

HERONews

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The Heron Society of WILLIAM SMITH COLLEGE

KEVIN COITON/SPORTSPICS.NET



Sarah Costanza will pursue the NCAA national championship in St. Louis.

Costanza selected to NCAA Championship

SWIMMING & DIVING—William Smith sophomore diver **SARAH COSTANZA** was selected by the NCAA Division III Diving Championship committee to participate in the 2004 NCAA Championship meet, March 11-13, in St. Louis. She is one of 22 divers who will compete for a national championship on the 1- and 3-meter boards.

“With her focus and determination, I have no doubt Sarah has what it takes to capture a national championship,” Head Coach **KELLY KISNER** said.

Following a record-breaking first-year, Costanza has continued her meteoric development this season, breaking two more records and capturing a pair of 1-meter championships.

Earlier this month, Costanza won the 1-meter championship in the New York State Championship meet. She also raised the school’s 3-meter record in the 2003 state meet to 390.96 for 11 dives. Costanza produced two record-breaking efforts at this year’s state meet. Costanza recorded a 398.00 in the 3-meter preliminary round and finished third with a score of 391.20.

Also at States, junior **BECKY GROSSMAN** turned in season-best performances in both the 100- and 200-yard butterfly. She touched in at 1:00.08 for fourth place in the 100, an NCAA “B” cut time. Grossman earned another fourth-place finish in the final day of competition, completing the 200 in 2:15.32. She also helped lead the 200 freestyle relay team, along with junior **KATE FELLER**, sophomore **JENNY FOWLER**, and first-year **CHARLOTTE McINTOSH**, to a third place showing with a time of 1:41.63.

Lacrosse reloading for return to NAAs; Genovese seeks No. 300

GENEVA, N.Y.—Coming off its 11th appearance in the NCAA Semifinals, the William Smith lacrosse team will have some big shoes to fill to earn a return trip in 2004. Graduating six starters, including 54 percent of its point production, the Herons will need to find its scoring punch from some new faces this season.

Ranked as high as fourth in the preseason polls, William Smith’s schedule features three other ranked teams. The Herons will take on No. 13 Franklin & Marshall on March 17, in West Palm Beach, Fla., and No. 11 Ithaca on April 4, and No. 12 Cortland on April 20, both in Geneva.

One of the most successful women’s lacrosse coaches in the nation, **PAT GENOVESE**, is confident her team is prepared for the challenge ahead of them.

“Players continue to take on new roles and the responsibilities that go with them,” Genovese said. “We encourage

everybody to step up and be a threat.”

The only coach the Herons have ever known begins her 31st season just five wins shy of 300 for her career.

The graduation of All-American attacker **MEGAN SHEA** and All-American midfielder **AMANDA WYNN**, and All-Region honoree **JACKIE TONER** left some big holes to fill on offense, but senior attackers **BRIGHDE DOUGHERTY** and **GRETCHEN LASDA** look to emerge from their shadows to guide the Heron attack.

A talented all-around player, Dougherty has the ability to score as well as create chances for her teammates in front of the net. A constant presence in both the attack and the midfield, she also will share duties on the draw controls.

An IWFLCA second-team All-Region selection, Lasda is the top returning scorer from a year ago. Her vision on the field is top notch as she ranks sixth on the all-time assist list with

69 helpers. However, it is goal scoring that the Herons will need more of from her this season with three of the four top scorers from a year ago gone.

Senior **NIKKI TRAINO** could jump into the starting rotation on the low attack after getting the nod in six games last season and tallying 18 points, including a five-point outburst against Clarkston.

Hardest hit by graduation, the attacking midfield lineup has many different possibilities. Junior **ALI HERTER** will man the center position and the draw controls. Able to play anywhere in the midfield, her quickness and speed will give opponents fits. Junior **KATE BICKFORD** will make a push for the starting wing spot after playing in 14 games last year. Possessing good speed and a solid sense of field, she likes to take the ball to the cage.

The defensive midfield, although
(See LACROSSE, p. 3)

Bassett to receive Jean Giambrone Service Award

GENEVA, N.Y.—William Smith Director of Athletics **SUSAN BASSETT** will receive the Jean Giambrone Service Award at the WHAM Sportswomen of the Year Awards Luncheon at the Clarion Riverside Hotel in Rochester, on April 26. She is the first collegiate administrator to win the award in its 23-year history.

