

Melanie Nolt

2013 GIANT STEPS AWARD WINNER



Melanie Nolt, a three-time Freedom Conference Player of the Year and First Team All-Freedom selection, has led the Lady Colonels to four of its seven straight Freedom Conference Championships during her time in the Navy and Gold. Melanie has put together this tremendous on court resume all while suffering through the daily challenges of type I diabetes. She was diagnosed with the disease in February of 2008, her junior year of high school and initially struggled accept the diagnoses. During her sophomore year at Wilkes, Melanie was introducend to a pump that would give her the insuline she needs without the hassels of needles or self-injection. Now, Melanie is working with her doctors to help delevelop a new pump system that would allow her and fellow athletes to keep the pump on during exercises. Melanie has taken all the struggles of her diagnoses in stride and has not let it effect her on and off the court. For her carrer she holds a 17-2 mark at No. 1 singles and has teamed with Katie Lynn at No. 1 doubles to go 17-3 this season. A Wilkes University Scholar-Athlete of the Year, Nolt captured two straight MAC Individual titles at No. 1 singles as a freshman and sophomore.

Scholar-Athletes

Ryan Cordingly

FOOTBALL



Ryan Cordingly has excelled in the classroom for King's, posting an overall 3.962 grade-point as a Finance major in college's renowned AACSB accredited McGowan School of Business. He has earned King's Dean's List honors every semester and has been named to the college's Beta Gamma Sigma, Delta Epsilon Sigma, and Aquinas honor societies. Ryan is also a three-time MAC All-Academic selection. He has earned a number of academic honors during his career at King's. Most notably, he was a two-time Capital One Academic All-American as well as a two-time Capital One Academic All-District 4 choice. On the field, Cordingly was a two-time All-Middle Atlantic Conference selection at linebacker and wrapped up his career with the Monarchs by posting 253 tackles with 22.5 tackles for loss.

Paige Horrigan

VOLLEYBALL



Horrigan adds being named the MAC Volleyball Scholar-Athlete to a list of career honors that includes being named to the Capital One Academic All-District First-Team and All-Freedom Conference First-Team as a senior and being named to the All-Freedom Conference First-Team and AVCA Honorable-Mention All-Region team as a junior. In addition she ranked third in the Freedom Conference in hitting percentage and led the conference in blocks per set. Academically she was named to the MAC Fall Academic Honor Roll three times, was a member of the Dean's List several times at DeSales, and has a 3.83 cumulative GPA entering her final semester on campus as a forensic chemistry major. Horrigan was also named to the MAC Volleyball Sportsmanship Team twice (as a sophomore and junior) during her career.

Kyle Martyn

MEN'S SOCCER



Kyle Martyn, a four-year member of the Men's Soccer team and a Sport Management major led Alvernia to an ECAC Championship this past fall. He paced Alvernia this season with a team-high ten goals and 25 points on his way to being named to the NSCAA Mid-Atlantic All-Region Third Team and the All-Commonwealth Honorable Mention Squad. Martyn finished his career sixth all-time with 22 goals, 13 assists and 57 points. Academically, Martyn was named to the MAC Honor Roll all four-years of his career. Martyn served as team captain his junior and senior year and has been a member of the Sport Management Association from 2009-2012. He is also a member of Delta Epsilon Sigma Honor Society and serves as an Alvernia University Tour Guide. He was one of the few selected as a nominee for the prestigious Senior Scholar Award.

Katelyn Rittenhouse

WOMEN'S SOCCER



On the field, Katelyn Rittenhouse served as a captain and led the Eagles in minutes played. As a central defender, she organized a back line that allowed only 15 goals and recorded 11 shutouts. Nine of those clean sheets came in the last 13 games of the year. For her efforts, she was selected as a First Team All-Freedom Conference performer and to the NSCAA All-Mid-Atlantic squad. It is the second all-region recognition for her. She was selected in 2009, and then missed nearly all of the next two seasons with knee injuries. Rittenhouse stands out in the Academic world as well. As a member of the Templeton Honors College at Eastern University, she was involved in a pair of summer internships. She spent one summer in Guatemala, and this past summer, she spent in Memphis at St. Jude Children's doing research in pediatric oncology. She has been involved with an ongoing research grant with the Quaker Chemical Company. While her science skills are exceptional, she also worked as a tutor in Eastern's writing center, and she is an accomplished musician.

