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Checking In: Alumni Update (10-24-10)

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MEN'S CROSS COUNTRY

Freshman **Nick Scarpello (Central Bucks West)** was Penn State's seventh finisher, placing 69th with a time of 26:40, at the Penn State National on Oct. 16, helping to propel the Nittany Lions to a second-place finish in the team standings. On Oct. 1, Scarpello placed 114th with a time of 25:55 in the Notre Dame Invitational. The Nittany Lions knocked off a total of five nationally-ranked opponents in the prestigious meet.

Junior **Owen Ward (Harry S. Truman)** was the first Chestnut Hill runner to complete last Saturday's Cabrini College Invitational. Ward finished the men's 8K in 30:23.32 to claim 29th place. Sophomore **Marco Paparo (Abington)** finished 76th with a time of 39:39.60. The Griffins finished eighth out of 11 teams.

WOMEN'S CROSS COUNTRY

Millersville's **Michelle Blum (Central Bucks East)** finished 33rd with a time of 31:15 in Saturday's Kutztown Invitational that included four teams ranked in the top 25 of the USTFCCA national rankings. Millersville, ranked 14th in Division II, finished just behind No. 3 Shippensburg and No. 19 Kutztown.

Freshman **Miranda Ward (Harry S. Truman)** was the first Chestnut Hill runner to complete last Saturday's Cabrini College Invitational. Ward finished 20th in the 5K race with a time of 21:31.82. Chestnut Hill finished ninth out of 10 teams.

Lock Haven freshman **Laura Histan (Neshaminy)** finished 10th with a time of 22:45.18 in Saturday's 6000-meter race at the East River Run. Teammate **Nicole Wasniewski (Souderton)** finished 63rd with a time of 25:25.40.

Bloomsburg freshman **Martina Drew (Neshaminy)** finished 30th with a time of 23:37.03 in Saturday's 6000-meter race at the East River Run. Teammate **Lauren Bond (North Penn)** finished 40th with a time of 24:05.26.

FIELD HOCKEY

Freshman **Maria Karidas (Council Rock South)** was chosen to the Colonial States Athletic Conference (CSAC) Field Hockey Honor Roll for the week ending Oct. 17. The rookie netted three goals in two games, helping the Griffins to a 1-1 league week. Karidas scored a pair of goals in the win over Notre Dame. She followed that up with a tally at Cabrini.

On Tuesday, Karidas scored three goals, the last coming with six minutes remaining in regulation as Gwynedd-Mercy earned a big 3-2 win at Neumann College. Karidas put GM ahead for good with her team-leading 11th goal on the season at the 64-minute mark. As a result of the win, the Griffins upped their record to 10-6 overall (6-1 CSAC).

Casey Hughes (Souderton) was one of five Lock Haven seniors recognized at Senior Day on Sunday. The Eagles downed West Chester 3-0 to improve to 13-5 overall (4-1 A-10).

Sophomore back **Taylor McGarvey (Plymouth Whitemarsh)** scored a goal in Cabrini's 5-0 win over Rosemont on Saturday. With the win, Cabrini captured the No. 1 seed and a quarterfinal round bye in the Colonial States Athletic Conference (CSAC) Tournament. Cabrini is 10-6 on the season.

Sophomore **Caitlin Vasey (Central Bucks East)** scored twice and had an assist to reach 100 career points as Lebanon Valley blanked Alvernia 4-0 on Saturday to clinch a Commonwealth Conference playoff berth. On Tuesday, the Dutchmen (14-0) earned the #1 spot in the Kookaburra/NFHCA Division III National Coaches Poll. One day later, Lebanon Valley suffered its first loss of the season, falling to #2 Messiah 3-2.

