

2005 All-CSFL Honors

The Collegiate Sprint Football League has announced its all-Conference teams for the 2005 season.

Army had the most players on the list of first-team performers with nine. CSFL champion Navy had a total of six. Penn placed six players on the first-team list, Cornell had four and Princeton had two. Army had four first-team players on offense and four on defense. Navy had three first-team stars on offense.

Navy's Theo Williams captured the league MVP award. The senior wide receiver helped the Midshipmen finish undefeated as they captured their third CSFL title in four years. Williams caught 23 passes for 398 yards and ten touchdowns.

CSFL League MVP: Theo Williams, WR, Navy

	First Team	Second Team
OFFENSE		
QB	James Olsen, Navy	Alec Macaulay, Cornell
RB	Patrick Hall, Army Michael Fullowan, Cornell Scott Pickett, Penn	Jake Owens, Navy J.T. Hutchinson, Penn
WR	Christian Cortez, Army Theo Williams, Navy Lon Johnson, Princeton	Jon Amoona, Cornell Kurt Laughary, Navy Jonathan Chunn, Navy Corey Higa, Penn
TE		
OL	Clayton Mealer, Army Cody Pittman, Army Daniel Bjornstrom, Cornell Jason Barnes, Navy Ben Drane, Penn	K.C. Dalton, Navy Hal Pratt, Princeton
KICKER	Peter Stine, Penn	Jason Zittel, Cornell
DEFENSE		
DB	Barrett Rife, Army Dave Daniels, Army Patrick Flores, Navy David Lopez, Penn	LaRue Robinson, Cornell Chris Deutschman, Cornell Andrew Holmes, Navy Jontavious Singleton, Navy Drew Dixon, Princeton
LB	Kalen Smith, Army Ryan Juliano, Cornell Ryan Engle, Navy Kevin Piro, Penn	Jason Bahmer, Army Daniel Davis, Navy
DL	Brandon Kennedy, Army	Brandon Newkirk, Army

Amos Smith , Cornell
David Novotney, Navy
Nicholas Kopec, Penn
Bennett Graham, Princeton

David Psiaki, Army
Matthew Collin, Cornell
Robert Pelly, Penn
Jesse Reidel, Princeton

PUNTER

Adam DeMarco, Army

Jason Zittel, Cornell

All-League Honorable Mentions

Army: Derek Brown, Alfred D. Shephard, Christopher Huber, J. Matthew Lenart, L. Grant Cloaninger

Cornell: Benjamin Herzberger, Ben Abramoff, Robert Kurucza, Brett Morgenstern, John Samuel

Navy: Travis Chambers, Trevor Garabedian-Prophet, Rick Engel, Anthony Conticelli, Mitchell Dow, T.J. Irwin, Douglas Keel, John Pico

Penn: Mike Loguidice, Greg Herman, David Derr, Henry Watson, Jordan Cloyd, Andy Feigenbaum, Kale Roth, Mike D'Angelo, Nicholas Dinges, Chris Corrigan, Adam Wolfson

Princeton: Alex Kandabarow, Andrew Lapetina, Frank Langston, Brandon Walker, B.D. Dodge, Devin Silva, Zack McKinney, Brian Greeley

Week 8 in Review

Navy wrapped up an undefeated season along with its second straight CSFL championship, but Army didn't make it easy. The Midshipmen went into overtime before pulling out a 19-16 victory over the Black Knights. Anthony Conticelli connected on a 23-yard field goal to win the game for the Midshipmen. Army jumped out to a 16-0 halftime lead and forced seven Navy turnovers in the game. However, the Midshipmen rallied to tie the game with a pair of touchdowns and two-point conversions in the third quarter.

Penn reached the .500 mark in its season finale with a 38-12 win over Princeton. It was the second win for the Quakers over the Tigers this fall. Scott Pickett ran for a pair of touchdowns, including a 58-yard TD run less than two minutes into the game. The Quakers stretched their lead to 31-0 at the half and finished the game with 496 yards of offense.

