The Ninth Annual









Tuesday, June 28, 2022

Find out how where you bank can help you and your community.



We support more than 500 organizations that have a **local impact**. Your Membership makes us a Stronger credit union so we all can build **stronger communities together**.



visionsfcu.org/cares

New York | New Jersey | Pennsylvania

Federally insured by NCUA.

Welcome to ESPN Ithaca's Night of Champions Awards

Tonight's event is intended to recognize a wide array of Scholar-Athletes and Head Coaches for the tremendous accomplishments they made during the 2021-22 school year

THANK YOU TO OUR Presenting Sponsors





Night of Champions is also made possible by the generous support of our Gold Sponsors:























Thank you to all the Athletic Directors for their support and assistance in the nomination and selection process for this event.

Holly Carling Candor Indians

Todd Kwiatkowski Dryden Purple Lions

> Mark Triolo Groton Indians

Samantha Little Ithaca Little Red

Katie Crandall Lansing Bobcats

Todd James Marathon Olympians

Todd Mulvaney Moravia Blue Devils Scott Wandell Newark Valley Cardinals

> Jeff Augustine Newfield Trojans

Greg Gavich Odessa-Montour Indians

Caitlin Wasielewski Southern Cayuga Chiefs

Beth Ebel-Ruocco Spencer-Van Etten Panthers

Robin McColley Trumansburg Blue Raiders

Todd Salls Union Springs Wolves

Rod Weeden Watkins Glen Senecas

On-demand programs whenever, wherever you want.

* EXCELLENCE





ITHACA)) 1160









Fall Sports Awards Winners

Boys Cross-Country Coach: Neil Clifford, Trumansburg Boys Cross-Country Athlete: Jonny Sherwood, Newark Valley Girls Cross-Country Coach: Bill Mullarney, Southern Cayuga Girls Cross-Country Athlete: Julia Gloss, Southern Cayuga Field Hockey Coach: Jessica Doehring, Newark Valley Field Hockey Athlete: Phaedra Day, Newark Valley Football Coach: Mike Chaffee, Spencer-Van Etten/Candor Football Athlete: Mikey Wandell, Newark Valley Boys Soccer Coach: Benji Parkes, Lansing Boys Soccer Athlete: Braeden Morrison, Marathon Girls Soccer Coach: Eric Stickel, Lansing Girls Soccer Athlete: Delta Barber, Marathon Girls Swimming Coach: Nichole Chaffee, Watkins Glen Girls Swimming Athlete: Alice Clapp, Ithaca Volleyball Coach: Nicole Lamie, Lansing Volleyball Athlete: Shelby Swartz, Candor











Winter Sports Awards Winners

Boys Basketball Coach: Mike Nembhard, Newfield Boys Basketball Athlete: Jalen Hardison, Newfield Girls Basketball Coach: Greg Schweiger, Newark Valley Girls Basketball Athlete: Hannah Ferguson, Newark Valley Boys Bowling Coach: Michael Siegel, Candor Boys Bowling Athlete: Oscar Giblin, Ithaca Girls Bowling Coach: Marianne Viscardi, Union Springs Girls Bowling Athlete: Colleen Jump, Union Springs Cheerleading Coach: Katie Brindisi, Newark Valley Cheerleading Athlete: Hannah Haves, Newark Valley Boys Hockey Coach: Paul Zarach, Ithaca Boys Hockey Athlete: Eli Simons, Ithaca Girls Hockey Coach: Holly Norsen, Ithaca Girls Hockey Athlete: Liala Cryer, Ithaca Boys Indoor Track & Field Coach: Karen Weaver, Dryden Boys Indoor Track & Field Athlete: Silas Richardson, Ithaca Girls Indoor Track & Field Coach: Rosie Morse, Trumansburg Girls Indoor Track & Field Athlete: Neil Clifford, Trumansburg Boys Swimming Coach: Diane Hicks-Hughes, Lansing Boys Swimming Athlete: Zachary Hwang, Lansing Wrestling Coach: Eric Parker, Ithaca Wrestling Athlete: George Oroudjov, Ithaca