Aaron Focht

MEN'S CROSS COUNTRY



Aaron Focht is a four-year varsity letterwinner for the Blue Jay men's cross country team and ran to All-MAC finishes in three of his four years on the team. As a sophomore (fifth) and senior (seventh), Focht earned All-MAC First Team accolades. As a junior, he took Second Team honors, but went on to become an all-region selection with a 35th-place finish at the NCAA Division III Mideast Regional Championships. Focht, from Etters, Pa., is studying biology with a concentration in allied health at Elizabethtown. Academically, he is a three-time MAC Fall Academic Honor Roll choice (2010-12) and a 2011 USTFCCCA Cross Country All-Academic pick. Focht, who competed in the 2010 and 2011 NCAA Division III Cross Country Championships, is also a multi-year letterwinner with the men's track & field team.

Erin Solley

FIELD HOCKEY



Erin Solley, a four-year member of the Field Hockey team and majoring in Sport Management team was named to the NFHCA Third Team All-American. She led team with six assists and was third on team with 16 points this season. She was also named to the NFHCA 1st Team All-Region, All-Commonwealth 2nd Team and was selected to participate in the NFHCA Senior All-Star Game in 2012. In 2011 Solley was named to the NFHCA 1st Team All-Region, All-Commonwealth 1st Team after leading the team with eight assists and tallying 20 total points. For her career, Solley is fifth all-time with 18 assists and 18th all-time with 42 points. Academically, Solley was named to the Honor Roll 2009-2012 and also to the NFHCA Collegiate National Academic Squad. She was also a member of the 2011 Crusader Field Hockey team that posted a 3.48 team GPA, good for fourth in the nation.

Taryn Shank

WOMEN'S CROSS COUNTRY



Taryn Shank, of Hagerstown, Md., completed a tremendous cross country career this fall with her fourth straight All-MAC First Team performance. The 2009 MAC Rookie of the Year finished top 10 at every conference championship meet during her four seasons with the Blue Jays, including a fourth-place run this year. Shank, majoring in mathematics, carried her conference success to the regional level where she was a three-time USTFCCCA and NCAA DIII All-Mideast Region finisher (2009, 2010 and 2012). She finished a career-best eighth at regionals as a sophomore and finished her career with a 28th-place run this past Nov. 10. In addition to being named all-region three times, Shank also received USTFCCCA Cross Country All-Academic distinction three times. She is also a multi-year letterwinner on the track & field team.

Matt Bauer

MEN'S SWIMMING



Matt Bauer, has maintained a perfect 4.0 GPA in a rigorous biochemistry major over four years. He was a part of three consecutive MAC championship teams, and won one MAC event championship this season in the 800 free relay. Individually, Bauer has placed in the top three in the MAC in the 400 IM three times, while adding three second place finishes in relays. He currently holds the school and Albright natatorium records in the 800 free relay. Bauer earned Albright's Neil Harris Academic Excellence Award for having the highest GPA of all graduating student-athletes. He has made the Dean List's every semester, earned the Outstanding Achievement Award for chemistry, and is a Jacob Albright scholar. He is a three-year member of student government, serving as president this year. His leadership and service projects also include: swim team captain, working as a peer orientation committee member, student tutoring in biology and chemistry, and serving as an Albright ambassador and "Face" for admissions publications.

Danny Brooks

MEN'S BASKETBALL



Lebanon Valley College senior forward Danny Brooks is the third player of program history to be named the MAC Scholar-Athlete of the Year. Brooks earned a bevy of postseason awards in 2013, including D-III News Honorable Mention All-America, Capital One/CoSIDA Third Team Academic All-America, First-Team All-Commonwealth Conference, and D3hoops.com second-team all-region. He was played in the MAC all-star game roster while earning all-ECAC honors, as well. After his junior season in 2012, he was named First-Team All-Commonwealth, d3hoops.com second-team all-region, first-team all-ECAC, and MVP of the Rinso Marquette and Doubletree-Cernegie Mellon tournaments. A team captain, Brooks led the Commonwealth Conference in scoring in each of the past two seasons, averaging 20.0 points and 8.1 rebounds per game in 2012-13. In his career, he recorded 17 double-doubles, and ended among LVC's elite with 1,355 points (11th all-time) and 624 rebounds (eighth). Brooks is a three-time MAC Academic Honor Roll member.

