

## 2009 All-CSFL Honors

The Collegiate Sprint Football League has announced its all-Conference teams for the 2009 season.

Cornell had the most players on the list of first-team performers with a total of eight. Four of the Big Red first-teamers were from the offense, three came on defense and the final Cornell first-teamer came from special teams. CSFL champion Navy and Penn had a total of eight. Five of Navy's seven first-team stars came from defense. The Quakers placed three players on offense and defense along with one on special teams. Army was also well-represented on the first-team list with three players from both their offense and their defense. Princeton was represented by three first-teamers while Mansfield added one more player to round out the list. Navy had the most second-team league selections as seven Midshipmen made the cut.

Navy's Tyler Hawkins captured the league MVP award. The senior linebacker was the most dominant player throughout the season and consistently made game-changing plays. Hawkins led the CSFL in tackles with 75. It was no surprise that his greatest performance came in the most important game of the season. Hawkins led Navy to a 7-6 win over Army for the league title in the last game of the regular season by recording 17 tackles. Hawkins finished with 198 tackles in his career, which set an all-time record for the program.

CSFL League MVP: Tyler Hawkins, LB, Navy

	First Team	Second Team
OFFENSE		
QB	Todd Busler, Penn	Tim Meier, Army
WR	Ben Johnson, Army Upal Sarker, Cornell Whitman Shaw, Penn	Jojo Catrini, Navy Clarke Armatis, Penn Kees Thompson, Princeton
TE	Eric Montgomery, Navy	Matt Wetherall, Penn
RB	Rick Lentz, Army D.J. Schiavetta, Cornell Michael Bagnoli, Penn	Lucas Bailey, Mansfield Mike McLaughlin, Navy Nate Stewart, Navy
OL	Pete Rome, Army Josh Minsky, Cornell Patrick Dooley, Cornell Matt Williams, Navy Sam Gulland, Princeton	Nate Markette, Army Sam Lincoln, Cornell Jordan Clark, Mansfield Sean Ferguson, Navy Joe Portelli, Penn Nick Diberardino, Princeton
DEFENSE		
DB	Taylor Griffin, Army Evan Levy, Cornell Mike Nolan, Navy Jarred Tate, Navy	John Mackintosh, Cornell Nick Indovina, Cornell Cedric Ingram Jr., Mansfield Zzmarr Stone, Navy
LB	Bryon Girouard, Army John Park, Cornell Sam Biddle, Penn	Matt Talley, Army Carlos Cook, Army Clayton Hemminger, Cornell

Michael McMullen, Penn  
Andrew Gabriele, Princeton

Viet Vo, Navy  
Mike Schoder, Princeton

DL

Tyler Bambrick, Army  
Matt Ferrari, Cornell  
Daniel Krause, Mansfield  
Tom Hayes, Navy  
K.C. Middleton, Navy  
Zak Klinvex, Penn  
Adrian Colorusso, Princeton

Tomas Malejko, Army  
Cody Croasdale, Mansfield  
Paul Houseknecht, Mansfield  
Dorsea Palmer, Mansfield  
Mario Peia, Penn  
Kevin Zigaldo, Princeton

#### SPECIAL TEAMS

Kicker

Alex Perilstein, Cornell

David Reifenberg, Navy

Punter

Raiam Santos, Penn

Stephen Phillips, Navy

#### All-League Honorable Mentions

**Army:** Morris Marquis, Matt Rohe, Robby Mandel, Eric Shirley, Clayton Rife, Andrew Mellon, Toby Acosta

**Cornell:** Chris Laberge, Micheal Adler, Chris Lamont, Bryan Murray

**Mansfield:** Ryan Bernaiche, Micheal Wang, Trevor Mchenry, Solomon Isom, Brandon Stephens, Adam Breon, Anthony Mazzone, Eli Morgan, Aaron Blinn

**Navy:** Tyler Terronez, Brad Cash, Erik Erlandson, Denzel Reina, Jordan Foley, Ryan McLaughlin, Matt Clyncke, Cody Nissen, Brad Erickson, Joe Davis, Nick Pretty, Emery Persinger, Jeremy Harbaugh, Tim Keriazes

**Penn:** Dave Hubsher, Ben Eisenstat, Matt Manin, Shane Curry, Anthony Dibella, Jacques Beauvais, Colin Dampier, Gordon Murphy

**Princeton:** Ned Moffat, Kevin Infante, Jeremy Kent, Reid Fritz, Rob Parise, Lucas Briger, Mike Howard, John Wolfe, Robert Marsland

#### Post University to begin play in CSFL Next Year

The CSFL has accepted Post University as a new member beginning in the 2010 season.

