, 2020, becoming the first UNCW player to reach the 30-point plateau since Shrita Parker netted 36 points at N.C. Central on Nov. 20, 2018.

Men's Cross Country

- ◆ The men finished sixth at the CAA Cross Country Championships in Harrisonburg, Va., and sophomore Evan Jones finished 12th with a time of 25:31 over 8K to lead UNCW's runners.
- ◆ With his 12th place finish, Evan Jones became the first UNCW runner to collect All-CAA honors since Alex Boseman achieved the honor in 2016.
- ◆ Evan Jones was the team's top runner in all six races during the season.
- ◆ **CAA Championship Standings:** William & Mary, 27; Northeastern, 67; Elon, 84; Hofstra, 112; Charleston, 117; UNCW, 135.

Women's Cross Country

- ◆ The Seahawk women finished in ninth place at the CAA Championship in Harrisonburg, Va. Sophomore Summer Owens was the top finisher for UNCW, coming in 45th place with a time of 22:26 over the 6K layout at historic New Market Battlefield.
- ◆ Summer Owens was the top finisher for the team in all six races.
- ◆ **CAA Championship Standings:** Elon, 41; Delaware, 62; William & Mary, 68; James Madison, 127; Towson, 132; Northeastern, 142; Charleston, 162; Hofstra, 218; UNCW, 242.

Men's Golf

- ◆ Sophomore Segundo Oliva Pinto smashed the UNCW record book when he cruised to his second career tournament win at the Golfweek Program Challenge on Sept. 9-10, 2019, in Pawleys Island, S.C. Oliva Pinto set program records with a nine-under-par 61 and a three-round total of 192.
 - ◆ Led again by Segundo Oliva Pinto, UNCW won the Bash at the Beach in a playoff against Jacksonville
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State on March 10. Red-shirt sophomore Austin Bonfiglio clinched the win by knocking down a 10-foot putt on the playoff hole. Oliva Pinto captured his second tournament medal of the season.

- ◆ The Seahawks notched four CAA Player of the Week honors: Segundo Oliva Pinto (Sept. 11), Blake McShea (Oct. 9), Segundo Oliva Pinto (Oct. 16), Segundo Oliva Pinto (Mar. 12).
- ◆ Sophomore Segundo Oliva Pinto was one of three players in the CAA named All-Region by the Golf Coaches Association of America.
- ◆ Austin Bonfiglio, Blake McShea and Chris Raham were named named Srixon/Cleveland Golf All-America Scholars by the Golf Coaches Association of America for having a stroke-average under 76.0 and maintaining a minimum cumulative career grade-point average of 3.2.

◆ **Final 2019-20 Individual and Team Statistics:**

<u>Player</u>	<u>Tournaments</u>	<u>Rounds</u>	<u>Stroke Avg.</u>
Segundo Oliva Pinto, So.	7	21	69.71
Blake McShea, Sr.	6	18	71.78
Reese McGarlen, Sr.	2	6	72.33
Christofer Rahm, Jr.	6	18	72.44
Landsdon Robbins, So.	7	21	73.81
Biggs Hawley, Fr.	1	3	74.33
Drew Hackett, Fr.	6	18	74.44
Austin Bonfiglio, Fr.	6	18	75.67
Team	7	21	287.43

Women's Golf

- ◆ UNCW recorded four top-10 finishes and a pair of top-5 efforts in seven tournament appearances.
 - ◆ Coach Cindy Ho's squad posted a 299.33 scoring average to set a single season school record, eclipsing the previous mark of 299.88 in 2017-18.
 - ◆ The Seahawks tied a bow on the season by winning the River Landing Classic for the fourth time in the event's 20-year history, rallying from a nine-stroke deficit to edge USC Upstate by one stroke. The Seahawks' 881 team score tied for the third-lowest tournament total in program history. UNCW set a school record by shooting a 6-under-par 282 in the final round of the tournament.
 - ◆ Sophomore Phu Khine, a four-time CAA Women's Golfer of the Week selection, earned a pair of individual titles. She opened the season by winning the Golfweek Program Championship with a school-record 7-under-par 209 before earning a share of the individual crown at the River Landing Classic.
 - ◆ Sophomore Phu Khine paced the Seahawks with a school-record 72.90 scoring average and earned three top-10 finishes.
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- ◆ With its win at the River Landing Classic, the Seahawks have won 17 tournament championships under veteran head coach Cindy Ho.
- ◆ Senior Thao My Nguyen fashioned a 75.10 scoring average. The Hanoi, Vietnam, native ranks third on the school's career charts with a 74.96 career scoring mark in 104 rounds.
- ◆ Caroline Cahill, Keri Kenkel and Thao My Nguyen were recognized as All-American Scholars by the Women's Golf Coaches Association (WGCA) for compiling at least a 3.50 cumulative grade point average and competing in at least 50 percent of the team's rounds.