Kate Dellinger

WOMEN'S BASKETBALL



Kate Dellinger leaves a legacy that will be tough to equal not just for Widener's women's basketball team, but for all of the school's student-athletes. In her senior campaign, she was named WBCA Honorable Mention All-America for the second straight year, received an NCAA Postgraduate Scholarship, was picked first team All-Commonwealth Conference a third straight season, Philadelphia Inquirer Women's Basketball Performer of the Year a second straight season, second team Capital One CoSIDA Academic All-America for the second consecutive year, a finalist for the Jostens Trophy as the national's premier player, first team ECAC All-South Region and first team D3Hoops.com All-Mid Atlantic Region.

Melissa Fellenbaum

WOMEN'S INDOOR TRACK AND FIELD



Melissa Fellenbaum has been a two-year member of the Alvernia University Indoor and Outdoor Track and Field Team. In the 2012 season, Fellenbaum won both the indoor and outdoor MAC title in the Pole Vault, and was the first Alvernia athlete to qualify for the NCAA Championships. In 2012 at the indoor NCAA Championships she placed 9th, and followed that with an 11th place finish at the outdoor championships. This past indoor season, Fellenbaum again took the MAC title, and advanced to the NCAA Championships where she placed sixth which was good for All-American status—Alvernia's first-ever track and field All-American. Fellenbaum was named First Team All-MAC for indoor track and field in 2012 and 2013, and All-MAC First Team for outdoor track and field in 2012. She holds the Alvernia school record for indoor and outdoor Pole Vault at 3.90m and 3.75, respectively. Fellenbaum currently ranks 15th in the nation in Outdoor Pole Vault with her best jump of 3.65 this season. Fellenbaum will graduate with a degree in Occupational Therapy and a 3.80 GPA.

Kelsey Lake

WOMEN'S SWIMMING



Kelsey Lake was one of the major reasons for the resurgence of Widener's women's swimming program. A 16-time MAC champion, she helped the Pride win the MAC championship in 2011 and finish second each of the next two years. In her senior campaign, she was named to the Philadelphia Inquirer Academic All-Area Team for the third straight year. She captured her third straight title in both the 200-yard freestyle and the 800-yard freestyle relay, won her second straight crown in the 200-yard medley relay and captured the 200-yard freestyle relay in helping the unit set a school record. She also was the 2011 Philadelphia Inquirer Women's Swimming Performer of the Year.

Jon Langton

MEN'S INDOOR TRACK AND FIELD



Jon Langton has had a tremendous career for the Bulldogs as one of its top throwers over the last four years. He is a three-time member of the MAC Winter Academic Honor Roll and will be making his third appearance on the MAC Spring Academic Honor Roll later this year. Langton has also earned Dean's List honors in each of first seven semesters at DeSales and enters the final semester at DSU with an impressive 3.95 cumulative GPA as a criminal justice/intelligence major. Langton has also enjoyed a tremendous amount of success on the field as a four-year member of the track & field team. He earned All-MAC First-Team honors as a sophomore at the MAC Indoor T&F Championships with a third place finish in the shot put and earned All-MAC Second-Team honors twice with a sixth place finish in the shot put as sophomore at the MAC Outdoor T&F Championships and a fifth place finish in the shot put as a junior at the MAC Indoor T&F Championships.

Aaron Benz

MEN'S LACROSSE



Neal Fox

MEN'S OUTDOOR TRACK AND FIELD

Neal Fox will leave DeSales as one of the best sprinters in school-history. Throughout his career he has won three MAC Individual Championships in the 55-meter hurdles (2010), 110-meter hurdles (2010), and pentathlon (2011). Fox has earned All-MAC First-Team honors (placing among the top three in an event at a MAC Championship meet) eight times and All-MAC Second-Team honors (placing 4th thru 6th) five times. Fox entered his senior season as the owner of four school-records, has been named to the MAC Winter and Spring Academic Honor Roll twice, and a member of the Dean's List multiple times. He currently carries a 3.87 cumulative GPA as a sport & exercise science major.