Post, located in the suburbs of Waterbury, Connecticut, will become the seventh member of the CSFL. The school will become a probationary member next fall and will play a modified schedule.

“We are very excited here at Post University,” said Post University President Dr. Ken Zirkle. “I’ve been president here for a little over a year, but in my previous presidencies, I’ve always been involved with football programs. When I came here, we looked into the possibility of establishing something with football here.”

Zirkle was looking for the right football fit for his school. When he read an article about sprint football, he contacted CSFL Commissioner Steve Erber. Dr. Zirkle met with the commissioner in Ithaca, which led to the school’s acceptance into the league.

“The concept just fit when I came across sprint football,” Zirkle said. “It attracts good students and attracts student-athletes who are in it for the right reason. They want to get a good education, yet they still want to play football.”

Post University is a 58-acre hilltop residential campus. The academic programs at Post University are accredited by the New England Association of Schools and Colleges. Post is licensed by the State of Connecticut to grant associates, baccalaureate and master's degrees in a number of subjects.

“We are on the small side,” said Zirkle. But we’re growing. We’re in the right location. We’re not far from any of the schools in the league. I think it’s going to be a great fit.”

Post is the first addition to the CSFL since Mansfield joined in 2008. Mansfield became a full member in 2009.

### **Week 7 in Review**

The battle of unbeatens lived up to its billing. In one of the most dramatic finishes to a CSFL season, Navy scored with 1:51 remaining and beat Army, 7-6. With the Black Knights holding a 6-0 lead, Tyler Terronez threw a nine-yard touchdown pass to Brad Cash to give the Midshipmen the victory. The drive started at the Army 47-yard line thanks to a blocked punt by Tom Hayes. The Army defense was valiant in defeat, holding Navy to 86 yards of total offense. The Midshipmen finish with a perfect 7-0 record and the outright CSFL title.

Cornell picked up a win in its season finale by downing Mansfield, 31-14. The Big Red rushing attack proved to be too much for the Mountaineers as Cornell rolled up 258 yards on the ground. The win gave the Big Red a winning record, as Cornell finishes at 4-3. Mansfield closes the season at 2-5.

Penn defeated Princeton, 91-13. The Quakers had 728 yards of offense. Mike Bagnoli rushed for 144 yards and three touchdowns. Kees Thompson caught a 71-yard touchdown pass for Princeton and also ran a kickoff return back for an 87-yard score. Penn finishes its season at 4-3, while Princeton fell to 0-7 with the loss.

#### **Offensive Player of the Week—Ricky Lentz, Army**

In a game dominated by defense, Lentz was the top offensive player in the battle of the unbeatens. The senior was a workhorse for the Black Knights, carrying the ball 39 times for 121 yards against the tough Navy defense. He accounted for Army’s only points of the game with a three-yard touchdown run.

#### **Defensive Player of the Week—Tyler Hawkins, Navy**

The senior wins the award for the second week in a row after leading Navy to the CSFL title. Hawkins was all over the field for the Midshipmen as he recorded 17 tackles in Navy’s 7-6 victory. It was the fourth time this season Hawkins reached double digits in tackles. He finished the season with 75 tackles and a program-best 198 for his career.

#### **Special Teams Player of the Week—Alex Perilstein, Cornell**

The junior kicker helped the Big Red come away victorious in the final game of the season. Perilstein connected on a 42-yard field goal in Cornell’s win over Mansfield and hit all four of his extra points. Perilstein also handled the punting and kickoff duties in the victory, with one of his punts landing inside the Mansfield 20-yard line.

### **Week 6 in Review**

Army needed a late touchdown by its defense to slip past Cornell, 10-9. The Black Knights were trailing by six late in the third quarter when junior linebacker Matthew Talley returned a fumble 85 yards for a touchdown. The Army defense held Cornell to 146 yards of offense in the victory. The loss dropped the Big Red to 3-3 on the year, while Army remained unbeaten.

Navy kept pace with Army by beating Penn, 37-11. The Navy defense forced four turnovers on the night and held the powerful Penn offense to only 90 yards passing and 265 yards of offense. Navy tied the program record with its 22nd-straight victory. The streak dates back to the 2006 season. The loss dropped Penn to 3-3 on the season.

Mansfield picked up its first win in league play with a 26-14 win over Princeton. The Tigers took a 14-7 lead, but the Mountaineers scored three touchdowns in the final 17 minutes. Mansfield wore down the Tigers by holding the ball for 41:57 of the game. The Mountaineers have won two games this year, with both victories coming against Princeton.