◆ **Final 2019-20 Individual and Team statistics:**

<u>Player</u>	<u>Tournaments</u>	<u>Rounds</u>	<u>Stroke Avg.</u>
Phu Khine, So.	7	21	72.90
Thao My Nguyen, Sr.	7	21	75.10
Mallory Fobes, Fr.	6	18	75.89
Amy Wooten, Fr.	4	12	76.42
Keri Kenkel, Jr.	5	14	77.64
Channing Garnett, R-Fr.	1	3	78.00
Caroline Cahill, Jr.	4	12	78.50
Rachael Mast, Jr.	5	15	78.60
Alexis Jarrell, So.	2	6	82.17
Team	7	21	299.33

Men's Soccer

- ◆ In Aidan Heaney's 19th season, the Seahawks, 12-5-2 overall, earned their fourth CAA regular season title, including their first crown since 2014, after completing league play with a 7-0-1 record. UNCW became the first CAA team to go undefeated in league play since 2009.
 - ◆ UNCW earned the No. 1 seed in the CAA Men's Soccer Championship and defeated William & Mary, 2-1, in the semifinals before dropping a 1-0 double-overtime decision to James Madison in the title game at UNCW Soccer Stadium.
 - ◆ A pair of UNCW student-athletes were selected in the Major League Soccer SuperDraft. Redshirt senior defender Danny Reynolds was taken by Seattle with the 35th overall pick while senior forward Phillip Goodrum went to Atlanta with the 75th overall selection. In addition, senior defender Mark Lindstrom inked a professional contract with Pittsburgh Riverhounds SC of the United Soccer League.
 - ◆ Led by Danny Reynolds, who earned the CAA's Defensive Player of the Year honor, the Seahawks set a program record with five First-Team All-CAA selections. Goodrum earned First-Team All-CAA accolades for the third year in a row, while Lindstrom claimed a spot on the top unit for the second straight year. Reynolds, Goodrum and Lindstrom were joined on the All-CAA First Team by junior midfielder Jacob Evans and senior midfielder Gabriel Cabral.
 - ◆ Senior defender Mark Lindstrom became the first player in UNCW men's soccer history to earn All-CAA recognition all four years. He was a First-Team honoree as a junior and senior after receiving Second-Team notice in his freshman and sophomore seasons.
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- ◆ Senior defender Wilhelm Nilsson and freshman goalkeeper Gabriel Perrotta earned spots on the All-CAA Second Team while Perrotta joined freshman midfielder Colton Pleasants on the CAA All-Rookie Team.
- ◆ Aidan Heaney was named CAA Coach of the Year for the fifth time. He has compiled a 176-149-38 record during his time at UNCW.
- ◆ Seven players claimed NCCSIA All-State recognition. Reynolds, Goodrum and Cabral took home First-Team All-State notice while Lindstrom, Nilsson, Perrotta and Evans were Second-Team picks.
- ◆ Danny Reynolds joined Goodrum and Cabral on the United Soccer Coaches All-Atlantic Region First Team, while Mark Lindstrom claimed Second-Team honors.
- ◆ Four-year starter Phillip Goodrum closed his college career as the fourth-leading scorer in program history with 32 goals and 79 points. He ranked third in the CAA in his senior campaign with 11 goals and 26 points.
- ◆ Phillip Goodrum was a First-Team selection on the United Soccer Coaches Scholar All-America Team, joining Jacob VanCompernelle (2014) as the only UNCW student-athletes to receive the honor. Goodrum also joined Lindstrom (First Team) and Nilsson (Third Team) on the Scholar All-South Region Teams.
- ◆ The Seahawks received the United Soccer Coaches Team Academic Award for the eighth time in the last nine years.

