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Otterbein University Athletics

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Cardinal Athletics



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Otterbein College Athletics Newsletter

STUDENT-ATHLETES IN GOOD HANDS

Otterbein enjoys an edge up over its OAC competition when it comes to the field of athletic training.

Each varsity sport is assigned one certified athletic trainer and at least two to three student athletic trainers (as many as 7-8 for football), who are drawn from a pool of about 40 students enrolled in the athletic training program at Otterbein. The staff works to promote the prevention and care of athletic-related injuries.

But what really separates the program from others, according to head athletic trainer Chuck Goodwin, is the size and quality of the athletic training and medical staff.

Otterbein employs six certified athletic trainers, five of whom work sports and teach in the program, with the sixth assigned strictly to physical therapy.

"Having a physical therapist in the training room allows for one-on-one attention for those athletes coming off surgery and needing long-term care and frees our athletic trainers to concentrate on our strength, which is acute injury care of things like bumps, bruises and cuts," Goodwin said. "We can take care of 10 to 15 people at one time."

In addition, Otterbein has the services of three physicians through its affiliation with Max Sports Center. "We have excellent medical coverage," Goodwin said. "We have three physicians coming into

the training room three times a week to look at new injuries and follow up with old injuries."

The staff works out of the Freeman Rehabilitation and Training Center, which is located in the Clements Recreation Center. The center includes a doctor's exam room; a taping and treatment area; a resource and conference room; and a hydrotherapy area with three whirlpools and a SwimEx therapy pool.

Otterbein is one of two schools in Ohio—the other being the Ohio State University—to have a SwimEx on campus. The SwimEx allows the student-athlete to stay in shape while recovering from an injury, especially critical to a track athlete, who often is competing all year long, according to Goodwin.

Katie Homan, a senior majoring in athletic training, said the staff reminds her of a "close-knit family—you know their first names, their kids and their spouses."

Homan, who plans to go to graduate school, has maintained a fast-paced lifestyle at Otterbein, competing in varsity basketball and track and field while working toward her major, which requires six quarters of at least 120 hours each of work experience in athletic training. She has already completed five, which includes rotations with Otterbein women's soccer, Otterbein physical therapy, Max Sports Center, Otterbein women's volleyball and Ohio Wesleyan.

Despite the heavy load, Homan has made the Otterbein Dean's List all ten quarters and expects to graduate next winter.



Front row (l-r): Otterbein Athletic Trainers Joe Wilkins and Chuck Goodwin in the SwimEx room. Back row (l-r): Otterbein Athletic Trainers Shelley Payne, Joan Rocks, Brenda Klein and Courtney Phillips. Rocks serves as program director while Goodwin serves as head athletic trainer.



OTTERBEIN
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ATHLETICS

MESSAGE FROM ATHLETIC DIRECTOR DICK REYNOLDS

Welcome to the latest issue of Cardinal Athletics.

We owe a great deal of gratitude to former team physicians Dr. Harry Newland and Dr. Bill Freeman, and former athletic trainer Rudy Owen for laying the groundwork for one of the finest athletic training programs in the Ohio Athletic Conference as written about in our cover story.

The staff not only provides top-notch service in the prevention, treatment and rehabilitation of injuries in our student-athletes for all of our varsity sports, they play an integral role in the teaching and preparation of our students working toward a bachelor's degree in athletic training or secondary teaching/athletic training. Our students get hands-on training and are well prepared by the time they graduate.

Another focus of this issue is academics and the student-athlete. Eighteen members of our varsity teams this fall earned Academic All-OAC honors, and that doesn't include members of the cross country teams, who are combined with track and field and voted upon in the spring. Of note, six members of the volleyball team landed on the academic teams.

We're also pleased to announce a complete overhaul of our weight training room thanks to an \$85,000.00 donation from the Otterbein "O" Club. The room should be fully operational some time this spring and will include about \$42,000.00 of new equipment.

So if you find yourself in the area some time soon, please stop by for a visit and take some time to cheer on one of our teams.

FALL SEASON HIGHLIGHTS

Football

Six members of the 2007 Otterbein football team were selected to All-Ohio Athletic Conference (OAC) teams.

