Moore Field House sees major renovations

By Lily Dalton
Contributor



PHOTO | LILY DALTON

New weightlifting equipment fills the renovated weight room inside Moore Field House.

For student-athletes who consider the Moore Field House a second home, the changes are hard to miss.

The changes are part of an approximately $765,000 renovation of the weight room, indoor track and athletic training room floor. These areas had not received a major update in over a decade.

"We hadn't touched the weight room in probably 12 years," said Joe Hines, SCSU associate director of athletics and coordinator of athletic facilities. "The floor has been original since 1996, same as the track; it was definitely overdue."

The old platforms, logos and track that once filled Moore Field House are gone. In their place are a fresh track, new flooring, a paint job and spacious lifting platforms.

NCAA athletes, club athletes and recreational athletes filter through the Field House daily.

"For the past few years, as our athletic department has grown, I noticed that although it was always a safe environment to train in, it felt a little bit crammed in here," Strength and Conditioning Coach David Hashemi, said.

The previous weight room had raised lifting platforms, old branding and unnecessary equipment; the layout made the space less functional.

With the renovations, athletes now train on breathable rubber flooring and inlaid

Olympic-style platforms. The room's equipment has also been rearranged, with dumbbells and other equipment moved, creating a more functional floor plan.

"I flipped the room and did a mock-up, and it fit perfectly, based on the drawing," Hashemi said. "Once the contractors came, chalk-lined the space, and verified it to scale, they put the room together, and we showed up, and we were like, 'Wow, it actually really works.'"

The track also received a refurbishment after more than 30 years of continuous use began to take a toll on its surface.

"The track floor itself was wearing down; it was past its time, and it got to the point where it was almost dangerous," Hines said.

What began as an idea discussed for nearly a year and a half became a reality as renovations began the second week of June.

Although several delays pushed back the original timeline, the weight room is now open, while work on the track is nearing completion and is expected to reopen soon.

The renovations were funded in part by a football alumnus, with the remaining costs covered by the athletic department.

"Most of the money spent in here was a generous gift from an alumnus, Mike Katz, '66. He played football here and then played for the New York Jets and was a very successful entrepreneur," Hashemi said. "Mike would always say to me that he wanted to leave a gift to the school, so the flooring is what we decided on."

Hashemi shared how the renovations not only provide current student-athletes with improved facilities but also send a stronger message to prospective athletes about the university's commitment to its athletic programs.

"It makes me feel proud to be a part of this community, and proud that Southern can make these upgrades that the athletes are happy with," business marketing major Gianna Denis, a sophomore, said.

For Denis and many others, the importance of the renovation goes beyond the new flooring and equipment layout, as it reflects the university's dedication and pride in its athletic teams.



PHOTOS | LILY RAND

Women's field hockey team gather on the sideline during their game at Jess Dow Field on Sept. 23.

Women's field hockey fall short against Pace University

By Emma Gonzalez
Contributor

After a long-fought battle, the field hockey team fell 5-2 against Pace University on Sept. 23.

This is the second consecutive NE10 loss for the Owls, leaving the season score at a 3-4.

The Owls managed to push and had a couple of breakthroughs during the game but were ultimately unable to get ahead of Pace.

"It's always very hard," Head Coach Kelley Frassinelli said. "We've been doing a lot of good work, and I think that tonight we just weren't making the connections that we normally make."

Pace had an early start to the game, scoring once in the first quarter, then adding to that advantage with a second score in the second quarter.

Although given four penalty corners in the second quarter, the Owls were unable to find that goal.

In the third and fourth quarters, the energy shifted, the Owls regaining momentum, which led them to make some good passes and reaching Pace's goalpost more frequently.

"I knew they were going to come out hard and play with their bodies, I just knew we needed to work as a unit," middle Kyla Hart-Perron, a senior, said.

Despite giving up a third goal in the third quarter, the Owls finally found a breakthrough when middle Isabella Taylor, a junior, made a 30-yard pass through traffic to forward Keana Criscuolo, a junior, who was at the front of the goal and scored, closing the gap to a 3-1.

"One big thing is that they didn't give up," Frassinelli said, "you know you're in a game and yeah, the score matters, but it's how you play that game."

In the beginning of the fourth quarter, Criscuolo found an opportunity to shoot at the goal, which ended up just a bit wide.

Pace managed to score two more goals in the fourth quarter, one defensively blocked by Hart-Perron before being hit into the back of the net only moments later.

Towards the end of the game, Criscuolo was able to score a second goal for the Owls, this being her ninth season goal, and her fourth game this season scoring multiple goals in a game.

"It felt really nice to score the second goal; I think it showed the team and helped the team know that it's not over until the clocks finished," Criscuolo said.

Even with the strong finish, there was not enough time for the Owls to bounce back and defeat Pace.

"There's a lot to learn from this game, a lot of the technical things that we have to clean up and work on for our next game, we're going to see them again this season, so hopefully we have a different outcome with that," Criscuolo said.

The Owls were determined and still have time this season to apply what they have learned from matches like this to future games.

"It's not failure, it's learning," Frassinelli said, "what we learn from this and how we go to the next thing, one big thing is that they didn't give up, and that's huge."

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Midfielder Avery Vaccaro, a sophomore, controls the ball during a game at Jess Dow Field on Sept. 23.



Midfielder Isabella Taylor, a junior, battles a Pace University player during the game.