Cornell completed its season the previous week.

Offensive Player of the Week—Scott Pickett, Penn

The senior wrapped up the league rushing title with an outstanding performance against Princeton. Pickett rushed for 135 yards and two touchdowns. His first touchdown run went for 58 yards. Pickett finished with 699 yards on the season, the top total in the CSFL.

Defensive Player of the Week—Douglas Keel, Navy

The senior defensive end made the most of his final game in Navy's thrilling overtime win over Army. Keel recorded a career-high 13 tackles and added two quarterback sacks. Keel also forced a fumble that led to Navy's tying touchdown. Two-and-a-half of his tackles came from behind the line of scrimmage.

Special Teams Player of the Week—Anthony Conticelli, Navy

The senior connected on his first field goal of the season and it couldn't have come at a better time for the Midshipmen. Conticelli's 23-yard field goal in the second overtime gave Navy a 19-16 victory over Army. It was the first field goal made by anyone on the Midshipmen this fall. Conticelli finished with 28 points on the season.

Week 7 in Review

Princeton snapped a 40-game losing streak with an emotional 19-7 victory over VMI. The Tigers jumped out to an early lead on a 53-yard touchdown catch by Lon Johnson. Frank Langston ran for two scores in the second half and the Princeton defense came up with its best effort of the season, limiting VMI to 175 yards of offense.

Despite giving up its first touchdown of the season, Navy put on another dominating display in a 62-15 win at Penn. The Midshipmen racked up 606 yards of offense and jumped out to a 21-0 first quarter lead. Theo Williams hauled in three touchdown catches as he broke his own team record for most touchdown receptions in a season.

Army picked up its third win in a row as the Black Knights shutout Cornell, 27-0. Army took a 13-0 lead in the first half thanks to a pair of touchdown runs by Patrick Hall. The senior finished with 143 yards on the ground and added a third touchdown in the second half. The Black Knights have outscored their opponents, 96-6, over their last three games.

Offensive Player of the Week—James Olsen, Navy

The senior quarterback completed 20 of 27 passes for 318 yards in Navy's win over Penn. Olsen also threw for five touchdowns, which set a team record for most TD passes in a game. Olsen's now has 14 touchdown passes this fall, which is also a team record.

Defensive Player of the Week—Kalen Smith, Army

The senior linebacker helped the Black Knights pick up a shutout victory over Cornell. Smith had a game high 12 tackles with eight solo stops. He was part of an Army defense that held Cornell to 100 total yards and one third down conversion in 15 attempts.

Special Teams Player of the Week—Derek Brown, Army

The junior wide receiver excelled on special teams in the Black Knights' victory over Cornell. Brown returned seven punts for a total of 45 yards. His returns gave the Black Knights excellent field position throughout the game. Brown has returned 18 punts for 163 yards this season.

Week 6 in Review

Cornell won for the third time in four games as the Big Red picked up a 24-17 win over Penn. The Quakers took a 10-7 lead into the locker room at halftime, but the Big Red rattled off 17 consecutive points to start the second half. The win avenged an earlier loss by Cornell at the hands of Penn in the opening week of the season.

Navy put on a dominating display in a 98-0 rout of Princeton. The Midshipmen scored seven touchdowns in the opening quarter and finished with 706 yards of offense. 580 of those yards came on the ground. The Midshipmen held Princeton to 40 yards of offense. Navy has not allowed a touchdown in its first five games.

Army had the week off.

Offensive Player of the Week—Michael Fullowan, Cornell

The league's leading rusher was at it again last week in Cornell's win over Penn. Fullowan rushed for 157 yards on 25 carries and added a five-yard touchdown run. One of Fullowan's runs went for 76 yards. He now has 579 rushing yards on the season.