Wide receiver Scott DeLong, a senior from Van Wert, Ohio, offensive tackle Andy Fries, a junior from Norwalk, Ohio, and running back Eric Yates, a sophomore from Dublin, Ohio, were selected to the first team.

DeLong made 66 receptions for 1,050 yards and nine touchdowns, and led the OAC in receptions per game (6.6) and receiving yardage per game (105.0). He finished fourth in the OAC for all-purpose yardage, averaging 105.3 a game. The receiver was named to the D3football.com All-North Region third team and was selected Otterbein's MVP.

"Scott improved more from his freshman year till his senior year than any player I have ever coached," said head coach Joe Loth. "He was a quarterback in high school and we moved him to wide receiver when he reported to camp as a freshman. He played mostly junior varsity his first two seasons and finished

up as the leading receiver in the conference by his senior year."

Fries anchored an offensive line that averaged 165 yards rushing and 216.7 yards passing a game. Otterbein finished second in the OAC for total offense.

Yates rushed for 730 yards and eight touchdowns on 155 carries. He finished third in the OAC, averaging 73.0 rushing yards a game. The running back also made 10 receptions for 108 yards.

Linebacker Eric Burnsides, a junior from Columbus, Ohio, was selected to the second team by the OAC coaches. Burnsides led Otterbein with 80 tackles, 37 of them unassisted. The linebacker tallied 5.5 tackles for a loss of 14 yards. Burnsides finished seventh in the OAC for most tackles.

Quarterback Jack Rafferty, a sophomore from Columbus, Ohio, and offensive guard Mike Young, a senior from Columbus Grove, Ohio, were named to the honorable mention team.

Rafferty accounted for 18 touchdowns, 10 by rush and eight by pass, to lead Otterbein in scoring with 60 points. He completed 89 of 157 pass attempts for 1,388 yards and finished fourth in the OAC with a 140.1 pass rating. He netted 401 yards rushing on 118 carries.

The Cardinals did well in the classroom too. Five members were selected to Academic All-OAC teams, placing Otterbein second behind only Mount Union, with seven picks, for most players selected to the academic teams. Brett Glass, a senior from Plain City, Ohio, was named to the 2007 ESPN The Magazine Academic All-District IV second team. The cornerback is majoring in Life Science and has made the Otterbein Dean's List five times.

Otterbein, 5-5 overall, finished in a three-way tie for fourth place in the



Scott DeLong

OAC with a 5-4 league record. The team came very close to finishing 7-3, suffering two-point losses to open and close the season. The Cardinals did manage, however, to defeat cross-town rival Capital (ranked 6th in the nation at the time), 17-10, in Westerville.

Women's Cross Country

Nicole Reese, a sophomore from Columbus, Ohio, was one of two distance performers selected OAC "Runner of the Year."

"To be named OAC Runner of the Year is a great honor and one that does not happen by accident," said head coach Ryan Borland. "Niki put a lot of work in over the off-season and competed at a high level all season.



Nicole Reese

"Her focus was unwavering and she was very determined to achieve her goals this past season," Borland continued. "We are very proud of her and look forward to even bigger things from her in the future."

Reese capped off a stellar regular season with a second-place finish—just four seconds behind meet winner Lindsay Brickner, a senior

from Baldwin-Wallace—at the OAC Championship. Brickner was also co-recipient of the OAC "Runner of the Year" award.

The distance runner followed the conference meet with an 11th-place showing at the NCAA Division III Great Lakes Regional, which qualified her for the national meet. Reese placed 195th in the field of 280 runners at the NCAA Division III Championship.

As a team, Otterbein placed second at the OAC Championship and 10th at the NCAA regional meet. Abby Ludwig, a junior from Strongsville, Ohio, earned first team All-OAC honors by placing ninth (24:17.46) at the conference meet; and earned all-region honors by finishing 30th (22:59.50) at the Great Lakes Regional.

Women's Volleyball

Six members of the 2007 Otterbein women's volleyball team were selected to Academic All-OAC teams.

Otterbein and Heidelberg, with six players each, were the only two teams in the 10-member OAC to have more than four players selected to the academic teams.

Outside hitter Alyssa Petrella, a junior from Columbus, Ohio, libero Julie Brown, a senior from Defiance, Ohio, and middle blocker Laura Waddle, a senior from Washington Court House, Ohio were named to the first team.