Senior **Katie O'Donnell (Wissahickon)** scored a pair of goals in second-ranked Maryland's 3-2 win over No. 1 North Carolina on Saturday afternoon. The Terrapins took a 2-0 lead off of McDonnell's two goals. A goal by UNC's **Taryn Gjurich (North Penn)** knotted the score, but with three minutes remaining, O'Donnell forced a corner, and it was O'Donnell's insert pass on the corner that set up the game winner. With the win, the Terps improved to 16-1 overall (5-0 ACC) while the Tar Heels suffered their first loss, falling to 16-1 overall (4-1 ACC). On Wednesday, O'Donnell had a pair of goals in Maryland's 3-0 win over No. 7 American.

Jessica Longstreth (Council Rock North) stripped the ball away from a would-be striker on a corner as time expired, sealing Penn State's thrilling 2-1 win over No. 17 Duke on Saturday afternoon. She also scored on a penalty stroke that put Penn State on top 2-0. **Jenny Purvis (Hatboro-Horsham)** also scored a goal for the Nittany Lions. In Tuesday's 4-1 win over Bucknell, Longstreth scored a pair of goals while Jenny Purvis contributed a goal and an assist.

Senior midfielder **Brittany Kocis (Central Bucks East)** contributed an assist in East Stroudsburg's 4-0 shutout at No. 7 CW Post on Wednesday. Kocis entered the game tied for second in the nation in assists per game

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(0.83, 10 assists in 12 games) and is 12th in points per game. East Stroudsburg was ranked No. 3 in last week's NFCA Division II Coaches Poll after spending last week at the top spot for the first time in school history.

Senior **Megan Purcell (Pennridge)** had six saves in Widener's 4-0 win at Shenandoah on Saturday. She turned away 10 shots in Widener's 4-2 loss to Alvernia on Tuesday.

FOOTBALL

All-American linebacker **Matt Freed (Souderton)** was named the PSAC East Defensive Player of the Week for the fifth time in his career for his performance in the Warriors' 65-14 win at Millersville on Saturday. He had 11 tackles, two sacks, a forced fumble and an interception to lead a defensive effort that held the PSAC's fourth-rated passing offense to 93 yards and surrendered just 204 yards of total offense. Freed moved into third in ESU history with 375 career tackles with his 22nd double-figure tackle game in 31 starts. He was involved in two of the Warriors' four first-half takeaways as they ran out to a 51-7 lead to break a six-game losing streak. The redshirt senior had a sack to force a three-and-out on Millersville's first series. He forced a fumble on the Maurauders' next offensive snap that was recovered and led to a touchdown. He set up another score in the second quarter with an interception and 30-yard return. In Saturday's win, teammate **Matt Brown (Souderton)** had two receptions for 18 yards while **Mike Bergey (Souderton)** had four solo tackles and one assisted tackle. **Shawnte Carroll (Harry S. Truman)** had a hand in two tackles.

Freed also has been named East Stroudsburg's Championship Award Guys Athlete of the Week for his performance in the Warriors' first seven games of the season. Freed is second in the PSAC with 74 tackles and has 9.5 tackles for a loss and 4.0 sacks so far this season. He leads the conference and is tied for seventh in Division II with 6.1 solo tackles per game (43 in seven games). The redshirt senior has hit double-figure tackles in five of the last six games, giving him at least 10 stops in 21 of his 30 career starts. He had 12 tackles and a tackle for a loss last Saturday at CW Post, along with the first rush of his career, carrying two yards for a first down on a fake punt. He had 11 tackles and a career-high three sacks the previous week at Kutztown and posted a season-high 17 tackles on Oct. 2 at Bloomsburg. He also had 10-tackle efforts vs. IUP and California. Freed is averaging 10.7 tackles per game in his 30 career starts. The PSAC's leading tackler in 2008 and 2009, Freed is a two-time first team Daktronics Division II All-American and third team Associated Press Little All-American. He was also a first team ESPN The Magazine Academic All-America selection last year and has the opportunity to be the first ESU football player and just the third student-athlete from any sport to be named to two Academic All-America teams.

