

2010 CSFL Honors Announced

The Collegiate Sprint Football League has announced its all-Conference teams for the 2010 season.

Navy and Cornell had the most players on the list of first-team performers with a total of seven. Cornell had three first-team representatives each on offense and defense as well as one on special teams. Four of the Navy first-teamers were from the offense while the other three came from the defensive side. CSFL co-champion Penn had a total of six first-teamers. Three of Penn's seven first-team stars came from offense. The Quakers also had two players on the defensive list and one on special teams. Co-champion Army was also well-represented on the first-team list with five players (three of them on offense). Princeton and Mansfield each had three first-teamers. Penn had the most second-team league selections as eight Quakers made the cut.

Penn's Mike Bagnoli captured the league MVP award. The senior running back was the top rusher in the league. He ran for 1,008 yards on 159 carries. Bagnoli also rushed for 11 touchdowns and had an average of 6.3 yards per carry. He was the focal point of a Penn offensive attack that rolled through opposing defenses on the way to a championship.

CSFL League MVP: Mike Bagnoli, RB, Penn

	First Team	Second Team
OFFENSE		
QB	Tyler Terronez, Navy	Todd Busler, Penn Tim Meier, Army
WR	Spenser Gruenenfelder, Cornell Cody Nyp, Army Whit Shaw, Penn Kees Thompson, Princeton	Tom Jeffers, Army JoJo Catrini, Navy
TE	Kaleb Kaetterhenry, Navy	Matt Wetherall, Penn
RB	Mike Bagnoli, Penn Doug Famularo, Cornell Mike Meier, Army Mike Wallace, Mansfield	Jordan Foley, Navy Paul Frederick, Mansfield John Moffat, Princeton
OL	Sean Ferguson, Navy George Gomez, Cornell Matt Manin, Penn Abe Wathen, Army Matt Williams, Navy	Adrian Colarusso, Princeton Patrick Dooley, Cornell Mike Paci, Penn Jason Landis, Army
DEFENSE		
DB	John Mackintosh, Cornell Mike Nolan, Navy Zzmarr Stone, Navy Atray Dixit, Princeton	Pyr's Carvolth, Cornell Robert Parisi, Princeton Troy Taylor, Mansfield Colin Dampier, Penn Chris Lamont, Cornell

LB	Sam Biddle, Penn Carlos Cook, Army Andrew Gabriele, Princeton Clayton Hemminger, Cornell Solomon Isom, Mansfield	Tim Dooley, Cornell Bryan Girouard, Army Zak Klinvek, Penn Ako Sayed, Mansfield Eric Shirley, Army Alex Starr, Penn
DL	Cody Croasdale, Mansfield Anthony DiBella, Penn Jeremy Harbaugh, Navy Eric Kanney, Army Kevin Schmidt, Cornell	Toby Acosta, Army Tyler Bambrick, Army Justin DiMatteo, Mansfield Paul Houseknecht, Mansfield Bobby Marsland, Princeton Gage O'Connell, Penn Emery Persinger, Navy Luke Pye, Navy
SPECIAL TEAMS		
Kicker	Alex Perilstein, Cornell	Adiran Montecinos, Navy Raia Santos, Penn
Punter	Raia Santos, Penn	Jeff Caraccio, Army Mike Delong, Navy

All-League Honorable Mentions

Army: JP Cooper, Ben Johnson, Mark Maley, Jamal Olatunde, Javier Sustaita

Cornell: Eric Baranek, Joe Bright, Elliot Corey

Mansfield: Ben Anderton, Kevin Baker, Jordan Clark, Cedric Ingram, Andrew Licwinko, Matt Maciejewski, Anthony Mazzone, Trevor McHenry, Elijah Morgan, Jake Myers, Kevin Valentine, Blaine Wainwright, Michael Wang

Navy: Brandon Beckler, Vince Debenedetti, Erik Erlandson, Cartwright Hall, DJ Hooper, Julian Jerzerick, Darren McElroy, Cody Nissen, William Parker, Viet Vo, Brendon West, David Williams, Wayne Worthington

Penn: Jordan Colbert, Matt Cuccinelli, Shane Curry, Andrew Donald, Mark Dziemianowicz, Marcus Goodwin, David Hubsher, Jack Miller, Chris Nagle, Freddy Ordonez, Ted Rawlings, Joe Squadron

Princeton: Alex Bingaman, Lawrence Diao, Ben Foulon, Mike Howard, Brett Leibowitz, John Wolfe, Richard Youngblood, Kevin Zigliadlo

Week 8 in Review

Army grabbed a share of the CSFL title by holding off Navy, 32-30. The Black Knights jumped out to a 32-17 lead in the game. The Midshipmen cut the lead to two with a late touchdown but were stopped on a two point conversion try. The Black Knights won despite giving up 437 yards in the game. It was Army's first win over Navy since 2003, the last year that Army won a league title.