Spring Sports Awards Winners

Baseball Coach: Brett Hotchkiss, Lansing Baseball Athlete: Mikey Wandell, Newark Valley Boys Golf Coach: John Fazzary, Watkins Glen Boys Golf Athlete: Jacob Banks, Candor Girls Golf Coach: Shelly Matheny and Kelly Baughan, Lansing Girls Golf Athlete: Hailey Baughan, Lansing Boys Lacrosse Coach: Clayton Fickensher, Ithaca Boys Lacrosse Athlete: Luke VanDeMark, Ithaca Girls Lacrosse Coach: Kaitlyn Hoffay, Ithaca Girls Lacrosse Athlete: Shea Baker, Ithaca Boys Outdoor Track & Field Coaches: Julian Munoz & Dewitt Grove, Trumansburg Boys Outdoor Track & Field Athlete: Aidan Gallagher, Lansing Girls Outdoor Track & Field Coach: Mark Gaffney, Union Springs Girls Outdoor Track & Field Athlete: Isabel Morse, Trumansburg Softball Coach: Jim Bona, Union Springs Softball Athlete: Jenna Plue, Ithaca Boys Tennis Coach: Shane Taylor, Ithaca Boys Tennis Athlete: David Riccio, Ithaca Girls Tennis Coach: Matt Prokosch, Ithaca Girls Tennis Athlete: Elise Park, Ithaca Girls Flag Football Coach: Jodi Maddren, Ithaca Girls Flag Football Athlete: Fatou Fofana, Ithaca Unified Athlete Coach: Stephanie Valletta, Ithaca Unified Athlete: Mattison Roberts, Ithaca

Coach of the Year in a Girls Sport



Greg Schweiger, Newark Valley

The IAC has had many powerhouse Girls' Basketball teams over the years. One team that we will be talking about for a long time was this year's Newark Valley Girls Basketball team, head coached by Greg Schweiger. The State Title runner-up team provided five IAC All-Stars, with four making All-State teams. The dominant performance all-season led them to a 24-2 record while staying at the top of the Class C State Rankings for over

two month's time. From the players to the families, to the fans, Schweiger has been a name the Cardinals have been able to trust for some time now. Throughout the season, this team persevered, with Schweiger leading his group through it all. It is our greatest honor to recognize ESPN Ithaca's Coach of the Year in a Girls Sport, Greg Schweiger.







Now Hiring for Maintenance, Renovation and Rental Agents



CSP MANAGEMENT HAS PROFESSIONALLY MANAGED ITHACA APARTMENTS AND RENTAL PROPERTIES SINCE 1990. LET US HELP MAKE THE MOST OF YOUR INVESTMENT BY EFFECTIVELY MANAGING YOUR PROPERTY, TENANTS, AND MAINTENANCE.

apply at **CSPManagement.com**, EOE Working in and supporting our local economy for over 30 years.



Coach of the Year in a Boys Sport

Mike Nembhard, Newfield

This basketball season, it was all Newfield Boys Basketball. From becoming Section 4 Champions all the way to winning the Class C State Title, none of it would be possible without head coach Mike Nembhard. In his first year with the Trojans, Nembhard led his squad to a 23-4 record during their campaign to states as well. In the classroom, the team stayed on top of their studies, earning the



NYSPHSAA Team Scholar Award. Nembhard's head coaching proved to be quintessential, as throughout the season the Newfield faithful continued to trust his instincts for his team. His leadership abilities were top-tier, as he would continually rally his players through close games. Through many years of success in the Newfield Boys Basketball, it would be this group, with a first-year head coach that would get the job done. It is a new age of basketball in Newfield with Mike Nembhard at the helm. With a young group of talented athletes and their rise to the top, it was a season that will be remembered forever. We are thrilled to recognize and salute ESPN Ithaca's Coach of the Year in a Boys Sport, Mike Nembhard.

baby we got it!