Sophomore quarterback **Kevin Morton (Abington)** completed 25-of-35 passes for 354 yards and two touchdowns in Kutztown's dramatic 50-48 win over C.W. Post on Saturday night. It was the 13th straight game in which Morton has thrown a touchdown pass. He also added a rushing touchdown. **Josh Mastromatto (Upper Dublin)** scored three rushing touchdowns for the second time this season, and his effort also included a season-best 51-yard kickoff return in the third quarter. **Jason Ulmer (Neshaminy)** contributed an interception. The two teams combined for 1,228 yards of total offense, 98 points, 57 first downs and 14 touchdowns. With the win – which upped the Golden Bears record to 8-0, KU established a school record for wins in a single season. Kutztown is ranked 18th in the latest American Football Coaches' Association poll.

Nick Gounaris (Pennsbury) had a team-high 10 tackles in Lock Haven's 56-14 loss to Slippery Rock on Saturday.

Senior **Jon Natter (Abington)** had seven tackles to go with two sacks in Widener's 35-27 loss to Albright on Saturday.

Junior running back **Kahlil Pittman (Abington)** hauled in an 11-yard touchdown pass in Ursinus College's 43-18 win over McDaniel. Junior defensive end **Sean Whelan (Central Bucks East)** delivered a sack that forced a fumble, setting up a touchdown that put Ursinus on top 20-13. Junior linebacker **Greg Martell (Neshaminy)** had six tackles for Ursinus, which improved to 7-0 overall and 6-0 in the Centennial Conference.

D'Andre Webb (Harry S. Truman) had a team-high 83 yards rushing on three carries while teammate **Jackson Fagan (Pennsbury)** had a team-high 40 yards receiving on four catches in West Chester's 45-21 loss to #16 Bloomsburg on Saturday. Fagan also had 15 yards rushing.

MEN'S GOLF

Freshman **Connor McNicholas (Hatboro-Horsham)** shot a 150 (73-77) and was tied for 16th in Temple's second place showing at the Lincoln Mercury Intercollegiate last Sunday. Freshman **Russell Hartung (Central Bucks East)** shot a 156 (76-80) and tied for 46th among the 95 participants.

MEN'S SOCCER

Ryan Richter (William Tennent) scored a pair of goals in LaSalle's 3-2 win over George Washington Sunday. **Jidell Roach (Abington)** assisted on the first goal. In Saturday's 1-0 win over Richmond, Roach scored the game winner. Richter led all players with five attempted shots.

Tim Pfender (Neshaminy) played in his final regular season game at Bloomsburg's Sports Stadium on Tuesday. The Huskies fell to #4 Mercyhurst 3-2 in the PSAC contest.

Sophomore **Andrew Foran (Council Rock North)** had three saves in a half of action in Shippensburg's 3-0 win at Point Park on Wednesday. The win was the seventh consecutive for the Red Raiders, matching the longest winning streak in the 49-year history of the program.

WOMEN'S SOCCER

Freshman **Sam Moyer (Central Bucks West)** scored her second goal of the season in Kutztown's 4-1 win over Bloomsburg on Saturday. For the 17th consecutive week, Kutztown is ranked in the NSCAA/HendrickCars.com poll. The Golden Bears are ranked 23rd. Regionally, Kutztown is ranked third behind PSAC schools West Chester and California. SOL alums on Kutztown's roster are Moyer, **Chelsea Deeter (Neshaminy)**, **Emily Froelich (Pennridge)**, **Allie Riegel (Central Bucks West)** and **Caitlyn Schlupp (Council Rock South)**.

Tara Murphy (Council Rock South) was credited with four saves in a half of action in Temple's 2-1 win over

Rhode Island on Sunday.

Gabby Pakhtigian (North Penn) turned away all nine shots she faced in LaSalle's 1-0 win over George Washington Sunday afternoon. The win was the 13th of her career. Her six shutouts tie her for fifth all-time at the school. The Explorers are 9-7-1 overall (3-3-1 A-10). On Saturday, Pakhtigian had a pair of saves in LaSalle's 2-1 win over Richmond.

Melissa Kornock (North Penn) contributed an assist in IUP's 2-1 win over Lock Haven on Saturday.