Penn earned its share of the league crown with a 70-0 blowout win over Princeton. The Quakers put the game away early with a 28-point second quarter. Penn outgained Princeton, 632-193, and racked up 410 rushing yards. It is the fourth sprint championship for Penn and the first for the program since 2000.

Cornell wrapped up its season with an impressive 45-14 win over Mansfield. The Big Red scored on its first three possessions. Michael Wallace rushed for 131 yards for the Mounties in the loss. Cornell finishes with a record of 5-2, while Mansfield dropped to 2-5.

Offensive Player of the Week—Mike Bagnoli, Penn

The senior running back led his team to a share of the CSFL title with a spectacular rushing performance. Bagnoli rushed for 266 yards on 23 carries and scored four touchdowns in his team's victory. Bagnoli's longest touchdown run came from 62 yards out. The performance put him over the 1,000 yard mark for the season.

Defensive Player of the Week—Eric Shirley, Army

The senior linebacker made the biggest play of the season in Army's win over Navy. Shirley intercepted a Navy pass on the Army 27-yard line with five seconds remaining as the Black Knights captured a share of the CSFL title. Shirley also had seven tackles in the victory.

Special Teams Player of the Week—Alex Perilstein, Cornell

The senior kicker capped off an outstanding career with another impressive performance. Perilstein kicked a 30-yard field goal and booted four extra points in Cornell's win over Mansfield. Perilstein also punted three times for a total of 129 yards and placed two of his punts inside the 20.

Week 7 in Review

Army moved into a first-place tie in the CSFL with a 36-21 victory over Penn. The Quakers scored all 21 of their points in the second quarter before being shut down by the Army defense in the second half. The Black Knights racked up 543 total yards while holding Penn to 248 for the game. It was the first loss of the season for the Quakers.

Navy joined the three-way logjam atop the CSFL standings with a 31-12 victory over Cornell. The Midshipmen put the game away early, as they jumped out to a 24-0 lead after three quarters. The victory moves Navy into a three-way tie with Penn and Army atop the CSFL. Cornell lost its second straight game after starting the season at 4-0.

Mansfield picked up its second win of the year, as the Mounties held off Post, 7-6. The Eagles were driving in the closing seconds, but Troy Taylor intercepted a pass in the end zone with two seconds remaining. Kevin Valentine caught what proved to be the game winning touchdown pass late in the first half.

Princeton had the week off.

Offensive Player of the Week—Tyler Terronez, Navy

The senior quarterback lit up the Cornell defense in Navy's win over the Big Red. Terronez went 25-of-44 and threw for a career high 331 yards and four touchdowns. His four TD passes were the most by a Navy QB since James Olsen threw for five scores in a 62-15 win over Penn on Oct. 28, 2005. Terronez threw TD passes to four different receivers and completed passes to 11 different teammates.

Defensive Player of the Week—Solomon Isom, Mansfield

The senior linebacker was the difference maker in Mansfield's victory over Post. Isom led the way with ten tackles, and two of his tackles helped preserve the victory. Post drove inside the 10-yard line in the last four minutes, but Isom helped hold the Eagles to minus-six yards on six plays.

Special Teams Player of the Week—Lamar Simmons, Army

The senior running back made a huge impact in the return game during Army's win over Penn. Simmons returned three kickoffs for 94 yards as he tilted the field in Army's favor. His longest return went for 44 yards. Simmons was able to put the Black Knights in excellent field position throughout the game.

Week 6 in Review

Penn moved into sole possession of first place in the CSFL by beating Cornell, 17-12. The Quakers jumped out to a 14-0 lead and held the Big Red out of the end zone throughout the game. Cornell lost despite picking up 24 first downs and outgaining Penn, 309-178. Penn is now the only unbeaten team in the CSFL.

Navy recorded its highest point total since 2007 in a 67-0 blowout win over Princeton. The Midshipmen outgained the Tigers, 537-27. Navy scored 55 points in the second and third quarters combined. The Midshipmen went to 4-1 on the season, while Princeton fell to 0-6.

