

2014 Giant Steps Award

Based on the NCAA program, this award is given to a student-athlete who has prevailed over great adversity.

Meghan Wilson

WOMEN'S LACROSSE, ALBRIGHT COLLEGE



At the beginning of this school year, Meghan Wilson's 21-year old sister was killed in a tragic car accident while driving home from work. Despite the devastation of losing her sister, Meghan Wilson continues to be the rock of the Albright Women's lacrosse team. She is a three year Junior captain, holds a 3.2 GPA as a marketing/business major. On top of her rigorous major, Meg has been and currently is a student ambassador for the Admissions Department, was an intern this past winter for the Reading Royals, and is now an Albright Blogger. Just a week ago, Meghan was named All-Commonwealth second team after completing a fantastic season. Meghan, a junior midfielder started all 17 games this season for the Lions. She finished the year third on the team with 17 goals, second with 12 assists and fourth with 29 points.

2014 Scholar-Athlete Awards

At the end of each athletic season, MAC schools may nominate a senior student-athlete in each sport who has at least a cumulative 3.2 GPA (4.0 scale). The MAC Awards Committee determines the award winners based on athletic achievement (50%) and academic excellence (50%).

Scholar-Athletes

Alicia Frey

WOMEN'S SOCCER, MESSIAH COLLEGE

Alicia Frey is a four-time All-Commonwealth, two-time All-Region, and two-time All-American performer. In her four seasons the Falcons accumulated a 91-5-3 record and won four conference titles and two NCAA Division III National Championships (2011, 2012). Well-regarded as one of the most versatile players in the nation she earned accolades as a forward, defender, and midfielder across her career. In the classroom Frey majors in Mathematics and Secondary Education and carries a 3.73 cumulative GPA. This year she earned her second-straight Capital One Academic All-District award and an election to the Third Team All-American team. She is just the second Messiah student-athlete ever to earn two Capital One Academic All-American honors.



Megan Harris

FIELD HOCKEY, LEBANON VALLEY COLLEGE

Lebanon Valley field hockey senior Megan Harris stood out for the Dutchmen on the field as a team captain, earning both First-Team All-Commonwealth Conference and NFHCA Second-Team All-Region distinctions. She scored two goals with two assists in 20 starts, including game-winners against Johns Hopkins and Elizabethtown. Off the field, Harris compiled a 3.88 GPA and earned three MAC Academic Honor Roll certificates. She worked as a resident assistant, writing center tutor, and as a coach working with the USA Field Hockey Level 1 Futures program. The native of Conestoga, Pa. and Penn Manor product graduated a semester early in December 2013 with a degree in historical communications. Harris is the second Dutchman field hockey player to earn the award, joining Alex Wolfe '08.



J.T. Harding

FOOTBALL, ALBRIGHT COLLEGE



A business and marketing major, JT Harding has maintained a 3.75 GPA at Albright. He was also been named to the Dean's List five times and the MAC Academic Honor Roll in 2010, 2011 and 2013. He had a perfect 4.0 GPA in the spring 2012 and spring 2013 semesters. Harding was a CoSIDA Academic All-District selection and was named to the NSCA Athleader All-American team. During his career at Albright, Harding has volunteered with the Reading Boys and Girls Club, as a youth football coach, and with the Brandywine Park clean-up project. He is a two-time team captain and a member of Albright football's Leadership Council. On the field, Harding was starter at defensive tackle and was named second team All-MAC. He played in the National Bowl Game in December as a DT/long snapper, and served as a team captain in an all-star game that featured players across all non-FBS divisions.

Zach Kaminski

MEN'S CROSS COUNTRY / OUTDOOR TRACK AND FIELD,
DESALES UNIVERSITY



Senior Zach Kaminski earned both the Men's Cross Country and Men's Outdoor Track and Field Scholar-Athlete Award this year. He became the 17th Bulldog to take home the award since its inception in 2000-01 and the first to win the award twice. He has earned All-MAC First-Team honors and Second-Team honors once each in Cross Country with a seventh place finish in 2013 and an 11th place finish in 2012. Kaminski has also earned Second-Team honors in the 10,000-meters in Outdoor Track twice with a sixth place finish in 2013 and a fourth place finish this season. Kaminski has been named to the MAC Fall and Winter Academic Honor Roll three times each and is expected to be named to the Spring Academic Honor Roll for the third time later this month. He has been a member of the Dean's List all seven of his completed semesters at DeSales, and carried a 3.87 cumulative GPA as a sport & exercise science major with a double minor in biology and psychology into his final semester at DeSales.