CL Cayuga Lake NB National Bank

Female Scholar-Athlete of the Year

Brooke Tillotson, Marathon

As expected from a team captain of three different sports, Brooke was instrumental in guiding the Marathon soccer, basketball, and softball teams to tremendous success over the last few seasons. This year on the soccer field, she made All-State Honors while making the Section 4 Semi-Final game. On the softball field, Brooke was also an IAC All-Star, leading her squad to the Section IV Championship game. On the basketball court, Brooke shined. During the



season, she eclipsed the All-Time Scoring Record for Olympians Girls Basketball with a total of 1,845 points. Her season was followed by an abundance of accolades to cap off an incredible season. After averaging roughly 24 points, 8 rebounds, and 5 rebounds this season, she was awarded the IAC Small School North League MVP, Section IV Class D Coplayer of the year, and was a Section IV First Team All-Star. Brooke has committed to Cortland State to continue her playing career with the Red Dragons. It is our honor, to recognize Marathon's Brooke Tillotson – ESPN Ithaca's Female Scholar-Athlete of the Year.



PAPA JOHNs®



Male Scholar-Athlete of the Year



Mikey Wandell, Newark Valley

From starting quarterback to starting pitcher, Senior Mikey Wandell has been a core piece of Newark Valley's football and baseball teams over the last few years. On the diamond, he was sensational for the Cardinals. He tallied a .564 batting average while pitching lights out on the mound. Wandell had a .73 ERA that produced 96 strikeouts throughout 38.1 innings pitched. On the gridiron,

Wandell proved to be a team player, guiding the Cardinals to a Section 4 Championship appearance while becoming an All-State Honorable Mention. In the air he passed for 1,156 yards while tossing in 12 touchdowns. On the ground, Wandell ran for 686 yards and 9 touchdowns. That's not all. On the defensive half, the senior accumulated 78 tackles, 4 sacks, and 1 interception. All the hard work for the senior standout has paid off, as he will be joining the Cortland State Baseball program in the fall. It is our honor, to recognize Newark Valley's Mikey Wandell – ESPN Ithaca's Male Scholar-Athlete of the Year.







Female Senior Leadership Award



Liala Cryer, Ithaca

Liala Cryer is a two-sport athlete who exudes leadership qualities in athletics. Cryer was the captain of both the Ithaca girl's hockey team and the girl's tennis team, the latter of which won the Section IV Championship. She was 11-5 in doubles competition for the Little Red and was a Section III All-Star in her final hockey season. Cryer also used her experience to help foster the next generation of Ithaca athletes, coaching and mentoring young players in the

Tompkins County Girls Hockey Association. Cryer received the Coach's Award in hockey for her display of leadership on the ice. Outside of athletics, Cryer is a member of the National Honor Society, Scholar-Athlete Council, and Little Red Leadership Institute. She also had a GPA of 4.47 in her senior year. We congratulate Ithaca's Liala Cryer, our Female Senior Leadership Award Winner.