Army and Mansfield had the week off.

Offensive Player of the Week—JoJo Catrini, Navy

The senior wide receiver helped Navy make quick work of Princeton. He set the tone early by catching the first two touchdown passes of the game. The second TD catch came from 28 yards out. Catrini finished with five catches for 59 yards in the victory.

Defensive Player of the Week—Gage O'Connell, Penn

The senior linebacker led the way for Penn in its win over Cornell. O'Connell finished with 11 tackles in the victory. With less than ten seconds remaining, Cornell was on the Penn seven-yard line, but O'Connell and Zak Klinvex came up with a sack to seal the game for the Quakers.

Special Teams Player of the Week—Alex Perilstein, Cornell

The senior placekicker came up with a strong performance in Cornell's loss to Penn. Perilstein accounted for all of Cornell's points with four field goals. His longest field goal came from 35-yards out. Perilstein also punted in the game and placed one punt inside the 20-yard line.

Week 5 in Review

Navy picked up an easy victory by downing Mansfield, 45-0. It took just 2:36 early in the game for the Midshipmen to build a 21-0 lead. The Navy defense held the Mountaineers to a total of -9 yards on the ground and a total of just one yard on 40 plays in the victory.

Army dominated Princeton for four quarters and rolled past the Tigers, 55-0. The Black Knights were strong on both sides of the ball as they outgained Princeton, 521-10. Army's offense was paced by a strong ground game that racked up 303 yards. The Black Knights are now 3-1, while the Tigers dropped to 0-5.

Cornell and Penn had the week off.

Offensive Player of the Week—Michael Meier, Army

The junior running back paced Army's strong rushing attack in its win over Princeton. Meier rushed for a game-high 103 yards and one touchdown on 13 carries. Meier averaged 7.9 yards per rush and did not lose yardage on any of his carries. He now has 207 rushing yards on the season.

Defensive Player of the Week—Zzmarr Stone, Navy

The junior defensive back helped the Midshipmen put Mansfield away early. Stone recorded his league-leading fourth interception and returned it 34 yards for a touchdown. Stone finished the game with three tackles, including one sack for a six-yard loss, and one pass break-up.

Special Teams Player of the Week—Adrian Montecinos, Navy

The freshman kicker was perfect during Navy's win over Mansfield. Montecinos hit all six extra-point attempts as well as a 21-yard field goal as time expired in the first half. He is now 5-of-5 on the season with his field goal attempts.

Week 4 in Review

Cornell won a battle between two CSFL unbeaten teams as the Big Red topped Army, 20-10. The turning point of the game came in the second quarter when Cornell rattled off 17 points. The Big Red won despite being outgained by the Black Knights, 343-208, but Army committed ten penalties in the game.

Penn remained unbeaten on the season with a 27-14 victory over Mansfield. After giving up the first touchdown of the game, the Quakers rattled off 27 unanswered points. The Mansfield defense played well in defeat, allowing only 278 yards of offense by Penn. The loss drops Mansfield to 1-3 on the season.

Princeton lost a hard fought, 33-18 decision to Post. The Tigers pulled to within eight in the third quarter, but the Eagles held the Tigers off the scoreboard in the final period. Post outgained Princeton, 430-226. It was the first win of the year for Post, while the Tigers fell to 0-4.

Navy had the week off.

Offensive Player of the Week—Michael Wallace, Mansfield

The freshman running back put together an outstanding performance in Mansfield's loss to Penn. Wallace set a school record by rushing for 144 yards on 14 carries. Wallace got off to an electrifying start as he rushed for a 90-yard touchdown to open the scoring. It was the second straight 100-yard performance for Wallace.

Defensive Player of the Week—Tim Dooley, Cornell

The junior linebacker dominated throughout the game against Army. Dooley was the team's top tackler and also forced three turnovers. He had 14 stops in the game, forced two fumbles, and also picked up an interception. Two of Dooley's tackles went for losses.

Special Teams Player of the Week—Alex Perilstein, Cornell

The senior kicker picks up the special teams honor for the third week in a row. Perilstein accounted for eight of the Big Red's 20 points. He booted field goals from 32 and 33 yards out and kicked a pair of extra points. Perilstein also punted 11 times for 401 yards, with his longest going 52 yards.