Petrella, a double major in organizational communication and public relations, has made the Otterbein Dean's List all six quarters. She was also named to the 2007 ESPN The Magazine Academic All-District IV third team. Brown, majoring in early childhood education, has been on the dean's list eight times. Waddle, a sociology major, has made four appearances on the dean's list.

Otterbein players receiving honorable mention Academic All-OAC honors were setter Marinda Roderick, a



Alyssa Petrella

sophomore from St. Louisville, Ohio, defensive specialist Ashley Hansley, a senior from Westerville, Ohio, and outside hitter Emilee Appis, a senior from Coshocton, Ohio.

Roderick, majoring in organizational communication, has made the dean's list all three quarters. Hansley, an art major, and Appis, an early childhood education major, have appeared on the dean's list four times each.

"I am very proud of my team on and off the court," said first-year head coach Monica McDonald. "I have been blessed with a group of girls who understand the importance of performing in the classroom.

"I do not run study tables or have to constantly check up on my kids," McDonald continued. "Because of their dedication and commitment, I have been able to focus my time and efforts on improving our volleyball program."

Men's Soccer

Five members of the men's soccer team earned honorable mention All-OAC honors.

(continued from page 3)

The five were defender/forward John-Mark Mocas, a senior from Bellbrook, Ohio; defender Adam Warner, a senior from Greenville, Ohio; defender R.J. Lindquest, a junior from Worthington, Ohio; forward Drew Pitzer, a senior from Worthington, Ohio; and midfielder/forward Patrick Schick, a senior from Powell, Ohio.

Pitzer led the team in scoring with 12 points, tallying four goals and four



Mark Mocas

assists. Schick finished second among teammates with three goals and two assists. Mocas scored twice along with two assists.

Dan Ensign, a junior from Westerville, Ohio, was named to the 2007 ESPN The Magazine Academic All-District IV first team. Ensign, a two-year starter at defender, is majoring in physical science education and has made the dean's list five out of six terms.

Otterbein, 7-11-0 overall, finished seventh in the OAC at 4-5-0.

Women's Soccer

Sara Vasbinder, a senior forward from Westerville, Ohio, was named the team's Offensive MVP and received the Otterbein Coaches' Award for her work this season in which she tallied 12 points on five goals and two assists.

"For four seasons, Sara was a great example of what we look for in an Otterbein player," said Otterbein head coach Brandon Koons. "She was a substitute and a starter during her career, missed some games to injury during that time, but, on and off the field, was always 100 percent supportive of the team effort."

Julie Kathman, a junior defender from Greenville, Ohio, was named the team's Defensive MVP.

Five members of the women's soccer team, including Vasbinder and Kathman, who were second team selections, took home All-OAC honors.

Chanel Smith, a senior midfielder from Westerville, Ohio, and Rebecca Bowser, a sophomore forward from Pickerington, Ohio, earned first team honors. Smith led the team with seven goals while Bowser collected 10 points on four goals and two assists.

Carly Dent, a sophomore midfielder from Pataskala, Ohio, was also named



Rebecca Bowser

to the second team. The midfielder, who earned 2007 ESPN The Magazine Academic All-District IV third team honors, led Otterbein with six assists, fifth best in the OAC this season.

Otterbein, 10-7-2 overall, finished third in the OAC at 6-2-1.



Jared French

Men's Cross Country

Otterbein finished 11th at the NCAA Division III Great Lakes Regional and fourth at the OAC Championships.

Jared French, a senior from Marengo, Ohio, led his team with a 17th-place finish to earn all-regional honors. He covered the 8,000-meter course in 25:28.10, and just missed qualifying for the NCAA Championships by one second.

"Jared ran a very good race and rebounded from a disappointing conference meet to finish all-region," said Otterbein head coach Ryan Borland. "I hate it for him to miss nationals by one second, but I know that he gave it his all and that is all that really matters."