Male Senior Leadership Award

Cameron Holland, Watkins Glen

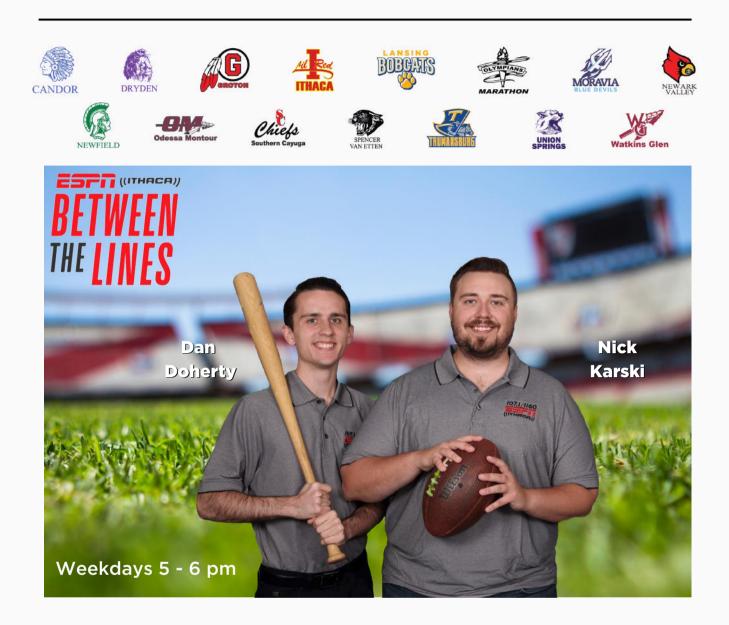
Cameron Holland was an exceptional three-sport athlete for the Senecas. He was the captain and quarterback of the Watkins Glen/Odessa-Montour football team, a cocaptain for the IAC Champion Watkins Glen basketball team, and a co-captain for the Watkins Glen/Odessa-Montour football team. Holland was one to watch across all sports as well. He was All-State Honorable Mention in football to start the year, passing for over 1,000 yards



and 8 touchdowns. In the winter, he was a first team IAC All-Star as a sharpshooter for the basketball team, scoring over 10 points per game. In the fall, Holland was an IAC All-Star second baseman with a .450 batting average for the baseball team. Holland also excels academically, as his 99.11 GPA placed him third in his senior class. We congratulate Watkins Glen's Cameron Holland, our Male Senior Leadership Award Winner.















Ϋ́F U E L I N G XEXCELLENCE

As of spring 2022 ESPN Ithaca has awarded OVER \$36,000 to local booster clubs in recognition for each Student-Athlete of the week.

Abby Ensign Adam Pastore Aidan Gallagher Aidan Kalousdian Alice Clapp Ally Deeley Angelia Scholz Ava Chouman Bella Tracv Ben Dizer Brandon Vanacore Brooke Tillotson **Brooke Wilcox Brvant DePaull Bryce Grove** Caelob Georgia Carlea Davis Carson Crandall Cha Gardner Charli Bennett Colleen Jump Connor Boothrovd **Conor Holland** Danny Parker David Riccio Devin Beach Dustin Walawender Ehler Somva Soe Ellie Brozon Elliot Walter **Elodie Fey** Fave Mooney George Oroudjov Gracie Gardner Hailee Smith

Marathon Watkins Glen Lansing Dryden Ithaca Drvden **Union Springs** Ithaca **Union Springs** Candor Southern Cayuga Marathon (2) Candor Drvden Trumansburg Lansing Dryden Lansing (2) Newark Vallev Southern Cayuga **Union Springs** Dryden Marathon Ithaca Ithaca Spencer-Van Etten **Union Springs** Ithaca Southern Cayuga Spencer-Van Etten Ithaca Watkins Glen (2) Ithaca Newark Valley **Union Springs**

Hannah Ferguson Hannah Nolan Isabel Morse Isabella Harmon Jalen Hardison Jeter Neff Jonny Sherwood Jose Reyes Josh Rowland Julia Gloss Justin Yearwood Kate Baylor Keyonna Garrison Lauren Gulini Max Flesher Mike Wandell Moss Dengler

Nick Thomas Nico Potenza Nora Burroughs Rhiana Lawrence **Rosie Morse** Sam Bell Shelby Swartz Siena Goebel Silas Richardson Tacoma Lee **Taylor Benjamin** Tori Brewster Will Zimmer Xavier Scott Zach Taylor Zack Sperger Zola Vesci

Newark Vallev Odessa-Montour Trumansburg (2) Dryden Newfield. (2) Groton Newark Vallev (2) **Union Springs** Dryden Southern Cayuga (2) Ithaca Moravia Odessa-Montour Dryden Newark Valley Newark Vallev Ithaca