Women's Soccer

- ◆ The Seahawks posted a 10-6-1 overall record, including a 6-2-1 mark in CAA play, in Head Coach Chris Neal's second season.
 - ◆ The team earned a berth to the CAA Women's Soccer Championship after finishing third in the regular season standings. The Seahawks dropped a 3-2 decision against James Madison in the CAA quarterfinals at Newark, Del.
 - ◆ Led by junior goalkeeper Sydney Schneider, the Seahawks conceded just 18 goals in 17 games, tying Delaware for the fewest goals allowed in the CAA.
 - ◆ The Seahawks set a program record by registering five consecutive shutouts from Sept. 29-Oct. 13. During the streak, UNCW outscored its foes by an 11-0 margin. UNCW set a school record by not allowing a goal in 507 minutes, 5 seconds, a streak that spanned seven games from Sept. 26 to Oct. 20.
 - ◆ Sydney Schneider headlined a group of five Seahawks who earned recognition from the CAA's head coaches. She was voted the inaugural Goalkeeper of the Year and collected First-Team All-CAA honors.
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- ◆ Senior defender Baley Edwards joined Sydney Schneider on the All-CAA First Team, while junior forward Audrey Harding and redshirt sophomore midfielder Morgan Nanni earned Second-Team All-CAA distinction. Freshman forward Emily Moxley made the CAA's All-Rookie Team.
- ◆ Baley Edwards and senior forward Dominique Martinez were named to the United Soccer Coaches All-East Region Teams. Martinez garnered Second-Team honors, while Edwards received a spot on the Third Team.
- ◆ A trio of UNCW student-athletes, including Schneider, Edwards and Morgan Nanni, claimed NCCSIA First-Team All-State distinction, while Harding and Moxley were Second-Team recipients.
- ◆ The Seahawks received the United Soccer Coaches Team Academic Award for the 2018-19 academic year, marking the 15th time in 16 years the team has been recognized.

Men's Swimming & Diving

- ◆ In Jason Memont's sixth season with the program, the men's team finished in second place at the CAA Championships after compiling a 3-5 dual meet record.
 - ◆ The team featured 27 All-CAA designations, anchored by five-time All-CAA honoree Will Countie.
 - ◆ Freshman Kolbein Bjugan opened the CAA Championships by winning the 1-meter dive. He went on to sweep the diving events at the meet by taking the 3-meter board as well later in the meet.
 - ◆ Junior Gianmichel D'Alessandro defended his 100 Breaststroke title at the CAA Championships and senior Will Countie broke his own school record by winning the 100 Backstroke with a time of 46.49 seconds.
 - ◆ Newcomer Kolbein Bjugan was named CAA Rookie Diver of the Year and CAA Diver of the Year. Henderson Louviere is honored as the CAA's Rookie Swimmer of the Year.
 - ◆ Diver Kolbein Bjugan qualified for the NCAA Zone B Regionals in Athens, Ga.
 - ◆ **CAA Meet Results:** 1. William & Mary 874.5, 2. UNCW 781, 3. Drexel 601, 4. Towson 531.5
 - ◆ UNCW's Men's All-CAA Performers:
 - Will Countie, 2nd place, 200 Medley Relay, 1:28.03
 - Will Countie, 2nd place, 200 Freestyle Relay, 1:19.38
 - Will Countie, 1st place, 100 Backstroke, 46.49
 - Will Countie, 2nd place, 400 Medley Relay, 3:12.48
 - Will Countie, 2nd place, 200 Backstroke, 1:44.63
 - Gianmichel D'Alessandro, 2nd place, 200 Medley Relay, 1:28.03
 - Gianmichel D'Alessandro, 1st place, 100 Breaststroke, 53.86
 - Gianmichel D'Alessandro, 2nd place, 400 Medley Relay, 3:12.48
 - Gianmichel D'Alessandro, 2nd place, 200 Breaststroke, 2:00.20
 - Josh Rigsbee, 2nd place, 100 Breaststroke, 54.15
 - Josh Rigsbee, 3rd place, 200 Breaststroke, 2:00.97
 - Henderson Louviere, 2nd place, 200 Medley Relay, 1:28.03
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Henderson Louviere, 2nd place, 400 Medley Relay, 3:12.48
 Sean Cannon, 2nd place, 200 Medley Relay, 1:28.03
 Sean Cannon, 2nd place, 200 Freestyle Relay, 1:19.38
 Sean Cannon, 2nd place, 400 Medley Relay, 3:12.48
 Kolbein Bjugan, 1st place, 1-Meter Dive, 285.45
 Kolbein Bjugan, 1st place, 3-Meter Dive, 345.80
 Trent Igoe, 3rd place, 3-Meter Dive, 308.15
 Brett Palo, 3rd place, 1-Meter Dive, 272.55
 Jack Cosgrove, 3rd place, 800 Freestyle Relay, 6:36.46
 Jack Cosgrove, 2nd place, 200 Freestyle Relay, 1:19.38
 Avery Gambill, 3rd place, 800 Freestyle Relay, 6:36.46
 Aidan Snively, 3rd place, 800 Freestyle Relay, 6:36.46
 Mack Nesbit, 3rd place, 800 Freestyle Relay, 6:36.46
 Tom McGovern, 2nd place, 200 Freestyle Relay, 1:19.38
 Connor Forsythe, 3rd place, 200 Butterfly, 1:47.48

