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1976 Fall Sports Guide

State University of New York College at Cortland

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**CORTLAND STATE
WOMEN'S
INTERCOLLEGIATE
SPORTS**

FALL 1976

Field Hockey

Golf

Tennis

Volleyball

STATE UNIVERSITY OF NEW YORK
COLLEGE AT CORTLAND
CORTLAND, NEW YORK 13045

Founded: 1868
Enrollment: Undergraduate 4,760
Graduate 1,087

Women's Athletic Director:
M. Louise Moseley
Tel. 753-4953

Women's Intercollegiate Coaching Staff:

Basketball	Ernest Lanford
Field Hockey	Carole Mushier
Golf	Ernest Lanford
Gymnastics	Elizabeth East
Lacrosse	Suzzane Wills
Softball	Sally Wallace
Swimming	Shirley Cahill
Tennis	Joy Buffan
Track and Field	Karen Ruder
Volleyball	Karen Ruder

CORTLAND STATE
WOMEN'S INTERCOLLEGIATE SPORTS
FALL 1976

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Prepared and Published by Public Relations Office,
State University of New York College at Cortland.

FIELD HOCKEY

COACH CAROLE MUSHIER

Carole Mushier enters her sixth year as the Cortland State field hockey coach. Her objective for the program has been to play at the highest level of competition that is reasonable for the team and which is within the framework of the College's educational goals for the participants.

Dr. Mushier was a member of section field hockey teams and played in seven USFHA national tournaments. She also played on the 1964 women's lacrosse touring team which played in Great Britain and Ireland. She has coached field hockey on the high school, college and association levels. Her overall coaching record at Cortland is 22-17-6.

She holds a master's degree from Columbia University and a Ph.D. from the University of Southern California. An author of two books on team sports for women, she also is current president of the Eastern Association for Intercollegiate Athletics for Women (EAIW) and a member of the AIAW Executive Board.

FIELD HOCKEY OUTLOOK

The 1975 season was a successful one for Cortland State's field hockey team and there are high hopes for even more success in 1976.

Cortland played one of the strongest schedules of any college team in the Northeast District in 1975 and the 1976 schedule appears even more difficult. Upon recommendation of the team, two new colleges have been added to the schedule-- Springfield College and the University of Massachusetts. Springfield finished the 1975 season as the number three team in the nation and the number one team in the Northeast. The University of Massachusetts was the number three team in the Northeast.

While the Cortland State schedule makes a good win/loss record difficult, it reflects the philosophy of the program and team members to gain the best experience possible and to grow as participants.

Coach Mushier sees Lock Haven, East Stroudsburg and Penn State as strong contenders in the Middle Atlantic District. Lock Haven finished the 1975 season as the number five team in the country.

1976 WOMEN'S FIELD HOCKEY ROSTER

<u>Name</u>	<u>Year</u>	<u>Pos.</u>	<u>Hometown</u>
Deb Bell	So	F	Cortland
Pat Bowman	Sr	HB	Red Hook
Joan Bellissimo	Sr	F	Wilmington, MA
Cathy Caldwell	So	HB	Orchard Park
Barbara Cheney	So	FB	Brighton
Heather Daims	So	G	Albany
Cathy DeGarmo	So	HB	Babylon
Pat Eberle	So	F	Bethlehem
Gail Hamilton	So	F	Huntington
Cathleen Harris	Fr	HB	Schodack Landing
Kathy Henderson	Sr	HB	Wellesley, MA
Lynn Henderson	Fr	FB	East Setauket
Cheryl Horton	So	G	Smithboro
Sharon Kowalski	Jr	F	Rochester
Kathy Matejkza	Jr	G	New City
Nancy McDonald	Jr	F	Bethpage
Anna Meyer	Fr	HB	Oceanside
Joan Mincio	Sr	F	Croton-on-Hudson
Charlyn Robert	Jr	HB	Oxford, MA
Ellen Rothenburg	So	FB	Cortland
Barbara Ryan	Jr	FB	Yorktown Heights
Mary Rybinski	So	F	Minoa
Meryl Sheard	Jr	FB	Bayshore
Dianne Trickey	Fr	F	Watertown
Sharon Yancey	Jr	F	Manlius
Kathy Young	Sr	F	Alexander

