



Cycling Team

Trexlerstown, PA

The track cycling team returned to West Point late Saturday night with fourth place Nationals medals hung proudly around their necks. The team traveled to Trexlertown, Pennsylvania on Wednesday night and competed at the Lehigh Valley Velodrome in the three day National Collegiate Track Cycling Championships. The team consisted of nine members: Firsties Kelsey Hassin and Joe Perez, Cows James Thornton and Stacie Burak, Yearlings Armando Peralta, Greg Keith, Brian Tsien, Nick Garcia and Brenden Siekman, and Coach COL Bastianelli. Team members participated in every event at Nationals. The men competed in the 4000 meter and 1000 meter time trials, as well as the 200 meter sprints, mens point race, and mens team pursuit. The women competed in the 3000 meter and 500 meter pursuits as well as the 200 meter sprints and womens point races. The team also fielded an Italian (co-ed) Pursuit Team. The Army Italian Pursuit team consisted of team members Perez, Peralta, Garcia, Keith, Hassin and Burak, placed 12th. The Men's Team Pursuit--including Perez, Keith, Garcia and Seikman, placed 12th. Notably, Stacie Burak placed 20th in the Women's 3000 meter time trial, and Kelsey Hassin placed 15th in the Women's Point Race. Despite having a young team, West Point was able to compete at a high level and perform well. The team is looking forward to even greater success next year and the opportunity to take home the gold for the Army.



Equestrian Team

West Point NY



At the IHSA Western Shows this Saturday, the West Point Equestrian Team took two first places and one second place. The team rode great, coming back from a second place finish in the first show to beat out Centenary College, Sacred Heart, and Stevens. The team finished in first place overall in the region in Western.

Outstanding Individual Cadet Accomplishments:

Fifteen first place ribbons and sixteen second place ribbons were won this Saturday by the team throughout the three shows. Raquel Rascon finished as high point rider in the region in one show and reserve in the other two by winning three first places and one second place. Other members with outstanding performance were: Kim Cowan (2nd), Corinne Noble (2-2nd), Aryn Davis (2-1st, 2nd), Jessica Huggins (2-2nd), Laura Ramsey (1st, 2nd), Sabrina Szabo (2-1st), Stephanie Whitaker (2-2nd), Reggie Woronowicz (1st, 2nd), Liz Constantino (2nd), Kalen Larsen (2-1st, 2nd), Naomi Fuhrman (1st), Mariel Gallante (2-2nd), Christine Jordan (1st), Christine Thebaud (2-1st), Phil Mercadante (2nd).



Paintball

Wilkes Berre PA

At the EMR semi-annual Castle Conquest paintball game, the West Point Military Simulation paintball team demonstrated their best performance in action in over two years. The team task organized themselves into two distinct squads, subdivided into two fire teams. Under the overall command and control of CDT Podojil, the team lead the charge against a heavily defended castle and successfully completed the first penetration of the castle wall. Ultimately the team spearheaded the fall of the castle in 52 minutes, breaking the fields all time record. Numerous veteran paintball players, who were familiar with West Points past performance, openly discussed the teams sudden and measurable improvement. By days end, upwards of 20 non-West Point affiliated players attached themselves to the West Point team following them around the playing field, knowing that they were in the company of a winning team.



Rugby Team (Women)

West Point, NY

1st XV West Point 89, Yale 0 26 September 2009 Anderson Rugby Complex Try Scorers: Sylvia Thomas (Team CPT) 4, Scotia Peterson 3, Jessica Sexauer 2, Marie Timm, Kayla Orvik, Barbara Lodwick, Sharron Gianessi, Alexandra Bradshaw, Penalty Try Conversion: Marie Timm 6-12, Emily McCarthy 1-3 Penalty Kicks: None taken Match Notes: The players were a bit sluggish to start. I believe it had a lot to do with the fact they did not expect much of a game from Yale. Team Captain, Sylvia Thomas, did a fantastic job of getting her team refocused at the half and play improved from there. Individual skills will be a focus this week. Poor passing led to missed opportunities, and that will cost us against a better opponent. Next Match: Providence College, 4 OCT 2009, 1400 KO, Anderson Rugby Complex