**Offensive Player of the Week—Lucas Bailey, Mansfield**

The sophomore had 205 all-purpose yards in Mansfield's win over Princeton. Bailey did his biggest damage at wide receiver, where he caught seven passes for 71 yards. Bailey caught a pass on the Princeton three-yard line late in the third quarter that set up the tying touchdown. He also rushed for a touchdown that put the game away in the fourth quarter.

**Defensive Player of the Week—Tyler Hawkins, Navy**

The senior was all over the field in Navy's victory over Penn. Hawkins recorded ten tackles as he and his teammates held the top offensive team in the CSFL to nearly 200 yards under its season average. Hawkins now leads the CSFL in tackles and has 181 for his career. He is now 17 tackles away from tying the single-season tackles record at Navy.

**Special Teams Player of the Week—Jeff Caraccio, Army**

The sophomore punter played a key role in Army's victory over Cornell. Caraccio punted seven times for an average of 42.7 yards per attempt. On Army's first drive after taking a 10-9 lead, Caraccio helped to tilt the field in Army's favor, booting a 68-yard punt from his own 12-yard line in the fourth quarter.

## **Week 5 in Review**

Army stayed unbeaten and captured the Allegiance Bowl by blanking Mansfield, 42-0. The Black Knights took control early by jumping out to a 21-0 first half lead. Army outgained the Mountaineers, 502-177, and forced 12 punts. Mansfield was just 2-of-17 on third down conversions. Army's five wins this season is the most for the program since 2003.

Navy also remained unbeaten on the season with a 42-0 win over Princeton. The Navy rushing attack was unstoppable as the Midshipmen rolled up 494 yards on the ground. Navy finished with 579 total yards and held Princeton to 85 yards on the night. The Navy defense has posted two straight shutouts and has not allowed a touchdown over the last 14 quarters.

Cornell avenged an earlier loss to Penn this season by beating the Quakers, 27-24. The two teams battled into overtime where a field goal by Raiam Santos gave the Quakers a 24-21 lead. However, Elliot Corey scored on a four-yard touchdown run on Cornell's possession to give the Big Red the victory. Cornell rushed for 320 yards on the night and won despite a 192-yard rushing performance from Penn's Mike Bagnoli.

**Offensive Player of the Week—Benjamin Johnson, Army**

The freshman wide receiver put on a spectacular performance as Army beat Mansfield in the Allegiance Bowl. Johnson amassed 186 total yards and scored four touchdowns in the victory. He caught touchdown passes from 66, 44, and 19 yards out and also scored on a 39-yard run. He finished with 186 total yards and was named the Allegiance Bowl MVP.

**Defensive Player of the Week—John Parke, Cornell**

The senior was the difference maker on defense in Cornell's win over Penn. Parke collected 15 tackles

against the Quakers. Parke had 1.5 tackles for a loss totaling six yards. He also added a sack in the victory. Parke now has 38 tackles on the season.

#### Special Teams Player of the Week—Raia Santos, Penn

The junior kicker gets special teams honors for the second week in a row and the third time this season. Santos pinned Cornell inside its own 20 with three of his four punts. One of his punts went for 60-yards and landed on the one-yard line. Santos also caught a touchdown pass on a broken field goal attempt and kicked a 28-yard field goal in overtime.

#### Week 4 in Review

In a battle of two of the three unbeaten teams in the CSFL, Army outlasted Penn, 35-26. The two teams combined for 934 yards of total offense and exchanged the lead five different times. The Quakers led by two at the half, before the Black Knights stormed back over the final two quarters. Army is now 4-0 overall and 2-0 in CSFL play.

Navy remained unbeaten on the season with a convincing 49-0 win over Mansfield. The Midshipmen forced seven turnovers and tipped the field position throughout the afternoon. The Mountaineers were held to 146 yards of total offense and held the ball for only 23:13. The Navy offense rolled up 424 yards, with 254 coming on the ground. It was the 20th straight win for the Midshipmen.

Cornell got off to a fast start and cruised to a 44-0 victory over Princeton. The Big Red scored three touchdowns in the opening quarter. Cornell outgained Princeton, 484-95. The Big Red is now 2-2 overall and 2-1 in league play, while Princeton dropped to 0-4 on the season.

#### Offensive Player of the Week—Todd Busler, Penn

The sophomore put together an incredible performance in Penn's loss to Army. Busler threw for 429 yards, the top passing performance in the CSFL this season. He finished 27-for-42 and threw two touchdown passes, with one going for 76 yards. Busler's performance came despite a strong Army pass rush, as he was sacked six times.