Traci Tempone

WOMEN'S CROSS COUNTRY / INDOOR TRACK AND FIELD,

ELIZABETHTOWN COLLEGE



Traci Tempone, has compiled a laundry list of accomplishments with the cross country and track & field teams. She collected All-MAC First Team finishes at the MAC Cross Country Championships in each of her four seasons and did the same at the NCAA Division III Mideast Regional. At MAC Indoor Championship meets, Tempone is a seven-time gold medalist. This past March she won the 5,000-meter run for a third straight season and the mile for a second on her way to MAC Indoor Runner of the Year honors. She qualified for the 2013 NCAA DIII Indoor Championships in the 5k, finishing 14th. An art and special education major, Tempone owns a 3.83 cumulative grade point average. She's appeared on the MAC Fall, Winter and Spring Academic Honor Roll each time she's been eligible. She's achieved United States Track & Field and Cross Country Coaches Association (USTFCCCA) All-Academic Individual status in cross country four times and track & field three times.

Veronica Vizzard

VOLLEYBALL, WIDENER UNIVERSITY



Veronica Vizzard had a stellar four-year run for Widener's volleyball team, highlighted by her being named Capital One CoSIDA third team Academic All-America honor. The two-time member of the Philadelphia Inquirer Academic Honor Roll and three-time member of the MAC Academic Honor Roll ends her career ninth in school history with 207 blocks. The Criminal Justice major is in the Honors Program in General Education, has been on the Dean's List every semester and has interned with the FBI. In 2012, Vizzard was selected to attend the NCAA Career in Sports Forum and plans to attend law school after graduation. Vizzard has been involved with Habitat for Humanity and built houses in Pensacola, FL and Oklahoma City as part of a campus organization. She also participated in the Philadelphia Heart Walk to benefit the American Heart Association, the Buddy Walk as part of the Trisomy 21 Program for the Children's Hospital, the Gay Pride Walk, canned food drives, multiple book drives, wrapping Christmas gifts for the poor, writing cards for military personnel and sick kids and cleaned houses as part of a team fundraiser.

Josh Wood

MEN'S SOCCER, MESSIAH COLLEGE

Joshua Wood played a pivotal role in helping the program to their 10th NCAA Division III National Championship in 2013. He led the team in goals (21) and points (49) this season and was named the season's National Player of the Year. In his career he's also earned two All-Region and three All-Commonwealth selections. He finished his career with 51 goals, 22 assists, and 124 points, with both his goals and points totals good for 10th all-time in Messiah men's soccer history. Wood also earned a second-straight Capital One Academic All-District award in 2013 before being named a First Team All-American. In the classroom he is a Cross Cultural Ministries major with a 3.71 cumulative GPA.



Nicolas Aldana

MEN'S INDOOR TRACK AND FIELD, HOOD COLLEGE

Nicolas Aldana holds indoor school records in the 55-meter hurdles (7.80), 60 hurdles (8.67) and 4x200 relay (1:35.70). This year, he earned All-MAC First Team honors after finishing third at the conference championships in the 60 hurdles. Outdoors, he holds school records in the 110 hurdles (15.40) and the 4x100 relay. He has participated in 19 invitational titles as either an individual or a member of a relay during his four-year career. He is a member of the Chi Alpha Sigma Athletics Honor Society and a three-time member of the MAC Academic Honor Roll. Aldana was named to the Capital Athletic Conference All-Academic Team as a freshman and sophomore before the Blazers joined the MAC. He is also a Dean's List student and has served as a teaching assistant in Computer Science I classes at Hood. The standout hurdler has volunteered with the WMAA Youth Soccer and Golden Mile Youth Soccer. Aldana is a mentor in the Future Scholar Athletes Program at Hillcrest and Waverly Elementary, as well as West Frederick Middle School. He is active with the Salvation Army Church in Hagerstown during the holidays.