Managers: Donna Higgin, Kathy Feldman

Trainer: Marguerite Higgins

1975 FIELD HOCKEY RESULTS

6 Wins, 5 Losses, 1 Tie

Cortland	7	Hartwick	0
Cortland	3	Colgate	2
Oneonta	2	Cortland	1
Cortland	3	Ithaca	3
Penn State	1	Cortland	0
Cortland	4	Cornell	0
East Stroudsburg	5	Cortland	3
Lock Haven	4	Cortland	0

NYSIAW Championship
(Seeded #3)

Cortland	8	Cornell	2
Cortland	4	Brockport	4
(Cortland winner, 19-7 penalty corners)			
Cortland	1	Colgate	1
(Cortland winner, 22-9 penalty corners)			

Cortland State 1975 NYSIAW Champions

EIAW/USFHA Northeast District Championship
(Seeded #2)

1st round-by

2nd round Maine/Orono 3 Cortland 1

1976 FIELD HOCKEY SCHEDULE

Sept. 16	Houghton	H	3:00
Sept. 23	Cornell	A	3:30
Sept. 28	Colgate	A	3:00
Oct. 1	Oneonta	H	3:00
Oct. 4	William Smith	A	4:00
Oct. 8	Massachusetts	A	2:30
Oct. 9	Springfield	A	11:00
Oct. 15	Lock Haven	A	2:00

Oct. 16	Penn State	A	10:00
Oct. 19	Ithaca	H	2:00
Oct. 22	E. Stroudsburg	H	3:00

GOLF

COACH ERNEST LANFORD

Ernest Lanford comes to Cortland State as the first male to coach a varsity sport in the Women's Physical Education Department. He received his baccalaureate degree from Florida State University at Tallahassee and his master's degree from Michigan State. His doctorate in education was earned at Brigham Young University.

Lanford spent seven years as the assistant golf director at Florida State and three years as the assistant golf pro at Killlearn Country Club in Tallahassee. He also served as a physical education instructor at Utah Technical College.

GOLF OUTLOOK

The 1976 women's golf team at Cortland consists of two veterans and three newcomers. Leanne Leonard and Sue DeKalb are likely to play in the number 1 and 2 spots due to their previous experience with the team. Sara Daggett, Heidi Jewett, and Sarah Maiello are the newcomers to the squad.

This years' schedule will be an abbreviated one due to the fact that Ithaca College and Cornell will not be fielding teams this year.

Coach Lanford expects Penn State to be an extremely tough foe due to the fact that they allow some athletic scholarship aid for golf. "I would think they would pick up some pretty good players on that basis alone" states Lanford.

Other than that prediction, Lanford has no insight into the power of other potential opponents, stressing that he is new to the area and hasn't seen any of the competition.

1976 WOMEN'S GOLF ROSTER

Name	Year	Hometown
Sara Daggett	Jr	Cazenovia
Sue DeKalb	Jr	Elmira
Heidi Jewett	So	New Paltz
Leanne Leonard	So	Gouverneur
Sarah Maiello	Sr	Caroga Lake

1975 GOLF RESULTS

PENN STATE INVITATIONAL

- | | |
|-------------------|-----|
| 1. Penn State | 712 |
| 2. Cortland State | 748 |
| 3. Mt. Holyoke | 770 |

ROCHESTER AREA COLLEGE INVITATIONAL

Cortland 376 Brockport 378

EIAIW CHAMPIONSHIP

- | | |
|-------------------|-----|
| 1. Penn State | 343 |
| 2. Cortland State | 356 |
| 3. Brockport | 364 |
| 4. Maryland | 380 |
| 5. Rhode Island | 385 |
| 6. Wheaton | 392 |

NON-COLLEGE MATCHES

Cortland State 2½ Willowbrook CC 2 (Match Play)
 Cortland State 2½ Cortland CC 2 (Match Play)

1976 WOMEN'S GOLF SCHEDULE

Sept. 18	Penn State	Home
Sept. 26-27	Massachusetts Inv.	Mass.
Oct. 1-2	EIAIW	TBA

TENNIS

COACH JOY BUFFAN

Joy Buffan is in her second season as the Cortland State women's tennis coach hoping to improve on her successful initial season in 1975. A former Cortland player herself, Buffan turned in a 4-2 won/loss record last season in dual match competition.