Women's Swimming and Diving

- ◆ The women's swimming and diving team finished with a 2-8 dual meet record and came in sixth at the CAA Championships.
- ◆ The team featured 11 All-CAA designations, topped by junior Evan Arsenault, who earned All-Conference in four events.
- ◆ Evan Arsenault won the 50 Free at the CAA Championships and set a school record in the event. She also set school records in the 100 and 200 Free during the meet,
- ◆ Diver Courtney Klausen set a school record with 298.05 points to win the 1-meter dive title at the CAA Championships. She was selected CAA Rookie Diver of the Year.
- ◆ Diver Courtney Klausen qualified for the NCAA Zone B Regionals in Athens, Ga.
- ◆ **CAA Meet Results:** 1. JMU 716.5, 2. William & Mary 626, 3. Towson 557, 4. Drexel 455, 5. Delaware 399, 6. UNCW 331.5, 7. Northeastern 262
- ◆ **UNCW's Women All-CAA Performers:**
 - Evan Arsenault, 1st place, 50 Freestyle, 22.34
 - Evan Arsenault, 3rd place, 200 Freestyle Relay, 1:32.62
 - Evan Arsenault, 3rd place, 100 Freestyle, 49.17
 - Evan Arsenault, 3rd place, 400 Freestyle Relay, 3:23.99
 - Faith Pilcher, 3rd place, 200 Freestyle Relay, 1:32.62
 - Faith Pilcher, 3rd place, 400 Freestyle Relay, 3:23.99
 - Sarah Olson, 3rd place, 200 Freestyle Relay, 1:32.62
 - Sarah Olson, 3rd place, 400 Freestyle Relay, 3:23.99
 - Hannah Copeland, 3rd place, 200 Freestyle Relay, 1:32.62
 - Hannah Copeland, 3rd place, 400 Freestyle Relay, 3:23.99
 - Courtney Klausen, 1st place, 1-Meter Dive, 298.05

Men's Tennis

- ◆ The Seahawks concluded the season with a 4-7 record following several rainouts early in the campaign.
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- ◆ Senior Daniel Groom became the third UNCW student-athlete to be named CAA Male Scholar Athlete of the Year.
- ◆ Sophomore Bruno Caula was named CAA Player of the Week on Feb. 5 after powering the team to a pair of victories over Wofford and Radford.
- ◆ The team competed in the ITA's Kick-off event for the eighth time, traveling to Los Angeles to compete against No. 3 Southern Cal and No. 38 Cal-Santa Barbara.
- ◆ The doubles team of senior Daniel Groom and Bruno Caula were ranked No. 36 in the final 2019-20 Oracle ITA Division I Men's Tennis National Fall Rankings.
- ◆ Daniel Groom became the first men's player in UNCW history to compete in the ITA Oracle Masters in Malibu, Calif.
- ◆ Bruno Caula and Daniel Groom dominated Mississippi State's Davide Tortora and Florian Broska, 6-1, to capture the championship of the Black men's doubles bracket at the 2019 Duke James Bonk Men's Tennis Invite.
- ◆ Senior Austin Hussey was ranked 87th in the first national rankings of the season by the Intercollegiate Tennis Association (ITA), the sport's governing body.
- ◆ The team finished 25-36 (.410) in singles and 15-12 (.556) in doubles.
- ◆ For the seventh consecutive season, the team was recognized by the Intercollegiate Tennis Association (ITA) as an All-Academic Team.

Women's Tennis

- ◆ The team finished 4-7 in its fifth season under Head Coach Hans Olsen.
- ◆ The club wound up 26-35 (.426) in singles and 14-16 (.467) in doubles.
- ◆ Freshman Sarah Merrill led the team with seven singles victories and tied for the most doubles wins at five decisions. Senior Celeste Matute went 6-4 at the No. 1 and No. 2 positions.