Kyle Hammonds

MEN'S BASKETBALL, KING'S COLLEGE



Kyle Hammonds was named to the 2014 Capital One Academic All-American Third-Team in February, ranking him as one of the top 15 men's basketball student-athletes nationally in NCAA Division III. Hammonds has earned an outstanding 3.67 overall grade-point average as a Finance major with a minor in Economics. Off the court, he was a 2013 inductee to Financial Management Association International Honor Society and is also a member of King's McGowan School of Business Advisory Board. In addition, Hammonds completed a summer Executive Internship with Target Corporation and has secured a job with Campbells, Inc. In his senior year Hammonds finished second in the Freedom Conference with a 17.4 points per-game average while adding 4.8 rebounds, 38 assists, 27 steals. Hammonds ends his career ranked 11th all-time at King's with 1,330 points while adding 411 rebounds, 171 assists, and 178 three-pointers.

Mark Hartenstine

WRESTLING, WILKES UNIVERSITY



Mark Hartenstine led a Wilkes squad that finished 18-3 capturing the 2014 East Regional championships in early March. There, Hartenstine finished first earning his second straight trip to the NCAA Championships. At the NCAA Championships, Hartenstine finished fourth in the country earning his first All-American status of his career at Wilkes. He finished 41-3 overall, setting the school record for wins in a single season and ranked as high as fourth in Division III throughout the year. He finished first at the Monarch Invitational, Messiah Petrofes and MAC Championships, while claiming third at the Wilkes Open. Hartenstine has also enjoyed tremendous success in the classroom boasting a 3.72 grade point average as a Finance major at Wilkes.

Beth Karmondy

WOMEN'S SWIMMING, MISERICORDIA UNIVERSITY

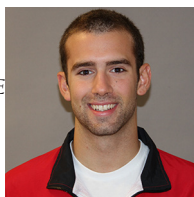
Misericordia University's Beth Karmondy has been named the Middle Atlantic Conference Scholar-Athlete for Women's Swimming. Karmondy maintains a perfect 4.0 grade point average as a fourth-year student in MU's master's degree program in speech language pathology. She was a four-time Misericordia Scholar-Athlete, four-time MAC Academic Honor Roll and was named to the inaugural MAC Women's Swimming All-Academic team. She set a new school record in the 400 individual medley and finished fourth in the event at the 2014 MAC Championships. Karmondy added a fifth place finish in the 200 breaststroke at MAC's and was ninth in the 200 individual medley. She was part of the 800 free relay that placed fifth at the MAC's and also set a school record.



Ralph Porrazzo

MEN'S SWIMMING, ALBRIGHT COLLEGE

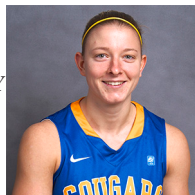
Ralph Porrazzo earned All-American honors in both the 100 backstroke and 200 backstroke at this year's NCAA championships. He also earned his second straight Eavenson Award as the MAC's Most Outstanding Swimmer. The senior set MAC championships records in six of his seven events in 2014, after totaling four MAC championship records in 2013. He swam NCAA "B" cuts in the 50 free, 100 free, 100 back and 200 back, and also recorded NCAA cuts in 2012 and 2013. Porrazzo earned honorable mention CSCAA Scholar All-American honors in 2012 and 2013, along with MAC Academic Honor Roll status in each of the last three seasons since transferring from Division I Iona. He graduates with school records in the 50 free, 100 free, 100 back, 200 back, 200 free relay, 400 free relay, 200 medley relay and 400 medley relay; along with Albright Natatorium marks in the 100 back, 200 back, 200 free relay, 400 free relay, 800 free relay and 200 medley relay.



Hannah Seely

WOMEN'S BASKETBALL, MISERICORDIA UNIVERSITY

Misericordia University's Hannah Seely has been named the Middle Atlantic Conference Scholar-Athlete for Women's Basketball. A fifth-year student in Misericordia's physical therapy doctoral program, Seely carries a 3.67 grade point average. She was four-time Misericordia Scholar-Athlete, four-time MAC Academic Honor Roll and was named to the inaugural MAC Women's Basketball All-Academic Team. She was a first-team All-Freedom Conference selection and finished second in the league in field goal percentage (54.2%) in 2013-14. Seely led MU in scoring with 14.6 points per game and was second in rebounding with 7.9 per game. She added 2.1 steals and 1.9 assists per game. Seely ended her career as MU's all-time leader in field goal percentage (56.5%) and 10th in career scoring with 1,083 points. She owns the two highest single-season field goal percentages in school history.