Week 3 in Review

Penn ended Navy's 25-game winning streak by topping the Midshipmen in the Allegiance Bowl, 24-14. The Quakers trailed by four heading into the fourth quarter, but outscored the Midshipmen, 14-0, in the final period. Navy hurt itself by committing ten penalties resulting in losses totaling 95 yards. Penn dominated the time of possession, holding the ball for 48:30.

Mansfield prevailed in a defensive struggle against Princeton as they downed the Tigers, 10-6. Michael Wallace set a school record with the longest run from scrimmage as he raced 57-yards for a touchdown on the opening drive for the Mounties. The Mansfield defense limited the Princeton rushing attack to 81 yards. The win evens Mansfield's league record at 1-1.

Cornell held off a strong challenge from Post before pulling away for a 22-14 victory. Cornell trailed, 14-9, before scoring 13 unanswered points in the final quarter. The Big Red outrushed the Eagles, 221-23. The two teams combined to go only 1-for-13 on third down conversions as both defenses came up big throughout the contest.

Army had the week off.

Offensive Player of the Week—Doug Famularo, Cornell

The junior running back was a workhorse in Cornell's victory over Post. Famularo rushed for 159 yards on

28 carries and accounted for both Big Red touchdowns. His first touchdown came on a 13-yard pass reception, while his second came on a 37-yard run that put the game away in the fourth quarter.

Defensive Player of the Week—Anthony DiBella, Penn

The sophomore defensive lineman made one of the biggest plays in recent CSFL history. DiBella picked up a fourth quarter sack in the Quakers' win over Navy that resulted in a fumble recovered for a touchdown. DiBella finished with two sacks and six tackles. Three of his tackles resulted in losses.

Special Teams Player of the Week—Alex Perilstein, Cornell

The senior kicker wins the award for the second week in a row. Perilstein connected on three field goals from 34, 39 and 42 yards out. He finished with ten total points as he added an extra point. Perilstein also punted six times for 221 yards with one of his punts going for 60 yards.

Week 2 in Review

Cornell held off a challenge from Princeton before pulling away for a 33-12 victory. The underdog Tigers cut the Big Red lead to seven just before halftime, but the Big Red pulled away in the second half with 20 unanswered points. The Cornell defense shut down the Princeton ground game, holding the Tigers to just eight rushing yards.

Army put together a strong performance and blew past Mansfield, 57-8. The Black Knights rolled up five touchdowns in the second quarter, with two coming from the defense. Mansfield was held to only 165 total yards of offense. The Army defense forced six turnovers.

Penn ran its record to 2-0 with a 42-14 win over Post. The Quakers dominated on the ground with 230 rushing yards, while Post collected only 16 rushing yards. The Penn defense recorded five sacks, while the offense rolled up 23 first downs. It was the first game of the season for Post.

Navy had the week off.

Offensive Player of the Week—Todd Busler, Penn

The junior quarterback led his team to victory over Post with both his arm and his legs. Busler threw for 210 yards and two touchdowns. His touchdown strikes came from 82 and 50 yards out. Busler also ran for one touchdown in the victory. He led the Quakers to a 440-yard offensive performance.

Defensive Player of the Week—Carlos Cook, Army

The senior linebacker led the Black Knights to a victory over Mansfield. Cook recorded seven tackles (six unassisted) with three of his tackles going for losses. Cook also picked up a touchdown on a 33-yard interception return and added a sack in the victory.

Special Teams Player of the Week—Alex Perilstein, Cornell

The senior kicker accounted for 14 of Cornell's 33 points in its win over Princeton. In addition to two extra-points, Perilstein converted four field goals from distances of 23, 22, 40 and 27 yards out. He also kicked off seven times for an average of 49.7 yards and punted three times for an average of 21.7 yards.

Week 1 in Review

Cornell picked up a hard-fought, 23-15 victory over Mansfield. The Mounties jumped out to an early 7-0 lead before the Big Red rallied for 23 straight points. The Cornell defense was strong throughout the game,

holding Mansfield to 162 total yards. The Big Red offense came through in the clutch, going 3-for-4 in the red zone and 3-for-5 on fourth down conversions.

A fast start propelled Penn to a 48-12 victory over Princeton. The Quakers took a 21-0 lead after one quarter and put the game away in the second half. The Quaker defense forced four turnovers, with one resulting in a touchdown on an interception return by Colin Dampier. Kees Thompson caught a 75-yard touchdown pass for Princeton in the loss.

