



Notes from the Sidelines

February 2008

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Women's soccer tops fall semester GPA among UML teams

Led by team captain Katelyn Campopiano, women's soccer concluded the fall 2007 semester with the best GPA among 12 UML squads.

Coach Elie Monteiro's team has an average GPA of 3.389, edging Coach Karen McNulty's volleybelles' GPA of 3.367 and Coach Kathy O'Neil's cagebelles' GPA of 3.129.

"It is obviously something in which the players take great pride. When we talk about wanting to take the program forward, we include all facets on and off the field." Monteiro responded when asked on his team's academic success last semester. "The goal is to still be at the top at the end of this semester so we can collect the Academic Cup at the Sports Banquet at the end of the spring."



Women's soccer rise to the top was spearheaded by four-year starter Campopiano, who was named, together with teammates Celia Merullo and Tanekear Alexander, to the NE-10 All-Academic First Team. In addition, sophomores Jamie Gillis and Kelly Soper earned spots in the second and third team, respectively.

Volleyball, on the other hand, was

"The goal is to...collect the Academic Cup at the Sports Banquet..."

— WSO COACH ELIE MONTEIRO

led by NE-10 All-Academic First Team regular Kristina Martell and third team member Nicole Rondeau.

Interestingly, the top four in GPA standing are women's teams. Riverhawks Life Skills Challenge inaugural winner Field Hockey is fourth-best with 3.088, just points up from Ice Hockey, the top academic performer (3.07) among men's teams.

Other teams' GPA are as follows: women's cross country/track, 3.026; softball, 2.978; men's cross country/track, 2.861; men's soccer, 2.834; baseball, 2.827; men's basketball, 2.801; and golf, 2.788.

Mendoza, Clohosey fresh from Philly

Baseball's Graeme Clohosey and women's soccer's Natalia Mendoza attended the NCAA Northeast Region Leadership Conference in Philadelphia from Feb. 15-17.

Clohosey, a junior catcher, and Mendoza, a junior forward, were selected from a pool of Riverhawks who possess leadership qualities on- and off-the-field.

In the conference, they learned how, as student athletes, to be change agents in the university, and how to develop an action plan to be implemented in the campus.

They will also present their designed action plan to the members of the Student-Athlete Advisory Committee (SAAC) as well as to other groups.



Sideline quotes

"Although a rare, freakish play, the Richard Zednik injury was a reminder of the inherit danger in sports. This incident will spark some discussion for neck guards in hockey."

Chris MacKenzie, Ice Hockey Asst. Coach, on his reactions to the freak accident on Zednik, whose neck was inadvertently slashed by the skate of his Florida Panthers' teammate Olli Jokinen in a 5-3 loss to the Sabres at Buffalo last Feb.10.

Five River Hawks named to Omicron Delta Kappa

For showing excellence in academics and leaderships, five UML student athletes were recently inducted to the prestigious Omicron Delta Kappa National Leadership Society.

Inducted were women's basketball's Lindsay Gundy, women's cross country/track Sarah Brassard, women's soccer's Celia Merullo, baseball's Anthony Santos, and field hockey's Heather Woodward.

Founded in 1914, ODK has threefold purpose, including recognition of individuals "who have attained a high standard of leadership in collegiate and/or community activities and to encourage them to aspire to higher achievements."

The induction ceremony, which was attended by UML athletic officials and ODK members, happened last Feb. 23 at Cumnock Hall on North Campus.

ON the back...

***Student-athletes' corner**

***River Hawks Life Skills Challenge Tally**

Student Athletes' Corner (This is open to all UML student athletes who want to write about any topic. For more info, contact Joan Lehoullier.)

On being injured

By Steve Capraro

(Ed's note: Steve played 30 games, including 19 of the final 20, last season, with at total of 11 shots and 14 penalty minutes. A defense specialist for the Ice



Hockey team, his hope for a break out sophomore year, however, hit a wall when he suffered sports hernia, which required two surgeries. After missing the entire first semester, he made his 07-08 season debut on Feb. 1 in a winning cause against University of Maine.)

Being injured is very difficult; being injured and trying to keep a smile on your face is even harder. When an injury first

happens, you always ask, "Why me?" Stuff happens though and what you need to focus on is controlling the controllable. What I mean by this is you cannot worry about things out of your control; just worry about yourself and things will work out.

Let's face it, there is nothing good about being injured, but being part of a team is a big help. I had to go to the rink every single day for two months to just sit and watch. The guys on the team would try to keep me in an upbeat positive mood and make me laugh as much as they could.

Having good teammates was vitally important because in the first month after surgery I was on crutches and had a hard time living a daily normal life. I couldn't even bend down to put on my own socks or even tie my shoes. Two very simple things that we take for granted, but being injured helped me appreciate the little things in life so much more. Luckily for me I have some of the greatest teammates

around and they would literally put on my socks and tie my shoes and for that I am forever grateful.

The most difficult task for me during this depressing time in my life was trying to stay in shape. Honestly could anybody stay in shape after not doing anything for two months? I think it's a very hard thing to do maybe impossible. There are many things that you can do to help your own cause. Eating the right food is crucial to keeping your weight down. Another tool is to eat lesser portions at every meal. Fruits and vegetables are another friend to the body when it's not able to do things.

Looking at the positives in rough situations helped me get through each day. I knew how lucky and fortunate I was to be able to play Division 1 Ice Hockey here at UMass Lowell. I live my life one day at a time and live for the moment. I put the past behind me and look forward to the great moment that has yet to come.

RiverHawks CHAMPS/Life Skills Challenge Update*

*Tally as of Feb. 21, 2008

() — indicates rank in the area

Teams	Rank	Cumulative Rank	Total Points	BFG Support	SAAC Meeting	Academics (Fall 2007 GPA)	Community Service	Team Enhancement	Athletics
Baseball	11	9.17	200	0(11.5)	30(9)	(10)	170(6.5)	0(9)	(9)
Men's Basketball	9	8.58	205	10(8)	25(10.5)	(11)	120(9.5)	50(3.5)	(9)
Women's Basketball	6	5.17	325	50(3)	55(3)	50(3)	120(9.5)	50(3.5)	(9)
Field Hockey	1	3.92	620	10(8)	50(5)	(4)	190(4)	70(1.5)	300(1)
Golf	12	10.92	20	0(11.5)	20(12)	(12)	0(12)	0(9)	(9)
Ice Hockey	8	6.67	515	10(8)	45(7)	200(5)	260(2)	0(9)	(9)
Men's Soccer	10	8.00	395	20(4.5)	25(10.5)	50(9)	100(11)	0(9)	200(4)
Women's Soccer	4	4.00	720	90(1)	50(5)	200(1)	140(8)	40(5)	200(4)
Softball	3	4.75	420	10(8)	60(2)	(7)	280(1)	70(1.5)	(9)
Volleyball	2	4.50	435	80(2)	65(1)	100(2)	170(6.5)	20(6.5)	(9)
Men's CC/Track	5	5.92	590	10(8)	35(8)	100(8)	200(3)	20(6.5)	225(2)
Women's CC/Track	7	5.58	450	20(4.5)	50(50)	(6)	180(5)	0(9)	200(4)

Important Dates to Remember

March 1st Financial Aid Priority Deadline: <http://www.fafsa.ed.gov/>

March 15—March 23: Spring Break

April 14: Priority Registration for Student-Athletes

April 25th: University Day, no classes

May 13th: Athletic Awards Night, Costello Athletic Center

May 15th: Reading Day

May 16th: Spring Exams Begin

May 31st: Commencement (Congratulations Seniors)