Junior goalkeeper **Jill Lukens (Central Bucks East)** recorded two saves in Ursinus College's 11-0 romp over Swarthmore on Wednesday.

Kelsey Stoka (Neshaminy) was one of three seniors honored prior to Bloomsburg's 4-0 win over Mansfield on Tuesday.

MEN'S SWIMMING

Nick Ortlieb (North Penn) was part of Bloomsburg's 200-medley relay team that took first in Saturday's 137-114 win over Albright. Teammate **Brendan Malone (Hatboro-Horsham)** finished third in the 1000-free with a time of 10:59.69. **Tim Dorsch (Central Bucks West)** finished second in the 100-breast with a time of 1:03.14. On Tuesday, Dorsch won the 100-breast with a time of 1:02.95 in Bloomsburg's 107.5-97.5 loss to Shippensburg.

WOMEN'S SWIMMING

Sophomore **Madeline Barlow (Pennsbury)** finished second in the 200 back with a time of 2:15.62 in Bloomsburg's 151-103 win over Albright on Saturday. On Tuesday, she took first in the 100-meter butterfly with a time of 1:00.93 and was second in the 200 IM with a time of 2:15.83 in Bloomsburg's 105-98 loss to Shippensburg.

Krista Schlupp (Quakertown) was part of Kutztown's 400-yard medley relay team that finished seventh with a time of 4:18.46 at Friday's Lock Haven Quad Invitational. She also finished ninth in the 200 free (2:06.52), fifth in the 200 butterfly (2:20.11) and seventh in the 100 butterfly (1:04.20). Schlupp also was a member of the 200 medley relay that finished sixth (1:58.27) and the 200 free relay that finished sixth (1:46.20).

East Stroudsburg's **Amy Rowland (Upper Moreland)** finished ninth in the 200-back (2:25.79), eighth in the 500 free (5:44.74) and 10th in the 100 back (1:07.62) at the Lock Haven Quad Invitational. She also was part of ESU's ninth place 400 free relay (3:59.99) and its 200 free relay that finished eighth (1:49.91).

Rachel Vagnoni (Norristown) was part of Lock Haven's 400-yard medley relay team that finished 10th at the Lock Haven Quad Invitational with a time of 4:27.04. She also was part of Lock Haven's eighth place 400 free relay (3:58.42) and the Eagles' ninth place 200 medley relay (2:02.43). Vagnoni finished 11th in the 200 IM with a time of 2:28.48. **Kasey Campbell (Neshaminy)** finished fifth in the 1000 yard freestyle with a time of 11:36.11. **Sam Kaleck (Neshaminy)** finished 15th in the 200 free with a time of 2:20.19 and was a member of Lock Haven's 10th place 400 free relay (4:09.38) and the 200 free relay that finished ninth (1:50.29).

WOMEN'S VOLLEYBALL

Senior outside hitter **Alyson Stark (Council Rock North)** became the fifth player in East Stroudsburg history to reach 1,000 kills when ESU took on Millersville and Stonehill in a tri-match on Saturday. Stark had 14 kills – six in the first match and eight in the second – to finish the day with 1,004 kills. She has been ESU's leader in kills per set for the last four seasons and has 298 kills this year, nine away from her career-high which she set as a sophomore. The Warriors lost both matches in three sets. On Friday, Stark had 12 kills in East Stroudsburg's 3-0 loss to Shippensburg. Earlier in the week, Stark had 17 kills for the second time in three matches and hit .410, her top hitting percentage of the season, in East Stroudsburg 3-2 loss to Holy Family.

Freshman **Lauren Schmickle (Hatboro-Horsham)** had 10 assists in Millersville's 3-2 win over Shepherd on Friday.

WRESTLING

East Stroudsburg senior **Jesse Dunn (Harry S. Truman)** is ranked sixth at 157 in the NCAA Division II Wrestling Coaches Association preseason poll. The Warriors are ranked 18th as a team.

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