Aaron Benusis

BASEBALL, ALVERNIA UNIVERSITY

Aaron Benusis is a three-year member of the Alvernia University Baseball team, majoring in Bio-Chemistry and minoring in Mathematics while carrying a 3.81 grade point average. Benusis has appeared in 31 games as a Crusader, securing a 17-5 record with one shutout. He holds 163 strikeouts and a 3.39 career ERA. In his sophomore season, Benusis was named the Commonwealth Pitcher of the Year. He was also named First Team All-Commonwealth and Second Team All-Region. He completed the regular season with a 2.34 ERA and a league-leading 60 strikeouts in 57.2 innings. In 10 starts, he held opponents to a run or less six times. In his junior season, Benusis was placed on the NCAA Division III "Players to Watch" list. He led the Crusader pitching staff in game starts, throwing 64 total innings. As a senior, Benusis achieved a 4-2 record, throwing 42 innings. Benusis is a member of Beta Kappa Chi honors society and is a recipient of the Frank Podczasy Award, which recognizes academic achievement, community service, and dedication on the sciences. He is also a three time member of the MAC Academic Honor Roll. He will graduate this weekend with Summa Cum Laude honors.



Katie Deardorff

SOFTBALL, *LEBANON VALLEY COLLEGE*

Lebanon Valley senior Katie Deardorff is a three-time CoSIDA/Capital One Academic All-District honoree, a three-time All-Commonwealth Conference team member, and was a 2013 NFCA All-Region and NCAA All-Regional member. She has had an outstanding senior season, anchoring LVC's order with a .430 average, 19 runs scored, and 16 stolen bases. Deardorff has left her mark on the LVC recordbooks, as well. She is the LVC career leader in runs (101), stolen bases (78), second all-time in hits (166), and games played (146). She will likely end her career ranked in the all-time top five in batting average (currently a career .379 hitter) and one of the best defensive second basemen in program history with a .968 career fielding percentage. A physical therapy major with a 3.82 GPA, Deardorff is a two-sport athlete in women's soccer and softball. She is the second MAC Scholar-Athlete of the Year for LVC softball under coach Stacey Hollinger, joining 2010 honoree Kristen Uhas '10.



Edward Dowse

MEN'S LACROSSE, *KING'S COLLEGE*

King's College senior Edward Dowse (Bayshore, NY/St. Anthony's) was named the 2014 MAC Men's Lacrosse Senior Scholar-Athlete of the Year. Dowse, who plans to attend medical school to become a dentist, is the owner of a 3.57 overall grade-point average as a Neuroscience major. He has been named to King's Dean's List five of seven semesters and has been inducted into the Aquinas Honor Society. Dowse is also a three-time selection to the MAC Spring Academic Honor Roll. Dowse was a 2014 Pre-Season All-American according to Inside Lacrosse Magazine and was a two-time All-Freedom Conference selection as a defender. A team captain as a senior, he has posted 64 ground balls and 46 caused turnovers in his career. He helped lead King's men's lacrosse to their first three post-season tournament berths in program history. He has worked as a Peer Tutor at King's in Organic Chemistry and is a member of King's Pre-Health Society and served as Treasurer. He also organized a Breast Cancer Walk. He also completed an internship at Montefiore Hospital, Bronx, NY.



Victoria Foanio

WOMEN'S TENNIS, ALBRIGHT COLLEGE

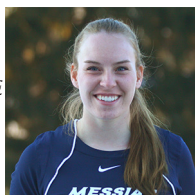
Victoria Foanio is completing her final season and compiled a 23-1 regular season record in singles and 18-4 in doubles play. Foanio won the MAC singles championship for the third straight year this fall, after losing in the championship match as a freshman. She has been named the Commonwealth Conference Player of the Year every season, and won a MAC doubles title with Alyssa Sell in 2011 as well. For her career, Foanio, who is regionally-ranked by the ITA, is 78-8 at singles and 59-23 at doubles. That includes a stunning 61-1 mark at first singles in dual match competition. Foanio has been named the ECAC South Player of the Week five times this spring, along with winning nine career Commonwealth Player of the Week honors.