An instructor in the Women's Physical Education Department at Cortland, Coach Buffan received her master's degree from Penn State. Prior to her experience there, she taught for two years in the Gates-Chili Central School District.

In 1975 she was the NYSIAW Tennis Tournament director. She also is secretary-treasurer of the NYSIAW's Tennis Sport Committee.

TENNIS OUTLOOK

This year's women's tennis team shows an interesting blend of youth with experience. There will be five returnees with seven new faces on the roster.

Cathy McManus returns as the only senior, while Holly Manoogin and Carole Triosi make up the junior contingent. McManus played first and second single last season as well as first doubles. Triosi competed in second and third doubles last season while Manoogin saw action in both doubles and singles.

Sophomores Mary Pat Dougherty and Theresa McCarthy complete the list of returnee's from 1975, while two other sophomores, Lorraine DeSale and Sue Outman are out for the team for the first time.

Freshmen who may see a lot of court time include: Sue Johnson (1973 & 1975 Section III High School champ), Areta Rakoczy (1976 National Weekly

Tournament winner in singles and doubles), and Becky Sala (Interscholastic doubles winner here in 1976). Other freshmen who also have outstanding high school experience are Jamie Faricellia and Marilyn Hulak.

Buffan notes that her team has a lot of depth. "We have numerous new faces, and they should help to push the returning players. Much of our strength will come from within our own team." According to Coach Buffan, enthusiasm is running high, which should lead to an improvement on last year's 4-3 record.

1976 WOMEN'S TENNIS ROSTER

<u>Name</u>	<u>Year</u>	<u>Hometown</u>
Desale, Lorraine	So	West Islip
Dougherty, Mary Pat	So	Utica
Faricellia, Jamie	Fr	Newburgh
Hulak, Marilyn	Fr	Brooklyn
Johnson, Sue	Fr	Fayetteville
Manoogian, Holly	Jr	Amherst, New Hampshire
McCarthy, Theresa	So	Auburn
McManus, Cathy	Sr	Glen Head
Outman, Sue	So	Windsor
Rakoczy, Areta	Fr	Cohoes
Salas, Rebecca	Fr	Staten Island
Troisi, Carole	Jr	Chestertown

Manager:

DiCastro, Charlene Sr. Cortland

1975 WOMEN'S TENNIS RESULTS

Dual Record: 4 Wins, 2 Losses

Cortland	7	Univ. of Buffalo	1
Cortland	6	SUNY Binghamton	1
Colgate	4	Cortland	3
Cortland	4	William Smith	3
Ithaca	4	Cortland	3
Cortland	4	SUNY Oswego	3

5th place NYSIAW Tennis Tournament
7th place Salisbury State Invitational Tournament

1976 WOMEN'S TENNIS SCHEDULE

Sept. 20	Cornell	A	4:00
Sept. 23	Oneonta	H	4:00
Sept. 23	Oswego/Binghamton	H	3:00
Oct. 4	William Smith	A	4:00
Oct. 6	Ithaca	A	4:00
Oct. 14	Colgate	A	4:00
Oct. 18	SUNY Buffalo	A	4:00
Oct. 23-24	State Tournament	A	
Oct. 26	Brockport	H	4:00

VOLLEYBALL

COACH KAREN RUDER

Karen Ruder replaces Beulah Wang as women's volleyball coach in her first year at Cortland. She inherits a team that went 39-2-1 in 42 matches before the National Championships last season.

Duplicating last seasons results may be very difficult. It may be impossible. Winning the New York State AIAW Tournament and the EIAIW Tournament require a great deal of skill and a little "good fortune" along the way. Coach Ruder may be able to develop the team's skill but only time will tell what fortune will bring.

Ruder is a graduate of Longwood College in Virginia where she received a bachelor's degree in physical education. She received a master's degree from Indiana University.