Bassett, director of athletics since 1995 and past chair of the NCAA Division III Management council, is being recognized for her three decades of service to intercollegiate athletics as a swimming coach and an administrator.

During her tenure as director of athletics, she has added three varsity programs, has overseen the renovation of Winn-Seeley Gymnasium, and has played a key role in the overall upgrade of the Colleges' athletics facilities.

A national powerhouse before her arrival, William Smith has continued its championship tradition during the Bassett era, winning two national championships and three ECAC titles, as well as dozens of conference championships under her direction.

A member of the NCAA Management Council from 1999 through 2004, she served her final year on the Council as chair, overseeing the development and passage of the wide sweeping reform packages that were adopted during the 2004 NCAA Convention in January.

Bassett enjoyed an extraordinary coaching career before moving into the director's chair. In 15 seasons as head coach at William Smith and Union colleges, she coached 114 All-Americans, including three national champions, and was named the 1993 NCAA Division III Women's Coach of the Year.

Now in its 26th year, the WHAM Sportswomen of the Year Awards Luncheon recognizes outstanding achievements in women's athletics in the Rochester area. The featured speaker at this year's luncheon, which begins at noon, is legendary University of Tennessee Women's Basketball Head Coach Pat Summitt. Tickets are \$50 and proceeds benefit the Heart of Gold Children's Foundation. To order tickets, call (585) 234-2055.

Catching up with the Class of '82



William Smith Director of Athletics Susan Bassett (third from right) recently had a chance to catch up with former Herons (l-r) Mary Stowell Nelson '82, Tracy Alexandre Boyle '82, and Kim Thomas Henderson '82 in New York City.

Squash takes 3rd in Walker Cup, 19th overall

SQUASH—Following a third place finish in the Walker Cup, sophomore **KINSEY CRUICE** and first-year **SHAILA PANDOLE** earned a share of the weekly Upstate Collegiate Athletic Association Women's Squash Awards. Cruise was named the co-Performer of the Week, while Pandole garnered co-Rookie of the Week accolades.



Cruise



Pandole

William Smith closed out the season in the Walker Cup, the C Division of the Howe Cup National Championships. The Herons defeated Wesleyan 5-4 to advance to the semifinal round. William Smith dropped its subsequent match 5-4 to Wellesley. In the third place match, William Smith bounced back with a 6-3 victory over Tufts.

Cruise improved her team best record to 11-3 with a 3-0 weekend playing in the No. 3 position. Against Wesleyan, she defeated Kristin Lehner 3-0 (9-2, 9-5, 9-2). The following morning she bested Wellesley's Ira Trivedi 3-0 (9-1, 9-2, 9-3). Cruise capped the weekend with a hard-fought, come-from-behind 3-2 win over Tufts' Nicole Arens (9-5, 4-9, 7-9, 9-2, 9-4).

Pandole posted a 3-0 record in the top spot for the Herons. In the quarterfinals, she toppled Sa Suwanarat 3-0 (9-2, 9-1, 9-1). The following morning, Pandole defeated Wellesley's Lila Lee 3-2 (9-3, 3-9, 9-3, 4-9, 9-6). Pandole capped off the weekend with a 3-0 win over Tufts' Jules Avrutin (9-5, 9-7, 9-6). She finished her successful rookie campaign with a 9-5 record and three UCAA Rookie of the Week awards.

In addition to Cruise and Pandole, the Herons saw outstanding play from juniors **SARAH COFFIN** and **ALICIA SANDS**. Coffin posted a 10-4 mark, playing in the second and third positions, while Sands notched a 9-5 record in sixth and seventh slots. First-year **HELEN GRASSI** also was on the plus side of the ledger with an 8-6 showing in the fifth and sixth spots in the order.

The Herons completed their sixth varsity season with an 8-6 record, the program's fourth winning campaign.

LACROSSE (from p. 1)

returning overall experience, isn't returning a lot of players who have experience playing with each other. Senior **MICHELLE STEIGERWALD** is expected to be a major contributor, while sophomore **JESS TANNER** will be a force as a defensive wing. An aggressive player, Tanner could be dangerous in the attack as well as a stifling defender.

An imposing presence on defense senior **MEGAN SONTUM** has the flexibility to play as a defensive midfielder or on the low defense.