Candor Trumansburg Southern Cayuga Spencer-Van Etten Trumansburg Lansing Candor Ithaca Ithaca Moravia Newark Valley (2) Odessa-Montour (2) Candor Drvden Newfield (2) Lansing Ithaca

2020-2021 Award Winners



Coach of the Year Nichole Chaffee Watkins Glen Senecas Swimming



Scholar-Athlete of the Year

Braelyn Hornick Candor Indians



Scholar-Athlete of the Year

Jacob Humble Newfield Trojans



Coach of the Year

Scott Voorhees Trumansburg Blue Raiders Baseball

2019-2020 Award Winners

Scholar-Athletes: Diego Castellot, Marathon • Gwen Gisler, Lansing Coaches: Chip Stewart, Marathon • Pam Quinlan, Candor

2018-2019 Award Winners

Scholar-Athletes: Hannah Morse, Watkins Glen • Dylan Houseknecht, Odessa-Montour Coaches: Alicia Learn, Watkins Glen • Benji Parkes, Lansing

2017-2018 Award Winners

Scholar-Athletes: Nick Parkes, Lansing • Mackenzie Grube, Spencer-Van Etten Coaches: Chris Bubble, Newfield • BJ Bliss, Ithaca

2016-2017 Award Winners

Scholar-Athletes: Patrick Hazlitt, Watkins Glen • Nicole Gates, Candor Coaches: Alicia Learn, Watkins Glen • Brian Sherwood, Newark Valley

2015-2016 Award Winners

Scholar-Athletes: Emily Kopp, Southern Cayuga • Jared Lyon, Moravia Coaches: Brian Trippany, Newark Valley • Todd Mulvaney, Moravia

2014-2015 Award Winners

Scholar-Athletes: Lauren Trumble, Ithaca • Vincent Darpino, Newark Valley Coaches: Eric Stickel, Lansing • Jim Hodges, Union Springs

2013-2014 Award Winners

Scholar-Athletes: Eryn Griep, Marathon • Matt Gill, Watkins Glen Coaches: Lee Stuttle, Dryden • Adam Heck, Lansing

Our Requirements & Selection Process

Nominations for Outstanding Scholar-Athletes and Outstanding Coaches come from the Athletic Directors of our 15 area high schools. Winners are selected based on a voting process by the Athletic Directors with the final decision made by the ESPN Ithaca Selection Committee.

Male and Female Scholar-Athletes of the Year

Each award winner has been recognized as a top varsity performer in at least two sports, while maintaining a minimum grade average of 85 with no disciplinary issues. The scholarathlete must be a high school senior, with strong academic and civic contributions.

Outstanding Scholar-Athletes

Each award winner has been recognized as a top varsity performer in their respective sport, while maintaining a minimum grade average of 80, with no disciplinary issues.

Outstanding Coaches and Coach of the Year

Each award winner has been recognized as a top varsity head coach for their sport for the entire season and is in good standing with their school and Section IV Athletics









Guthrie Sports Medicine



Rex David S. Gido, DO, CAQSM Sports Medicine

ITHRIE

Robert Corey, MD Orthopedic Surgery

The Best Athletes Need the Best Care

When an injury strikes, Guthrie understands that athletes want to get back to competing quickly. Our expert sports medicine team is always ready to help, offering injury evaluation, concussion management, physical therapy, and more.

Same or next-day appointments are available at select locations, including Guthrie Ithaca City Harbor. Call **866-GUTHRIE** (866-488-4743) or visit **www.Guthrie.org/SportsMed** to make an appointment with the Guthrie sports medicine team today.

WE HONOR. WE RECOGNIZE. WE CELEBRATE

A special thank you to our sponsors for supporting our vision to celebrate high school athletic excellence, most importantly, thank you to the families, coaches, teachers, and administrators that have fostered our scholar-athletes success.