Before coming to Cortland she spent 8 years teaching and coaching in Virginia high schools and was the gymnastics and track coach at Ball State University for one year.

A member of the women's physical education staff at Cortland, she also will coach the women's intercollegiate track team in the spring.

VOLLEYBALL OUTLOOK

Last year Cortland's volleyball team won the New York State Championship, the Eastern AIAW Regional Championship and competed in the national championship tournament. Losses to powerful UCLA and Portland State ended Cortland's hopes for a national title.

This year's team has set high goals according to coach Karen Ruder. "We have the talent to reach them and part of the reason is the dedication of the players," she said.

"The team is enthusiastic and together," says Ruder of the 14 team members left from a group of 58 women who tried out. "We are stressing conditioning and while we won't be in peak condition by the first game, we will be very tough." Ruder continues, "We should be in top condition by the middle of the season and we're working on some new plays which should be very effective."

Ruder feels the team has a very strong defense which will be the team's main strength. "After all," she says, "a good defense IS the best offense."

1976 WOMEN'S VOLLEYBALL ROSTER

<u>Name</u>	<u>Year</u>	<u>Hometown</u>
Karen Brown	So	DeKalb, Ill.
Betsy Cahill	Fr	Clifton Park
Maribel Colon	Fr	Newark
Linda Cronin	Fr	Saint James
Vanessa Crozier	Sr	Bedford
Fran Cuomo	Jr	Center Moriches
Nancy Doering	Jr	Smithtown
Jean Haase	Fr	Poughkeepsie
Julie Hays	Fr	Lewistown
Cindy Moran	Jr	Evans Mills
Sheila O'Brien	So	Fairport
Mary Rock	So	Windsor
Mary Schofield	Sr	Watertown
Nancy Weldon	Sr	Smithtown

Manger: Brenda Jaeger
Trainer: Abby Herzog

1975 VOLLEYBALL RESULTS

42 matches: 39 Wins, 2 Ties, 1 Loss

Central Connecticut Invitational - 1st place(10-2)

Cortland 2, Franklin Marshall 0

Cortland 2, Penn State "A" 0

Cortland 2, Penn State "B" 0

Cortland 2, East Stroudsburg "A" 0

Cortland 2, East Stroudsburg "B" 0

Oneonta Invitational - 1st place (8-0)

Maryland Invitational - 2nd place (14-4)

Cortland 2, Ithaca College 1

District II Tournament - 1st place (8-0)

Cortland 2, Fredonia 0

Cortland 2, SUNY Buffalo 1

New York State AIAW Tournament - 1st place

Cortland 2, Univ. of Buffalo 0

Cortland 2, Geneseo 0

Cortland 2, Syracuse 0

Cortland 2, Fredonia 0

Cortland 2, Brockport 0

Cortland 2, Oneonta 0

EAIWA Tournament - 1st place

Cortland 2, Salisbury 0

Cortland 2, Springfield 1

Cortland 2, Binghamton 0

Cortland 2, Springfield 0

Cortland 2, Southern Connecticut 0

Cortland 2, Univ. of Delaware 0

NATIONAL AIAW CHAMPIONSHIP

Cortland 1, Mt. St. Joseph 2

(15-9, 7-15, 6-15)

Cortland 0, UCLA 2

(6-15, 6-15)

Cortland 0, Portland State 2

(6-15, 10-15)

Cortland 0, Univ. of Texas, Arlington 2

(13-15, 7-15)

Cortland 2, Mississippi Univ. for Women 0

(15-6, 15-7)

1976 WOMEN'S VOLLEYBALL SCHEDULE

Oct. 2	Central Conn. Inv.	A	
Oct. 5	East Stroudsburg	H	4:00
Oct. 7	Binghamton w/Wells, Geneseo	A	7:00
Oct. 9	Brockport Inv.	A	
Oct. 13	Oneonta	H	4:30
Oct. 15	Cornell	H	4:30
Oct. 16	Cortland Inv.	H	
Oct. 27	Syracuse w/Houghton	A	6:00
Oct. 30	Brooklyn College Inv.	A	
Nov. 3	Ithaca	A	4:00