Defensive Player of the Week—Derek Johnson, Cornell

The junior lineman was dominating in Cornell's victory over Penn. Johnson recorded eleven tackles and

added 2.5 sacks. Six of his tackles went for losses that added up to 60 yards. His sacks amounted to a loss of 29 yards by the Quakers.

Special Teams Player of the Week—Anthony Conticelli, Navy

The senior kicker converted all seven of his extra point attempts in Navy's 98-0 rout of Princeton. All seven of Conticelli's attempts came in the first quarter. Conticelli is now 18-for-19 on PAT conversions this season and is tied for third on the team in scoring.

Week 5 in Review

Army outlasted both Penn and the elements in a 24-6 win over the Quakers Friday night. The two teams played through heavy rain and wind throughout the evening. The Quakers took a 6-0 lead on a blocked punt, but the Black Knights racked up 24 unanswered points. The Army defense held Penn to 98 yards of offense. Running back Patrick Hall rushed for 146 yards and a touchdown for the Black Knights.

Cornell picked up its second win of the season as the Big Red downed Princeton, 31-13. Junior running back Michael Fullowan rushed for 232 yards on 20 carries with most of his yards coming in the first half. The Tigers put points on the board for the first time this season with the help of wide receiver Lon Johnson, who was on the receiving end of both Princeton touchdowns.

Navy had the week off.

Offensive Player of the Week—Lon Johnson, Princeton

After being shutout for the first 14 quarters of the season, the freshman finally got the Tigers in the end zone against Cornell. Johnson caught the first two touchdowns of the year for Princeton from 80 and 36 yards out. He finished with six catches for 194 yards in Princeton's loss to Cornell.

Defensive Player of the Week—Matt Collin, Cornell

The junior lineman was unstoppable in Cornell's win over Princeton. Collin recorded seven tackles and picked up a career-high four sacks. The four sacks added up to 29 yards lost for the Tigers. Collin also helped limit the Princeton rushing attack to minus-4 yards.

Special Teams Player of the Week—Adam DeMarco, Army

The freshman was perfect on a night more suited for ducks than kickers. In the driving rain and wind, DeMarco converted all three of his extra points and added a 26-yard field goal. He also punted seven times for an average of 27.9 yards as he was able to keep Penn pinned in its own territory for much of the night.

Week 4 in Review

Cornell gave league-leader Navy all it could handle before the Midshipmen squeaked out a 7-0 victory in Annapolis. The only score of the game came in the fourth quarter when Navy's Michael Molloy returned a blocked punt 42 yards for a touchdown with just under three minutes remaining. The two teams battled the elements as well as each other as the game was played in heavy rain and wind gusts that reached 40 miles per hour.

Army used a balanced attack in a 45-0 win. The Black Knights racked up 445 yards of offense while holding Princeton to 60. Three different players rushed for at least 60 yards for Army. Six Black Knights recorded touchdowns as Army evened its overall record at 2-2.

Pennsylvania had the week off.

Offensive Player of the Week—James Antonides, Army

The sophomore back-up quarterback made the most of his opportunity last weekend against Princeton. Antonides rushed for a pair of touchdowns in the second quarter as he helped his team build a 31-0 halftime lead. Antonides finished with 60 yards on the ground and completed 6-of-7 passes for 48 yards.

Defensive Player of the Week—Ryan Engle, Navy

The junior wins the award for the second week in a row. Engle made 15 tackles in Navy's win over Cornell. Three of his solo tackles came from behind the line of scrimmage. Over his past two games, Engle has recorded 38 tackles in his last two games and leads the league in tackles with 48.

Special Teams Player of the Week—Michael Molloy, Navy

The junior defensive back came up with the play of the game in Navy's 7-0 win over Cornell. Molloy recovered a blocked punt with 2:48 remaining and took it into the end zone for the only score of the night. The touchdown kept Navy unbeaten on the season as the Midshipmen raised their record to 4-0.

