Swim and Dive teams look for success

By Avery Martin
Contributer

For the university swim and dive teams, winning is nothing new.

The men's team are reigning three-peat NE10 conference champions as the women's team won four in a row. They each hope to extend their streak in early 2025.

"We have a really good program. They've been training extremely well. We have a lot of depth. There's certainly a lot of newer talent in the water, so we're excited about what the possibilities could be like in February at our conference championship," Head Coach Tim Quill said.

Quill is optimistic about the season, noting high expectations and rigorous practices are key parts of the championship mentality built at the university.

Swimmer Paola Castillo, a junior, said the previous years' wins motivate the team to push for another title.

"It's a motivator. We know what we can do. We trust in our work, and we trust in our team. I think we can go far with that, and that means getting another championship title," Castillo said.



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Men and women's swim and dive teams celebrate winning the 2024 NE10 Conference Championship.

A key part of this year's team will be the freshmen.

Swimmers Aralyn Vogel, Reina Loiacano and Sierra DuCharme, freshmen, are already contributing for the women.

Swimmers Lukas Bijleveld, James Custer, Eric Fortney, Richie Hall, Austin Roney and Elliot Speckhard, freshmen, have all shown promise on the men's side.

Quill expects that all will continue to improve throughout the season to help bring the Owls another win in February.

"They're certainly going to be factors, they've already shown that in the first few meets. We are looking forward to seeing what improvements they make," Quill said.

The team has had almost exclusively non-conference meets thus far, competing against Division I schools such as the University of Connecticut and Fairfield University, NE10 foe Adelphi University and recently defeated Worcester Polytechnic Insitute, a Division III school.

Castillo said that her teammates are already showing progress.

"We're already hitting some top times. I know it's pretty early on, but a lot of us have improved from previous years. Our incoming class looks strong, and our returning class's also look strong," Castillo said.

For those returning this year, there are high expectations. Swimmer Molly Kennedy, a sophomore, was a standout star as a freshman last year. She took home seven gold medals and said that this year, the pressure is on to maintain those results.

"Last year, I pulled a lot for the championship." Kennedy said.

For more on this story visit thesouthernnews.com



A female swimmer competing vs. Adelphi University.



The Owls stand together for the national anthem prior to their meet vs. Adelphi University.



A male swimmer competing vs. Adelphi University.

Transfers look to adjust

By Matt Cain
Contributer

The men's basketball team is ushering in a new era this season with a fresh crop of talent looking to make their mark.

With a mix of new faces and experienced returners, the Owls are poised to build on the foundation laid in previous seasons while also embracing a revamped roster.

The question for fans, coaches and players: how will these new additions impact the team's performance and goals for the year?

"Playing fast and the right way: that's the best style of basketball you can play," guard Isaac Hester, a sophomore, said.

After a disappointing loss in the first round of the national tournament last season, the Owls went back to the drawing board and picked out what seem to be more complementary players for the system.

Hester played his freshman season of basketball at New Jersey Institute of Technology. Transferring to the university this summer, he will look to have an immediate impact.

Throughout the first three games of the season, Hester has come up with multiple clutch defensive plays, as his defensive presence will be key this season.



PHOTO | SCSUOWLS.COM

Guards Albert Vargas, a junior, and Isaac Hester, a sophomore, flex on media day.

The Owls already have forward Cherif Diarra, a junior, protecting the rim, and with Hester, the Owls can be a defensive powerhouse.

Hester is one of five transfers. Forward Jack Margoupis, a sophomore, transferred from a Division I school, the University of Albany. Making the change was easy for him, but joining a new system can create a learning curve.

"The play style is very much different. Here, defense is emphasized, and the offense is free flowing," Margoupis said. "At Albany, we ran more set plays. Here, the coaches want to hear what the players have to say."

Margoupis appeared in 19 games at the University of Albany, showing great offensive and defensive promise.

Margoupis will look to take a big step forward this year. The Owls are lacking in size, so this was a great pickup from Head Coach Scott Burrell. Burrell, who is faced with a tough task this year, is optimistic and clear about the goals and expectations for this year.

"In the portal, we are looking for someone who's hungry, who has been tested, and someone who is eager to play," Burrell said.

With new faces adding to the depth of the team, the returners will have a significant role on the team.

For more on this story visit thesouthernnews.com

Sports Recap Nov. 11-17

By Dillon Flanigan
Sports Editor

Football:

They traveled up to Springfield, Massachusetts and defeated American International College 50-21 for the second time this season, ending with a 4-6 regular season record for the second season in a row.

The Owls set the tone early with the run game through running back E'Lijah Gray, a senior, had 23 carries for 145 yards, scoring all three of his touchdowns in the first half.

Running back Shawn Martin, a senior who took a majority of the snaps in the fourth quarter, scored his first offensive touchdown this season on a 61-yard run.

Wide receiver Luke Gadson, a senior, led the air attack with nine receptions on 112 yards and a touchdown, as quarterback Keith Ridley Jr., a graduate, had a stellar day.

While playing in his final collegiate game, Ridley was 21-35 for 219 yards with a passing and rushing touchdown.

The defense combined for three sacks as linebacker Brayden Rossi, a sophomore, had a scoop and score, and safety Joenel Figueroa, a junior, collected his second interception of the season.

Men's Basketball:

The team made their 10+ hour round trip drive to Colchester, Vermont to take on Saint Michael's College where they opened NE10 play with a 88-73 win on Saturday, Nov. 16.

Forward Antonio Chandler, a senior, had a breakout game with one block, one steal, 13 rebounds and 25 points, as guard Sean James, a senior, continues his early season dominance in 36 minutes with one steal, six rebounds, eight assists and 21 points with six three-pointers.

Women's Basketball:

Like the men's team, the women defeated Saint Michael's College 77-65 to open NE10 play on Wednesday, Nov. 13.

With two free throws by guard Maya Henry, a junior, the Owls took a 45-34 halftime lead.

By the end of the game, forward Katie Williamson, a graduate, had one assist, two blocks, six rebounds and 20 points, but her performance was shadowed by guard Delaney Haines, a senior, who totaled one block, one steal, two rebounds, three assists and 25 points with five three-pointers in 40 minutes.

The team was also 12 of 14 from the free throw line.

On Saturday, Nov. 16, the Owls took a short trip down Interstate 95 to the University of Bridgeport where they defeated the Purple Knights 59-48 to remain undefeated at 4-0.

Though facing an 0-3 team, the Owls were 4-23, shooting poorly from beyond the arch, as their 17-19 free throw completion success was enough to win the game.

Guard Hope Fox, a junior, finished with two assists, four steals, seven rebounds and 16 points.

Williamson, Haines and Fox each had double-digit point totals; the Owls held the only two Purple Knights to double digits with 10 points each.

Volleyball:

The Owls fell 3-0 on the road to Adelphi University on Nov. 12 and Saint Anselm College on Friday, Nov. 15.

They ended their regular season with a record of 4-21 and 2-7 in the NE10.

In Tuesday's match, outside hitter Raegen Emery, a graduate, led the team with 10 kills, as setter Madi Roar, a sophomore, had 10 assists.

Though, in the regular season finale, right-side hitter Sydney Bennett, a junior, had six kills, Emery had nine digs and Roar had 14 assists.

Men & Women's Swim & Dive:

On Friday, Nov. 15, the women's team won their second straight meet with a score of 131.50-91.50 to Worcester Polytechnic Institute, as the men's team picked up their first win on the season 139-102.

All information has been provided by SCSUOwls.com