#### Defensive Player of the Week—Andrew Gabriele, Princeton

While Princeton has suffered through a difficult year, the junior linebacker has put together an outstanding season. In the Tigers' loss to Cornell, Gabriele recorded a whopping 16 tackles. Two-and-a-half of his tackles went for a loss. Gabriele also picked up a sack, and now leads the CSFL in tackles.

#### Special Teams Player of the Week—Raia Santos, Penn

The junior kicker kept Penn close in its loss to Cornell. Santos was 4-for-4 on his field goal attempts against the Black Knights. One of his kicks came from 45-yards out. Santos also connected on a 40-yarder. Santos also punted four times, with one going for 48 yards and another pinning Army inside the 20.

#### Week 3 in Review

Navy outlasted Cornell in a defensive struggle, 18-13. The Midshipmen led, 6-0, at halftime and rattled off the first nine points of the second half. Both teams shut down the other's highly-touted rushing attack. Navy ran for just 28 yards while the Big Red managed only 87 yards on the ground. Tyler Terronez finished with a career high 282 yards passing for Navy.

Army also remained unbeaten by crushing Princeton, 57-0. The Black Knights put together a dominating ground game as they rushed for 316 yards. Army also held Princeton to an astonishing minus-55 yards on the ground. Army outgained Princeton, 422-3, in total yards.

Penn stayed undefeated with a 49-0 win over Mansfield. The Quakers outrushed the Mountaineers, 247-28, and jumped out to a 28-0 first-half lead. The Quakers finished with 471 yards of total offense and held Mansfield to only 47. Penn held the ball for all but 38 seconds of the fourth quarter.

**Offensive Player of the Week—Ricky Lentz, Army**

The senior rushed for a career-high 151 yards and two touchdowns on 23 carries in Army's win over Princeton. Lentz picked up 128 of his yards in the first half as he helped the Black Knights build a 37-0 halftime lead. Lentz was also named the Army Athletic Association's Athlete of the Week.

**Defensive Player of the Week—Tyler Hawkins, Navy**

The senior linebacker put together a dominating performance in Navy's 18-13 win over Cornell. Hawkins collected 18 tackles and a sack, with 1.5 of his tackles going for a loss. The 18 stops were only two shy of tying his career high against Salisbury JV on September 13th. Hawkins is now only ten tackles away from tying John Woods for the career tackles record at Navy.

**Special Teams Player of the Week—Stephen Phillips, Navy**

The senior punter tilted the field in Navy's five-point win over Cornell. Phillips punted a school record 13 times and averaged 41.5 yards per punt. Ten of his 13 punts went over 40 yards with one traveling 55 yards. Two of his punts landed inside the 20. Phillips also averaged 60.0 yards on his four kickoffs and had two touchbacks.

**Week 2 in Review**

Cornell handed Mansfield its first loss of the year as the Big Red came up with a 20-0 victory. D.J. Schiavetta put the Big Red in front early with a pair of touchdown runs. The Cornell defense put together a dominating performance and held the Mountaineers to just 61 total yards of offense. The Mansfield offense had the ball for only 19:19 of possession time.

Penn built an early lead and blew past Princeton, 57-7. The Quakers took a 33-7 lead in the second quarter as they put the game away early. The Penn offense racked up 27 first downs and 548 yards of total offense. The Penn defense forced three turnovers.

Army and Navy had the week off.

**Offensive Player of the Week—Mike Bagnoli, Penn**

The junior rushed for 172 yards and three touchdowns in Penn's victory over Princeton. His first scoring run came from 36 yards out and gave the Quakers a 13-0 lead. Bagnoli's other two scoring runs in the second quarter put the game away. Bagnoli now leads the CSFL in rushing with 399 yards in two games.

**Defensive Player of the Week—Michael McMullen, Penn**

The senior linebacker came up with one of the biggest plays of the game in Penn's rout over Princeton. McMullen forced a Princeton's fumble on the Tigers' eight-yard line and ran it in for the score, giving the Quakers a 19-0 first quarter lead. He also made five tackles and had a sack in the 57-7 win.

**Special Teams Player of the Week—Raian Santos, Penn**

The junior kicker provided a big impact in the Quaker victory over the Tigers. Santos punted twice and averaged 53-yards. He nailed a 66-yard punt and pinned the Tigers inside the 20. Santos also figured in the scoring as he booted a 39-yard field goal.

**Week 1 in Review**

Mansfield won its first CSFL league contest by downing Princeton, 33-0. The Mountaineers broke the game open with two touchdowns in the final moments of the first half. The Mansfield defense dominated

throughout the day, as the Mountaineers held the Tigers to minus-13 yards of total offense. Freshman quarterback Kode Plank completed 15-of-29 passes for 209 yards and a touchdown and did not throw an interception.