Week 3 in Review

Navy picked up a 33-3 victory over Army at the annual Pride Bowl in Union, New Jersey. The Midshipmen led the game, 6-3, in the first quarter, before breaking the game open with 27 unanswered points. Trevor Garabedian-Prophet took a kickoff 92-yards for a touchdown to start the run. Despite losing the game, the Black Knights held the ball for over 40 minutes.

Penn raised its record to 2-0 with a 42-0 victory over Princeton. The Quakers jumped out to a 21-0 lead in the opening quarter. The Penn rushing game was dominant as the Quakers rushed for 368 yards. The Penn defense held Princeton's rushers to 37 yards on the night.

Cornell picked up its first victory of the season by toppling VMI, 39-12. The Big Red built a 27-0 lead with the help of three touchdown passes from Michael Fullowan. VMI managed gained only 77 yards on the ground. The Big Red defense also picked up eight sacks while intercepting three passes.

Offensive Player of the Week—Scott Pickett, Penn

The senior running back put on a spectacular display in Penn's win over Princeton. Pickett carried the ball eight times for 190 yards and three touchdowns. One of his scores came from 81-yards out. He also added a 58-yard run. Pickett currently leads the CSFL in rushing.

Defensive Player of the Week—Ryan Engle, Navy

The junior made 23 tackles during Navy's win over Army in the Pride Bowl. The 23 tackles shattered his previous career-mark of 12, which he set against Army in Pride Bowl XXVI last year. Engle was named the MVP of this year's contest. He now leads the CSFL with 33 tackles.

Special Teams Player of the Week—Trevor Garabedian-Prophet, Navy

The senior came up with the big play to break open the Pride Bowl against Army. Garabedian-Prophet returned a kickoff 92 yards for a touchdown. Garabedian-Prophet is the only player in program history to return multiple kickoffs for touchdowns.

Week 2 in Review

Army put together a dominating performance in a 77-0 rout of Princeton. The Black Knights scored on their first four offensive possessions and built a 56-0 halftime advantage. The Army defense also produced three scores and held the Tigers to 14 total yards of offense. Senior running back Patrick Hall ran for three touchdowns.

Navy also came up with a dominating performance as the Midshipmen blanked Cornell, 41-0. It was the

second straight shutout for Navy, giving the Midshipmen back-to-back shutouts to open the season for the first time since 1981. Senior wide receiver Theo Williams hauled in three touchdown passes with all three coming in the first half.

Penn had the week off.

Offensive Player of the Week—James Olsen, Navy

The senior quarterback wins the honor for the second week in a row. Olsen completed 11-of-21 passes for 230 yards and three touchdowns with no interceptions in Navy's win over Cornell. All three of the senior's touchdown passes were in the first half to fellow senior Theo Williams. For the season, Olsen is 14-of-24 with 358 yards and five touchdowns and no interceptions.

Defensive Player of the Week—David Novotney, Navy

The junior made nine tackles in Navy's shutout victory over Cornell, with 5.5 coming from behind the line of scrimmage. Novotney also recorded two sacks. The five and a half tackles for a loss were the most in his career, while the two sacks tied a career-best.

Special Teams Player of the Week—Adam DeMarco, Army

DeMarco has a busy week as Army put up 77 points in the Allegiance Bowl. DeMarco was a perfect 11-for-11 on extra point attempts and also handled the kickoff duties for the Black Knights. DeMarco is now 14-for-14 on extra point attempts this season.

Week 1 in Review

In the only head-to-head contests between CSFL teams over the weekend, Pennsylvania came away with a 13-6 win over Cornell. The Quakers won the game without scoring an offensive touchdown. David Lopez scored on a 26-yard interception return with 13 seconds left in the first half to give Penn the lead. Cornell quarterback Alec Macaulay found Michael Fullowan in the end zone from 25-yards out in the third quarter for the Big Red's only score of the game. The defenses held the offenses to a combined 300 yards on the night.