Navy collected a pair of non-league victories in the first week of the regular season. The Midshipmen defeated Frostburg State, 24-0, and rolled past Catholic JV, 44-6. Navy rolled up 586 yards of offense in the win over Catholic JV. The Navy defense was on display against Frostburg as the Midshipmen picked off six passes. Navy has not lost a game since 2006.

Army also picked up a non-league victory by downing RPI, 34-26. The Black Knights broke open a 20-20 game in the third quarter with a pair of touchdowns, with Ben Johnson hauling in a 95-yard TD catch to put Army up by 14. The Army offensive line was strong, as the Black Knights did not allow a sack throughout the game.

Offensive Player of the Week—Ben Johnson, Army

The junior wide receiver put together an incredible performance in Army's victory over RPI. Johnson hauled in four catches for 156 yards. One of his catches went for a 95-yard touchdown on the play that broke open the game for the Black Knights. Johnson leads the CSFL in receiving yards after one week of play.

Defensive Player of the Week—Solomon Isom, Mansfield

The senior linebacker was all over the field as he nearly led the Mounties to an upset over Cornell. Isom registered 13 tackles in the loss. He also recovered a fumble and returned it 37-yards for a touchdown on the opening drive of the game. Isom returned after tearing his ACL last season.

Special Teams Player of the Week—Adrian Montecinos, Navy

The freshman kicker made history during Navy's win over Catholic JV. Montecinos connected on three field goals, becoming the seventh kicker in Navy sprint history to boot three field goals in one game. He added another field goal in the victory over Frostburg State and was also 8-for-8 on extra points combined in two games.

Season Preview

It has been four years since Navy last lost a Sprint Football game. The Midshipmen have no intention of ending their winning streak anytime soon. Last year, the Midshipmen won their 34rd CSFL title with a perfect 7-0 season. It was Navy's third consecutive unbeaten campaign. As Major Mitch Maury takes over as head coach, he will lead a team that is once again the favorite to win the CSFL crown.

Navy racked up 212 points last season and could improve on that total in 2010. Tyler Terronez returns at quarterback after throwing for 943 yards last fall. There is also a balanced rushing attack with Marty Meehan and Jordan Foley. On defense, six starters from a team that gave up only 50 points last fall return. The Midshipmen will rely on linebacker Viet Vo, who was second on the team in tackles last season.

After losing a heartbreaking 7-6 season finale to Navy last year, Army is hoping to break through this season and wrestle the CSFL title away from their rivals. Graduation took its toll on the Army backfield last season, so quarterback Tim Meier will be counted on in a season in which the passing game will be the key for the Black Knights. There is plenty of experience on defense, led by linebackers Bryan Girouard and Carlos Cook. However, the defense lost a pair of players who each had four interceptions.

Cornell is coming off its fourth straight winning season and the players are hoping last year's third place finish will propel them into contention this season. The Big Red have a dual threat at quarterback with senior Elliot Corey returning. Corey accounted for over 1,000 yards combined rushing and receiving. There will, however, be plenty of changes after graduation took away several key members of a strong offensive line. The defense appears to be strong with an experienced front line and an outstanding group of linebackers led by Clay Hemminger and Prys Carvolth. Add to the mix a strong secondary and the Big Red defense should be one of the best in the league this season.

Penn also has the potential to make a run at the league title thanks to its high-powered offense. The Quakers averaged 468 yards per game last year and will once again be led by quarterback Todd Busler, who set the school record with 1,682 yards. His top target will likely be Whit Shaw, who accumulated 886 yards in receiving a year ago. Two-time CSFL rushing leader Mike Bagnoli. The strength of the defense lies in the front line. Senior Sam Biddle leads the way after recording 63 tackles last season.

Youth will be severed at Mansfield after a strong recruiting escapade in the off-season. The top prize may be quarterback where Ian Smith arrives after passing for a school-record 1,483 yards and 16 touchdowns in his final year of high school football. Hunter Geedy is expected to step in at running back after a senior season of high school ball in which he rushed for 782 yards and 12 touchdowns. Several other recruits are expected to make a huge impact on the defensive line and linebacker positions.

Princeton continues to try to find a winning formula after another winless season a year ago. There will be many new faces on both sides of the ball, but the glue of the Tigers is linebacker Andrew Gabriele. The senior was one of the top tacklers in the CSFL last fall as he finished second in the league in stops with 71. Sophomore Ned Moffat could be the man under center this season as the Tigers look for a new quarterback.