Lizzy Keeney

WOMEN'S LACROSSE, MESSIAH COLLEGE

Lizzy Keeney is a four-time All-Commonwealth performer and the conference's Rookie of the Year from 2011. She has twice been named All-Metro Region and completed her career as one of the most accomplished players in Messiah women's lacrosse history. Keeney is first all-time for the Falcons in career draw controls, second in both career goals and points, and fourth in career assists. In her senior campaign she set single-season records for both points (108) and draw controls (99). In the classroom Keeney carries a 3.47 cumulative grade point average as Education major with teaching certification for grades 4-8.



Logan Maurer

MEN'S GOLF, EASTERN UNIVERSITY

Logan Maurer, in two years at Eastern, helped take the program to new heights and guide Eastern Men's Golf to its first ever Freedom Conference Championship.



Maurer, an accounting and finance major, has a cumulative GPA of 3.65 and is a member of Eastern's Business Honor Society. A diligent worker in the classroom and on the course, Maurer has worked as tax professional while attending school and has lined up a job with an accounting firm after graduation in May. Maurer has consistently been one of the top two scorers for the men's golf team and was named to the All-Freedom Conference team in 2013 after finishing fourth at the conference championships. On Sunday, in addition to winning the Freedom Conference Championship, Maurer was awarded the Eastern Impact Award, the Athletic Department's highest distinction.

Jacob Rohring

MEN'S TENNIS, KING'S COLLEGE

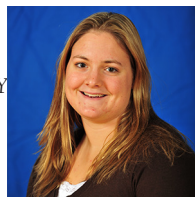
Rohring sports a 3.65 overall grade-point average as a Business Administration major and has been named to King's Dean's List six-of-seven semesters to date.



He is also a three-time MAC Academic Honor Roll selection. Rohring has completed an internship at Eydler Enterprises and has secured a job upon graduation with McCarthy Tire. Rohring is a starter for the Monarchs in both singles and doubles where he is 16-9 in singles and 15-6 in doubles prior to the Freedom Conference Team Championships. He is a 2013 MAC singles runner-up in the number-four flight and was a 2012-13 First-Team All-Freedom Conference selection. In addition, he was a MAC Tournament singles semi-finalist in both 2011 and 2012. He has a career record of 51-38 in singles, and 49-35 in doubles. Rohring has served as a King's men's tennis team captain as a junior and senior. Off the court he has participated in LearningWorks volunteer program where he tutored and mentored struggling fifth-grade students. He was also a CityServe volunteer in Wilkes-Barre at Ruth's Place – a local women's shelter. He has also taught youth tennis in four different camps at Kirby Park in Wilkes-Barre.

Erica Szpynda

WOMEN'S OUTDOOR TRACK AND FIELD, WIDENER UNIVERSITY



Erica Szpynda has put forth one of the most impeccable runs by any student-athlete in Widener history. She has won six Middle Atlantic Conference titles that include three in the indoor shot put, two in the outdoor shot put and one in the outdoor discus throw. She also is a two-time qualifier for the NCAA Championships that included just missing All-America status in the shot put at the 2013 Outdoor Championships by 0.01 meters. The two-time Capital One CoSIDA Academic All-District member and two-time Philadelphia Inquirer Spring Academic All-Area Team member also was the 2013 ECAC Indoor champion in the shot put. Szpynda also was named to the MAC Winter Academic All-Conference Teams, has been picked to the Dean's List every semester and is a member of the School of Business Administration Honors Program. Szpynda also is the winner of Widener's President's Award, given to the senior student-athlete who "contributed the most to campus life through scholarship and participation in extra-curricular activities." Szpynda served as Widener's Student Government Association's President this year, its Vice President of Finance and Administration in 2012-13 and its Chairperson of the Finance Committee in 2011-12.