Triathlon Team

White Plains NY



WEST POINT TRIATHLON dominates 2009 Westchester Triathlon. On 27 September, 17 members of the West Point Triathlon Team traveled down to Rye, New York to take part in the 25th annual Westchester Triathlon, one of the premier Olympic distance races in the Northeast. Despite a constant rain which made for soggy and a treacherous course, nothing could dampen the cadet's spirits or performances. Led by strong efforts from first year team members, West Point Tri took 11 of the possible 12 podium spots for their age groups. In the Women's 20-24 Age Group, Erica Triebenbach, H3 started off her firstie year campaign in style by taking first with a time of 2:42:16. Mary-Beth Worth, 2011, D2, used a strong swim to propel her to the 3rd place finish. This would be the only age group in which the team did not sweep the podium. In only their second race, plebes Sarah Haight, E3, and MacKenzie Vaughn showed that their potential in the sport of triathlon is unlimited. Both top X-Country runners in high school, they survived the 1500 meter swim across the stormy Long Island sound before crushing their competition on the bike and run. Sarah finished in 2:44:44 with MacKenzie just behind in 2:48:02. Shaye Haver, E3, also in just her second race, was strong across all three disciplines enroute to a third place showing. The tri team men were equally impressive. Drew Webster, B4, used a blazing bike spilt to finish 3rd overall out of 824 amateur athletes. Mark Freeman, A2, had a breakthrough race, finishing just outside the overall podium and winning the 20-24 age group. Nate Pendleton, E2 smoked the swim enroute to second in the age group, while plebe Tommy Daniel, E1 ran a 38.27 10K run to finish third. Romy Murr (E2), Dan Livolsi (C3), and Adam Leemans (F4) practically lapped their competition in the 16-19 age group. Romy finished 11th for all amateurs with a 2:21:21.



Despite the horrid weather conditions, Dan and Adam set personal bests in several disciplines to help West Point sweep the podium. By finishing first in their age group, Erica Triebenbach, MacKenzie Vaughn, Romedy Murr, and Mark Freeman qualified for the legendary Escape from Alcatraz triathlon to be held May 30, 2010. The race will be televised nationally on NBC.



Triathlon Team

Augusta GA

While the majority of the West Point Triathlon Team was racing at Westchester, a select group of three athletes migrated south to compete in Augusta Ironman. As part of the Ironman 70.3 series, Ironman Augusta consisted of a 1.2 mile swim, a 56-mile bike, and a 13.1 mile run.



This race also served as one of the qualification races for the Ironman World Championships to be held on 14 November in Clearwater, Florida. Simply put, Cadet Ashley Morgan, G4, had the race of her life and

demonstrated that she is among the elite young Tri-athletes in the world. Using a 1:28:46 half marathon (6:46/mile), Ashley dominated her age group, and finished 2nd among all amateur female athletes. Had Ashley been racing as a professional, she would have finished 9th. Andy Stock, G2, set a personal and team best for 2009 by finishing the half-ironman distance in 4:25:32. His race was highlighted by a 2:27 bike split in which he averaged 23 mph. However, earning a 3rd place for his age group, Andy missed a World Championship qualification by one spot. Despite this disappointed, Andy should be commended for an absolutely outstanding race. Rob Sherry, D1, continued to show himself to be a compete tri-athlete, solid in all disciplines and distances. Robs bike split was almost equal to Andy's and he fought through a challenging run course to a 4:48 finish time. Four team members and one OR will represent West Point, the Army, and the United States in Clearwater November 14th. The race will be televised nationally on NBC, although the exact time of the broadcast is still to be determined.



Water Polo Team

New York City NY

This weekend was a great success. We first played against RPI which was used as platform to work out the minor faults of our game. The next game against Columbia, we used a new press defense that shut down most of Columbia's team. Although we didn't capitalize on all of our opportunities, we showed intensity throughout the whole game in a tough 9-10 loss. The game against NYU was a huge success. We again used our press defense which shut down NYU, but we also capitalized on counter attacks which resulted in most of our 19 goals in the win. We repeated the same game plan against Hamilton College, which led us to another victory 18-8. For future games our focus will be on improving passing, awareness, and consistency with our press defense. We left our first league tournament with a 3-1 record and a lot of momentum to carry us into the second half of the season.