Volleyball

- ◆ The team posted a 14-15 record and 4-12 conference mark in Amy Bambenek's 11th and final season with the Seahawks.
 - ◆ The Seahawks dropped just one set in sweeping their season-opening tournament with wins against North Florida (3-1), Charleston Southern (3-0) and Duquesne (3-0).
 - ◆ Junior setter Brynn Montgomery posted UNCW's first triple-double since the 2003 season with 11 kills, 20 assists and 11 digs in a 3-2 victory at Campbell on Sept. 3, 2019.
 - ◆ Senior Kendall Bender was named Second-Team All-CAA.
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- ◆ Kendall Bender was named UNCW's CAA Female Scholar-Athlete of the Year.

Beach Volleyball

- ◆ The Seahawks finished their fifth year of competition with a 4-5 record before the season was shortened.
- ◆ The team did not play a match in the Coastal Collegiate Sports Association.
- ◆ Senior Raquel Rooney moved into UNCW's top-five all-time in wins with 37 when she paired with Brynn Montgomery for a 21-14, 21-11 win over Chattanooga.
- ◆ UNCW topped Tusculum, 4-1, in the final dual match of the season. Rooney and junior Brynn Montgomery posted a three-set win to clinch the match at the No. 1 pairing.

Softball

- ◆ With a roster of 18 freshmen and sophomores, the Seahawks closed out the season with a 7-16 record and did not play a conference game.
- ◆ The team hosted three tournaments at Boseman Field on consecutive weekends and finished 6-8 at home.
- ◆ Senior right-handed pitcher Rylee Pate led the CAA with 85 strikeouts and 68.1 innings pitched. In addition, the Mount Olive, N.C., product tied for the league lead with five wins.
- ◆ Rylee Pate was named CAA Pitcher of the Week on Feb. 25 after conceding just one unearned run in 15.0 innings while fanning 17 hitters against just five walks.
- ◆ Sophomore Janel Gamache ranked second in the circuit with eight home runs and her 21 runs batted in were good for third in the eight-team league.
- ◆ Sophomore Gabriella Hessenthaler led the CAA with 18 stolen bases in 19 attempts.
- ◆ Senior Dominique Travers closed out her college career with 19 home runs, the third-highest total in program history.
- ◆ Pitcher Rylee Pate concluded her career ranked 13th on the all-time list with 195 strikeouts.
- ◆ Redshirt senior utility player Rachel Willis earned First-Team recognition on the College Sports Information Directors of America (CoSIDA) Academic All-District® 3 Team.

Men's Track and Field

- ◆ In their first season under Jeff Klaves, the Seahawks competed in the Embry-Riddle First Chance Meet and Savannah State Tiger Relays.
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- ◆ The team won three events at the Embry-Riddle appearance, taking the 4x100 Relay (43.13), 400 Meter Hurdles (E.J. Green, 53.08) and Javelin (Jonathan Lloyd).
- ◆ The Seahawks captured three titles in Savannah State's Tiger Relays, winning the 1,600 Sprint Medley Relay (3:41.70), Long Jump (Da'Rod Crutchfield, 23-01.75) and Triple Jump (Owen Pelletier, 43-5).

Women's Track and Field

- ◆ The team won two events in the first outdoor meet of the season in Daytona Beach. Sophomore Summer Owens won the 3,000 Meters (10:27.67) and junior Sarah Timberlake came in first in the High Jump (5-7).
- ◆ The Seahawks finished with seven first place results in Savannah State's Tiger Relays, capturing the Distance Medley Relay (13:01.06), Long Jump (Courtney Lines, 19-02.75), Javelin (Kaylee Vannoy, 106-07), Triple Jump (Tori Whimple, 39-01), 4x800 Relay (10:34.34), High Jump (Sarah Timberlake, 5-7) and 4x400 Relay (4:06.84).
- ◆ Newcomer Courtney Lines went 19-2.75 in the Long Jump at the Savannah State meet, recording the second best jump by a Seahawk freshman and ranking third best all-time.