Scholar-Athlete Honor Roll

Fall 2014

Field Hockey:

Amanda DeChent.....	Manhattanville College
Gina Kellett.....	Messiah College
Ashley Ream.....	Wilkes University

Football:

Sean Fakete.....	Lebanon Valley College
Jermaine Quattlebaum.....	Widener University

Men's Soccer:

Matt Poorman.....	DeSales University
T.J. Schaefer.....	Misericordia University
Jakub Valdner.....	Widener University
Justin Walker.....	Lycoming College

Men's Cross Country:

Corey Trego.....	Lycoming College
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Women's Cross Country:

Cynthia Adams.....	Lebanon Valley College
Cara Guth.....	DeSales University
Kellie Medendorp.....	Widener University
Carmen Niemeyer.....	Lycoming College
Jessica Visneksi.....	Messiah College

Women's Soccer:

Julie Burnell.....	Delaware Valley College
Katie Deardorff.....	Lebanon Valley College
Katelyn Gill.....	Alvernia University
Nicolette Ruffler.....	Misericordia University

Volleyball:

Jessica Geib.....	Messiah College
Jessica Gieselman.....	Stevenson University
Carolyn Lukiewski.....	Elizabethtown College

Winter 2013-14

Men's Basketball:

Brad Bolen.....	Messiah College
Matt Poorman.....	DeSales University

Women's Basketball:

Meghan Boyle.....	Albright College
Taylor Miller.....	Messiah College

Men's Indoor Track and Field:

Brian Layng.....	Elizabethtown College
Mike Schwartz.....	Albright College

Women's Indoor Track and Field:

Cara Guth.....	DeSales University
Danisha Higgs.....	Albright College
Alexis Maylor.....	Delaware Valley College
Stacey Perrins.....	Misericordia University

Men's Swimming:

Zach Brower.....	Lycoming College
Matt Essington.....	Misericordia University

Women's Swimming:

Jennifer Barkofski.....	Widener University
Alicia Hain.....	Lebanon Valley College
Patricia Manning.....	King's College
Hannah Schaffer.....	Messiah College

Wrestling:

Stephen Cannon.....	Messiah College
Alex Horan.....	Delaware Valley College

Spring 2014

Baseball:

Alex Basso.....Manhattanville College
Kyle Gable.....Elizabethtown College
Nate Peiffer.....Albright College

Softball:

Alysha Bixler.....Wilkes University
Amanda Cardone.....King's College
Sam Penk.....Alvernia University

Men's Lacrosse:

George Beck.....FDU-Florham
Jared Hunt.....Misericordia University

Women's Lacrosse:

Jenny Perucca.....Misericordia University

Men's Tennis:

Alex Makos.....Wilkes University

Women's Tennis:

Cassie Foy.....Misericordia University
Kathy Jacobs.....Lycoming College
Allison Kristofco.....Wilkes University

Men's Outdoor Track and Field:

Matt Rever.....Elizabethtown College
Mike Schwartz.....Albright College

Women's Outdoor Track and Field:

Cara Guth.....DeSales University
Danisha Higgs.....Albright College
Liz Martin.....Messiah College
Alexis Maylor.....Delaware Valley College
Stacey Perrins.....Misericordia University
Traci Tempone.....Elizabethtown College

Christina (Vouriotis) Hutchinson

BASKETBALL - CLASS OF 2003 (MESSIAH COLLEGE)

Christina finished her four-year career with the Falcons in 2003 as the most decorated women's basketball player in program history. In the year of her induction to the Messiah Hall of Fame, Hutchinson ranked first all-time in career points (1,702) and career rebounds (862), and sixth all-time in career assists (288) and career three-point percentage (38.7). As a player, "T" led Messiah to a 100-18 record over four years that included three Commonwealth Championships and four appearances in the NCAA Tournament. Her teams twice advanced to the Elite 8, finishing as the National Runner-Up in 2001. She was named both the Commonwealth Player of the Year and an NCAA All-American in 2001, 2002, and 2003. Hutchinson was also honored as an NCAA Postgraduate Scholarship Recipient.

Ted Yeager

FOOTBALL AND BASEBALL - CLASS OF 1972 (WILKES UNIVERSITY)

An eight-time letter-winner in football and baseball, and three-year starter on the diamond, Ted Yeager was named Wilkes Athlete of the Year in 1972. He's the fourth all-time leading rusher (2,869 yards), fifth all-time in scoring (158 points), and tenth all-time rushers in a single season (1971 - 952 yards) at Wilkes on the football field. Yeager was Honorable Mention All-American in 1969. On the diamond Yeager is sixth in all-time stolen bases (50) and in stolen bases in a single season (1970 - 22), receiving first-team All-MAC honors in 1971. Playing as number 21, Yeager is one of only four individuals to have their uniform retired in Wilkes history.