Penn came up with an impressive 20-14 road victory over Cornell. The Quakers led by seven at the half and increased their lead to 20-7 with a 90-yard touchdown drive to start the third quarter. The Penn offense was in control of the game, as the Quakers had possession for over 38 minutes. Penn's defense picked off two Cornell passes.

Navy raised its record to 2-0 with a 45-7 rout of St. Vincent JV. The Midshipmen led, 10-7, in the second quarter, but broke the game open with 35 unanswered points. The defense came up big for Navy, forcing three turnovers in the final 38 minutes. The Navy rushing attack racked up 206 yards and produced four touchdowns.

Army is also 2-0 after a 24-14 victory over RPI JV. The Black Knights put the game away in the third quarter as they jumped out to a 24-0 lead. The Army defense controlled the line of scrimmage as they held RPI to an average of 1.3 rushing yards. The Black Knights have outscored their opponents, 53-14, in their first two games.

#### Offensive Player of the Week—Todd Busler, Penn

The sophomore quarterback led his team to an impressive victory over Cornell. Busler threw for 266 yards in the win against the Big Red. He also produced three touchdowns, as he rushed for two and threw another to Mike Bagnoli. Busler directed a Penn offense that held the ball for nearly 17 minutes more than Cornell.

#### Defensive Player of the Week—Colin Dampier, Penn

Dampier had two interceptions in Penn's victory in Ithaca. He is the first player in the CSFL to record multiple interceptions this season. One of the two interceptions by the junior came in the fourth quarter and helped preserve Penn's victory.

#### Special Teams Player of the Week—Stephen Phillips, Navy

The senior helped tip the playing field in Navy's favor in their victory over St. Vincent JV. He averaged 64.7 yards per kickoff with a touchback, and 40.5 yards per punt. One of his punts landed inside the 20. The Bearcats did not start any of their 13 drives in Navy territory.

### **Season Preview**

Looking for a sports dynasty? Try looking at Navy Sprint Football. Last year, the Midshipmen won their 33rd CSFL title with a perfect 7-0 season. It was the fourth title in the last five years for Navy, and the Midshipmen appear to be the team to beat in 2009.

Navy has 32 letter winners returning. With the graduation of two-time all-league and 2007 league MVP D.J. Green, Tyler Terronez takes over at quarterback. However, a running attack that averaged a league-best 166.9 yards per game last season will once again fuel the offense. On defense, the majority of the front line and the secondary returns intact, although the loss of all-time interception leader James Campbell with hurt. There will be several new faces at linebacker, but the defense should pick up right where it left off last season.

Cornell finished 2008 with a four-game winning streak, and the Big Red hope to ride that momentum in 2009. The strength of Cornell will be its defense with eight starters returning. Linebacker John Parke will lead the way after a first-team All-CSFL season a year ago. More than half of the starters on offense have graduated, but the offensive line should be strong led by power blocker Sam Lincoln. If the offense can produce, the defense should keep Cornell in every game.

Penn also has the potential to make a run at the league title. The offense will miss first team quarterback Michael D'Angelo, but Todd Busler appears ready to step in. Busler will rely on junior running back Mike Bagnoli and senior wide receiver Clarke Armatis. The defense will be led by linebackers Michael McMullen and Sam Biddle, while the return of Jacques Beauvais. Junior Raian Dos Santos was the top punter in the league last year.

Army suffered through a disappointing 2-5 campaign in 2008, but the Black Knights are hoping to get back into contention this fall. With the loss of wide receiver Geoffrey Phillips, the CSFL MVP, there will be a greater emphasis on the ground game. Senior co-captain Ricky Lentz is expected to lead the way. The Black Knights should once again be strong defensively. Six all-league players return, including five on the front seven. The defensive line is one of the best in the league led by Tom Malejko and Andrew Mellon.

Mansfield was a probationary program in 2008, but the Mountaineers are now full members of the CSFL. Mansfield picked up one victory last season and is hoping for more in 2009. There are plenty of unknowns heading into the season for Mansfield, but the school has created a big-time atmosphere for its games. Junior quarterback Danny Moss finished strong last year and gives the Mountaineers stability at quarterback. Senior linebacker Solomon Isom led the defense with 40 tackles last season.

Princeton will be looking to bounce back after a winless 2008 season. The Tigers lost several top players to graduation a year ago, so the players should improve after taking their lumps last fall. There were still several positions up for grabs heading into the season, so most of the players on the roster should get their chance to prove themselves early in the season.