Celebrating 100 Years of MAC Athletics

Matt Karabin

BASEBALL

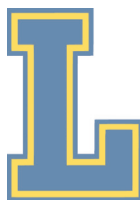


Matt Karabin is a two-time All-Freedom selection and was an all-region performer in 2012. His 1.40 earned run average in 2012 was the second-lowest in school history and he currently ranks second in career ERA at Misericordia. He holds the school single-season (18) and career (50) records for pitching appearances. He is tied for third in single-season victories (7) and is fourth in career wins with 15. Karabin owns MU's single-season saves record with seven and is second in career saves with 10. An education major, he carries a 3.97 grade point average.

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Jason Mifsud

MEN'S TENNIS



On the court, Jason Mifsud, the Warriors' all-time wins leader, finished his career with a 45-11 singles record, the most wins in school history, and added a 28-26 mark in doubles to finish second in school history. His combined mark of 73-37 is also the best in school history. He saved his best season for last, posting a 15-1 singles record as a senior and becoming the first player in school history to win the Middle Atlantic Conference Individual Championship, doing so at the top flight as a senior. He also ran the table, going 6-0 and not losing a set, against Commonwealth Conference opponents this spring. Off the court, the mathematics major was just as impressive, earning two MAC Academic Honor Roll nods, three Intercollegiate Tennis Association Scholar Athlete awards and seven dean's list awards. He is a vice-president of the Kappa Mu Epsilon Mathematical Science Honor Society and was awarded with the Lycoming College Mathematical Science Award, the Frances K. Skeath Award in Mathematics and the Benjamin C. Connor Prize in Mathematics at the College's Honor's Convocation.

Alexis Morris

WOMEN'S LACROSSE



Elizabethtown women's lacrosse senior Alexis Morris is this year's recipient of the MAC Women's Lacrosse Scholar-Athlete Award. Morris stepped into a leadership role on the Blue Jays' defense as a freshman and has never relinquished her spot. Morris, a Dean's List student and three-time MAC Spring Academic Honor Roll selection, is a four-year starter and letterwinner. She was an All-MAC First Team defender in 2010 and 2011, before the league split into the Commonwealth and Freedom Conferences prior to the 2012 season. In the first season of the split, Morris was named All-CC First Team on defense as E-town won its second conference title in school history and advanced to the NCAA Tournament. A three-time IWLCA All-Metro Region First Team pick (2010-12), Morris ranks second in career ground balls (161) and caused turnovers (122). She's also eighth in career draw controls with 92.

Jenna Niedermayer

WOMEN'S OUTDOOR TRACK AND FIELD



The most decorated field athlete in Elizabethtown College women's track & field history, senior Jenna Niedermayer is a 28-time All-Middle Atlantic Conference selection between indoor and outdoor track & field. The 2010 MAC Indoor Rookie of the Year and three-time MAC Indoor Field Athlete of the Year, Niedermayer was named this year's MAC Outdoor Field Athlete of the Year after helping Elizabethtown's women's team to its first ever MAC Outdoor Track & Field Championship. Niedermayer, an occupational therapy major, was recently named one of 87 females across all NCAA divisions to receive an NCAA Postgraduate Scholarship. A standout jumper and sprinter, Niedermayer captured her first All-America honor in the triple jump at the 2013 NCAA Division III Indoor Track & Field Championships in Naperville, Ill., where she finished eighth. Niedermayer also competed in the long jump at indoor nationals, and the triple jump at last spring's NCAA Outdoor Track & Field Championships.

Melanie Nolt

WOMEN'S TENNIS



Melanie Nolt, a three-time Freedom Conference Player of the Year and First Team All-Freedom selection, has led the Lady Colonels to four of its seven straight Freedom Conference Championships during her time in the Navy and Gold. She holds a 17-2 mark at No. 1 singles and has teamed with Katie Lynn at No. 1 doubles to go 17-3 this season. A Wilkes University Scholar-Athlete of the Year, Nolt captured two straight MAC Individual titles at No. 1 singles as a freshman and sophomore. She owns a 60-15 career mark at No. 1 singles and a 60-20 career mark in doubles play at the No. 1 position.