Awards

CAA Coach of the Year

- ◆ Aidan Heaney, Men's Soccer
 - ◆ Beau Bunn, Diving
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UNCW Athletics

2019-20 Academic Accomplishments

- ◆ The men's soccer team received the United Soccer Coaches Team Academic Award for the eighth time in the last nine years.
 - ◆ The women's soccer team received the United Soccer Coaches Team Academic Award for the 2018-19 academic year, marking the 15th time in 16 years the team has been recognized.
 - ◆ For the seventh consecutive season, the men's tennis team was recognized by the Intercollegiate Tennis Association (ITA) as an All-Academic Team.
 - ◆ Senior Daniel Groom of the men's tennis team became the third UNCW student-athlete to be named CAA Male Scholar-Athlete of the Year.
 - ◆ Kendall Bender was named UNCW's CAA Female Scholar-Athlete of the Year.
 - ◆ A total of 249 student-athletes from UNCW were recognized by the Colonial Athletic Association on the CAA Commissioner's Academic Honor Roll for the fall, 2019, semester.
 - ◆ UNCW matched its highest Graduation Success Rate (GSR) since the metric was introduced by the NCAA 15 years ago. The 19 intercollegiate teams achieved a GSR of 90 percent, an increase of three percentage points from 2018-19.
 - ◆ Senior guard Lacey Suggs was named CAA Women's Basketball Scholar-Athlete of the Year, joining Cherie Lea (2003-04), Michaela Vezenkova (2005-06) and Rebekah Banks (2017-18) as the only other UNCW players to receive the honor.
 - ◆ Softball standout Emily Langkamp was recognized as the outstanding graduate in Management and Leadership by the Cameron School of Business.
 - ◆ Eight teams received Public Recognition Awards from the NCAA for placing among the top 10 percent nationally in the classroom. The teams recognized included men's cross country, men's soccer, women's cross country, women's golf, women's swimming and diving, women's tennis, women's volleyball and beach volleyball.
 - ◆ Redshirt senior utility player Rachel Willis earned First-Team recognition on the College Sports Information Directors of America (CoSIDA) Academic All-District® 3 Team.
 - ◆ Caroline Cahill, Keri Kenkel and Thao My Nguyen were recognized as All-American Scholars by the Women's Golf Coaches Association (WGCA) for compiling at least a 3.50 cumulative grade point average and competing in at least 50 percent of the team's rounds.
 - ◆ Austin Bonfiglio, Blake McShea and Chris Raham were named named Srixon/Cleveland Golf All-America Scholars by the Golf Coaches Association of America for having a stroke-average under 76.0 and maintaining a minimum cumulative career grade-point average of 3.2.
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- ◆ According to the NCAA's 16th round of Academic Progress Rates (APR) released by the governing body of college athletics, the Seahawks recorded an APR of 993 for the single year score, 10 points over the national average of 983. Overall, 13 of UNCW's 18 teams in the report achieved a perfect APR score of 1,000 for the reporting year of 2018-19.

 - ◆ UNCW's 332 student-athletes closed out 2019-20 with a 3.497 cumulative grade point average following the spring semester. Sixty student-athletes recorded a perfect 4.00 GPA in the spring. A total of 280 student-athletes, or 84 percent of the group, registered a 3.00 or higher GPA. In addition, 18 teams posted a GPA of 3.20 or better.
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2019-20 UNCW Final Team Results

Sport	Head Coach	Overall	CAA	Regular Season	Championship
Baseball	Randy Hood	11-5	0-0	n/a	n/a
Men's Basketball	C.B. McGrath	10-22	5-14	9th	Lost First Round
Women's Basketball	Karen Barefoot	10-20	7-12	n/a	Won First Round
Men's Cross Country	Austin Davis	n/a	n/a	n/a	6th/6 Teams
Women's Cross Country	Austin Davis	n/a	n/a	n/a	9th/9 Teams
Men's Golf	Daniel Bowden	n/a	n/a	n/a	n/a
Women's Golf	Cindy Ho	n/a	n/a	n/a	n/a
Men's Soccer	Aidan Heaney	12-5-2	8-1-1	1st	Lost Championship
Women's Soccer	Chris Neal	10-6-1	6-3-1	3rd	Lost Quarterfinals
Softball	Kristy Norton	7-16	n/a	n/a	n/a
Men's Swimming & Diving	Jason Memont	3-5	0-0	n/a	2nd/5 Teams
Women's Swimming & Diving	Jason Memont	2-8	0-0	n/a	6th/7 Teams
Men's Tennis	Mait DuBois	4-7	1-0	n/a	n/a
Women's Tennis	Hans Olsen	4-7	1-1	n/a	n/a
Men's Track & Field	Jeff Klaves	n/a	n/a	n/a	n/a
Women's Track & Field	Jeff Klaves	n/a	n/a	n/a	n/a
Volleyball	Amy Bambenek	14-15	4-12	T-7th	DNQ
Beach Volleyball	Amy Bambenek	4-5	0-1 (CCSA)	n/a	n/a