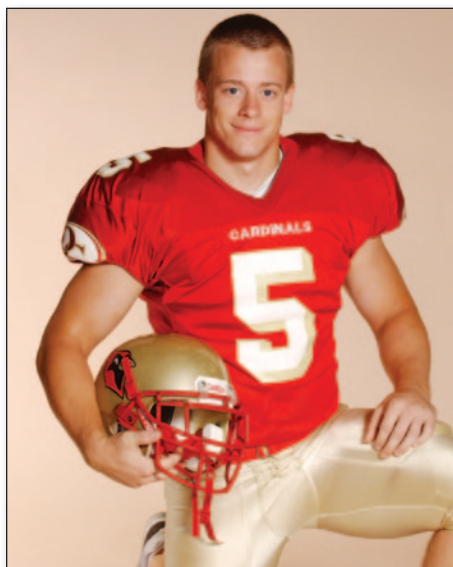
Chase Schneider, a junior from Centerburg, Ohio, led the Cardinals at the conference meet, finishing ninth (26:32) on his way to first team All-OAC honors.

ROSS HEADLINES LIST OF ACADEMIC ALL-OAC PERFORMERS

Justin Ross, a senior from Canal Winchester, Ohio, was a unanimous Academic All-OAC selection in voting by the league's faculty athletic representatives. The free safety, a four-time academic all-conference selection, graduated in December with a major in business administration and a minor in economics. Ross has made the Otterbein Dean's List nine times.

"Justin is one of the most organized and motivated student-athletes I have been involved with," said Otterbein head coach Joe Loth. "He was constantly pushing himself not only in the weight room and football field, but with his school work. He worked more internships and business administrative related jobs in Columbus trying to maximize his education while at Otterbein."

The senior was also a first team 2007 ESPN The Magazine Academic All-District IV pick as selected by the College Sports Information Director's of America. The four-year starter finished third on the team with 58 tackles, 28 of them unassisted in 2007. The tri-captain made eight interceptions over his four-year career.



Justin Ross

Fall Academic All-OAC Performers

	Yr.	Major	Hometown
Volleyball			
<i>First Team</i>			
Alyssa Petrella	Jr.	Org. Comm./Public Relations	Columbus, Ohio
Julie Brown	Sr.	Early Childhood Education	Defiance, Ohio
Laura Waddle	Sr.	Sociology	Washington Courthouse, Ohio
<i>Honorable Mention</i>			
Marinda Roderick	So.	Comm./Public Relations	St. Louisville, Ohio
Ashley Hansley	Sr.	Art/Visual Communication	Westerville, Ohio
Emilee Appis	Sr.	Early Childhood Education	Coshocton, Ohio

Football

<i>First Team</i>			
Brett Glass	Sr.	Life Science	Plain City, Ohio
Justin Ross	Sr.	Business Administration	Canal Winchester, Ohio
B.J. Wanniger	Jr.	Life Science	Cincinnati, Ohio
Mike Young	Sr.	Middle Childhood Education	Columbus Grove, Ohio
<i>Honorable Mention</i>			
Eric Burnside	Jr.	Broadcasting	Columbus, Ohio

Women's Soccer

<i>First Team</i>			
Chanel Smith	Sr.	Public Relations	Westerville, Ohio
<i>Honorable Mention</i>			
Carly Dent	So.	Life Science	Pataskala, Ohio
Julie Kathman	Jr.	Speech Communications	Greenville, Ohio
Sara Vasbinder	Sr.	Public Relations	Westerville, Ohio

Men's Soccer

<i>First Team</i>			
John-Mark Mocas	Sr.	Physical Education	Bellbrook, Ohio
Adam Warner	Sr.	Broadcasting/Journalism	Greenville, Ohio
<i>Honorable Mention</i>			
Daniel Ensign	Jr.	Physical Science Education	Westerville, Ohio

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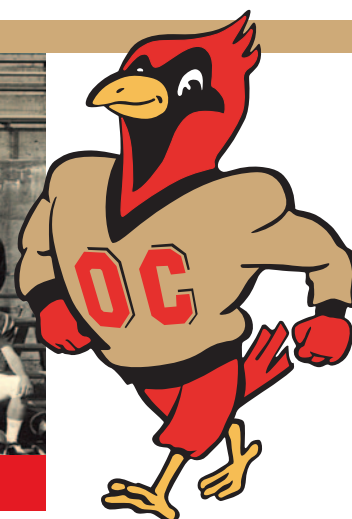
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*So mark your calendar now and hold the dates and watch for more information from the committee co-chairs:
Jack Pietila (614-891-2511 or jpietila@wowway.com) and Ron Jones (614-882-8471 or srjones@ee.net)*