Anchoring the low defense this season will be returning starters senior **MEGHAN FITZGERALD** and junior **LIZ HARRIS**. A vocal leader around the crease, Fitzgerald causes her defenders to make mistakes, while Harris is an intelligent defender who clears well.

Senior **BECCA SPLAIN** returns to the cage for her third year as the Herons' netminder ranked second in career goals against average (6.59) and sixth in all-time saves (426).



Rodger led the team in rebounding and finished second in scoring for the Herons.

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Crew eyeing return to NCAA Championships

CREW—The William Smith crew team opens against Ithaca and Pacific Lutheran University on April 3, in Ithaca. Head Coach **SANDRA CHU** returns four starters to her Varsity 8+ and is excited about the team's performance in the fall which showed a solid increase in speed.

"Not only did we improve our standing seven places at the Head of the Charles, but we also fielded a tremendously strong Novice 8+," Chu said. "This eight placed second at the Head of the Fish and first at the Wylie Coyote Chase."

As the Herons look to improve upon last year's .500 season, they will depend on returning starters and senior co-captains **LIBBY WEICK** and **JULIE DEPREZ** to lead the way. On the ergometer, Weick and Deprez are posting extremely fast times—in the low 7:20s. Rounding out the senior class are **LAUREN ULVESTAD** and **COLLEEN FRANZ**. The performances of stand-out sophomore **REBECCA GUTWIN** and first-year phenom **NICOLE BALSAMO** also are not to be ignored.

"Despite the performance of these individuals, it's really the strength of our whole team that can take us all the way to NCAA's," Chu said. "We're carrying four very strong boats right now and also have a very solid recruiting class. The returning sophomores are very tough—extremely hard to beat, and the novice class is the best we've ever seen."

"The work that Assistant Coach **KATIE GILL** has done with the walk-ons is tremendous—they have very solid fundamentals and are bringing a lot of grit and determination every day. We've got a lot to look forward to and the team is ready to face it head-on."

Hellebush, Rodger lead Herons to postseason

BASKETBALL—William Smith first-year guard **ANNE HELLEBUSH** earned the UCAA Rookie of the Year Award in a vote of the league's coaches. The Herons' leading scorer also earned a spot on the All-UCAA second-team, while classmate **ASHLEY RODGER** received honorable mention.

Hellebush led the league's rookies and ranked sixth overall in scoring, dropping in 11.0 points per contest. She was twice named the UCAA Guard of the Week, and earned a UCAA Rookie of the Week Award. Hellebush scored a career-high 26 points in a win over Staten Island on Jan. 3.

A two-time UCAA Rookie of the Week, Rodger ranked second in the conference in rebounding (7.6 rpg), sixth in field goal percentage (.474), and ninth in free throw percentage (.683). Rodger posted four double doubles this season and scored a career-high 18 points in the regular season finale at St. Lawrence. She was just two rebounds short of becoming the first Heron since **WENDY SCHOFF '98** to record 200 boards as a first-year.

In a tight race for the fourth and final spot in the UCAA playoffs, the Herons responded with wins in four of



Hellebush

the last six conference games, including an impressive 72-49 win over Hamilton in senior **STEPHANIE LEVEILLE's** final appearance in Bristol Gym. She produced a career-high 17 points, six rebounds, four assists, and two steals and received a standing ovation as she walked off the court.

Unfortunately, as the fourth seed the Herons had to face top-seeded Union in the first round of the UCAA draw. The only conference foe to top William Smith by more than eight points during the regular season, the Dutchwomen dispatched the Herons 64-42.

William Smith earned its 12th postseason bid as the seventh seed in the ECAC Upstate Tournament. The Herons had to travel to second-seeded Rensselaer for a midweek game.

William Smith gave the Red Hawks all they could handle in the first half, down two at the break, but the senior laden lineup of the hosts proved too much in the second half. RPI ended the Herons' season with a 64-39 loss.

A solid season for a very young team, William Smith will welcome back 93 percent of its scoring when the 2004-05 season gets underway.

Published by the Heron Society of William Smith College to keep its members informed of the achievements of the William Smith athletics program as well as the Society's efforts to support and promote the Herons' continued success. For further information about William Smith athletics, the Heron Society, or this newsletter, contact: William Smith athletics, (315) 781-3500.

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