Stephanie Schell

SOFTBALL



A four-year starting outfielder for Messiah's softball team, Stephanie Schell was also named the Commonwealth Player of the Year for 2013. She is a four-time All-Commonwealth performer, the 2010 conference Rookie of the Year, and also an NFCA All-East Region honoree. She completed her senior season with a .414 batting average and a team-high 16 doubles, 70 total bases, .603 slugging percentage, and .444 on-base percentage. Schell also carried a perfect 1.000 fielding percentage in the outfield while making 46 putouts and collecting four assists. In the classroom, Schell has excelled to a 3.96 cumulative grade point average while majoring in Molecular Biology. Schell has also been a three-time National Fastpitch Coaches Association (NFCA) Academic All-American. Additionally, she was recently named CoSIDA First Team Academic All-District and is currently a finalist for Messiah College Athletics' Senior Scholar-Athlete award.

Drew Tomkins

MEN'S GOLF



Drew Tompkins was a four-year letterwinner for the Warriors, playing in 15 career rounds and participating as one of the team's top five players at the Commonwealth Conference Championship in all four seasons. As a freshman, he finished a personal-best 28th at the conference championship, as he fired a career-best 86 in the second round of the tournament. As a senior, he finished in the top 25 once, after posting an 88 at the Susquehanna Spring Invitational. In the classroom, the political science and economics major was a two-time MAC Academic Honor Roll selection and earned Dean's List accolades in each of his first seven semesters. He was inducted into the Phi Kappa Phi National Honor Society, the Omicron Delta Epsilon Economics Honor Society and the Pi Sigma Alpha Political Science Honor Society. He also worked as a polling supervisor for Professor Jonathan Williamson.

Scholar-Athlete Nominees

Fall 2012

Football:

Steve Clemson.....	Misericordia University
Adam Galcynski	Albright College
John Robinson.....	Delaware Valley College

Volleyball:

Holly Bubb.....	Elizabethtown College
Alexa Jones	Albright College
Lindsay King	Messiah College
Cailin McCullion	Misericordia University

Men's Soccer:

Andy Bush.....	Misericordia University
Luke Helmuth	Messiah College
Sean Mosser.....	Farleigh Dickinson University at Florham
Eros Olazabal	Manhattanville College

Women's Soccer:

Alex Brandt.....	Messiah College
Julie Burnell.....	Delaware Valley College
Jordan Cassidy	Albright College
Katie Fissel.....	Wilkes University
Laura Roney	Misericordia University
Laura Wingert.....	Elizabethtown College

Field Hockey:

Marilyn Beatty.....	Arcadia University
Juliana Hershey.....	Messiah College
Kayla Meenan.....	Manhattanville College
Nicole Nardone.....	Widener University
Nadine Yunginger	Elizabethtown College

Women's Cross Country:

Michelle Herman.....	Lycoming College
Marina Orson	Misericordia University

Winter 2012-2013

Women's Basketball:

Dori Gyori	Messiah College
Tyann McDaniel	Misericordia University

Women's Swimming:

Elisa Becker	Lycoming College
Kari Keller	Albright College
Kris Roaten	Lebanon Valley College

Men's Indoor Track and Field:

Clark Runciman	Albright College
Caleb Wiley	Lebanon Valley College

Women's Indoor Track and Field:

Jill Dunn	Misericordia University
Alisha Farrell	Lebanon Valley College
Jenna Niedermayer	Elizabethtown College

Spring 2013

Baseball:

Johnny Loveter	Manhattanville College
Dillon Tagle	Elizabethtown College
Chris Ray	Alvernia University

Softball:

Julie Brugger	DeSales University
Caitlin Cromley	Misericordia University
Janelle Fair	Eastern University
Brandy Lagomarsino	Albright College
Allyson Marianelli	Lycoming College
Krystal Mazza	Delaware Valley College
Elly McCarthy	Elizabethtown College
Miranda Peto	Alvernia University
Jessica Van Galen	Manhattanville College