Navy rolled up 313 yards in a 35-0 victory over VMI. The Midshipmen dominated on defense as they held VMI to 36 total yards. Five different players scored touchdowns for the defending CSFL champions. All 36 of VMI's yards came on the ground as the Navy secondary did not allow a completed pass. Quarterback James Olsen was 3-for-3 on the day with two of his throws resulting in touchdowns.

Army lost its opener as the Black Knights fell to the Sacred Heart JV team, 32-21. Army jumped out to a 7-0 lead, but Sacred Heart scored 23 unanswered points in a span of 8:19. Roderick Roberts got the Black Knights on the board with a 23-yard fumble return, while quarterback Braden Amigo ran for two touchdowns in the defeat.

Princeton had the week off.

Offensive Player of the Week—James Olsen, Navy

The senior quarterback made the most of his opening drive in Navy's 35-0 victory over VMI. He completed all three of his passes for 128 yards and two touchdowns. Olsen's touchdown throws came from 53 and 47 yards out. Only a lopsided score kept Olsen from padding his stats for the week.

Defensive Player of the Week—Kale Roth, Pennsylvania

The sophomore defensive back snagged two interceptions in Penn's 13-6 victory over Cornell. Both interceptions were critical in preserving the Quakers' victory. Roth was part of a Penn defense that held Cornell to 178 yards on offense.

Special Teams Player of the Week—Peter Stine, Pennsylvania

The senior kicker booted a pair of field goals in the Quakers' 13-6 win over Cornell. Stine's biggest kick came in the second quarter when he booted a 46-yard field goal to give the Quakers a 10-0 advantage. Stine added a 21-yarder with 4:19 to play.

Season Preview

Last year, Navy regained the CSFL title with an unbeaten season. After losing the championship to Army on the final day of the Midshipmen defeated the Black Knights in the final game of 2004 to clinch the crown outright. The Midshipmen will miss league MVP Matt Nagle at quarterback, but there are plenty of other returning players. Trevor Garabedian-Prophet returns in the backfield to pace the offense. On defense, three all-conference performers will be back in the secondary and linebacker Ryan Engle will also be back at linebacker. Novotney will once again be a force on the defensive line.

Pennsylvania will look to build on its second-place finish from a year ago. The Quakers have several starters returning from an offense that put up over 2,500 yards of offense last season. Quarterback Mike Loguidice, running back J.T. Hutchinson and tight end David DeLoe are back at their positions in the league. They will benefit from an experienced offensive line. On defense, seniors Duncan Pelly, Nick K. Wolfson will return up front. The Quakers will be counting on several young faces in the secondary and at linebacker.

Army will be looking to win its second CSFL title in three years. The Black Knights will rely heavily on running back Nathan L. Williams, a team all-conference selection from a year ago. Several new faces will step in on offense, but the return of senior Cody Pittman will help lead the offense. On defense, senior Brandon Kennedy will return up front, while linebacker Kalen Smith is expected to have a huge impact. Lenart and Roderick Roberts lead a strong secondary.

An experienced Cornell squad should improve on its 2-4 record from a year ago. The offense returns the entire starting backfield including starting quarterback Alec Macaulay. Junior running back Michael Fullowan is one of the best offensive weapons in the league. Wide receivers also return as well as three starters on the offensive line. On defense, nine of 11 starters from 2004 are back. Tri-captain Matt Lenart lead the charge on the defensive line. Ryan Juliano, Jason Zittel and John Samuel bring experience at linebacker. The entire secondary is intact from a year ago.

Princeton is hoping to gain respectability after another winless season. The Tigers will have several new faces in the backfield including starting quarterback Dennis Bakke. Wide receiver Lon Johnson will look to build on a strong 2004 campaign, while the offensive line will be led by senior Bennett Graham. The defense will also have a new look with the loss of all-conference linebacker Matt Worley. The Tigers will look to junior Zach McKinney to stabilize the defensive line.