



# Join the tradition of excellence.

Athletic success is part of SUNY Cortland's DNA. Home to one of the most storied programs in Division III, Cortland offers state-of-the-art facilities, respected coaches and academic majors that prepare students for fulfilling lives after college. Most student-athletes on these teams are recruited from across New York state and the country.



131 national championships earned by Red Dragon teams and individual athletes

**650** student-athletes who compete across 25 men's and women's teams

#### ID YOU KNOW?



Cortland boasts NCAA Division III team titles in nine sports — the second-highest total nationally.



### MEN'S

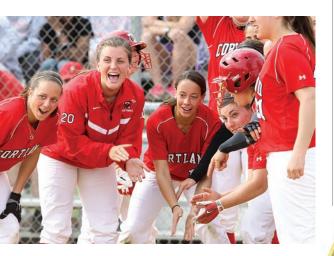
Baseball
Basketball
Cross Country
Football
Ice Hockey
Lacrosse
Soccer
Swimming and Diving
Track and Field
(Indoor and Outdoor)
Wrestling

### WOMEN'S

Basketball
Cross Country
Field Hockey
Golf
Gymnastics
Ice Hockey
Lacrosse
Soccer
Softball
Swimming and Diving
Tennis
Track and Field
(Indoor and Outdoor)
Volleyball

## Strength in numbers

Cortland is home to a medium-sized campus and a Division III athletics program where Red Dragons have excelled for generations. The proof is in the numbers.



#### winning percentage for baseball coach Joe Brown

→ Among coaches with at least 10 years of experience in any division in college baseball, Brown has the highest percentage.

#### team national titles earned across 10 different sports

→ Past champions include men's lacrosse, women's soccer, women's outdoor track and field, women's cross country, women's indoor track and field, men's cross country, field hockey, women's lacrosse, baseball and men's gymnastics.

final score of the first-ever Women's Collegiate National Soccer Championship game in 1980

→ Cortland defeated the UCLA Bruins.



**Red Dragons named to the SUNY Athletic Conference** Commissioner's Academic Honor Roll in 2019-20

→ Student-athletes who maintain at least a 3.30 grade point average are recognized.

career sacks across four seasons in the NFL for former Cortland defensive lineman R-Kal Truluck

→ Truluck played for the Kansas City Chiefs, Green Bay Packers and Arizona Cardinals.





#### years finishing in the Top 25 of the NACDA Learfield/ **IMG Directors' Cup since 1996**

DIRECTORS' CUP

→ The award measures all-around athletic success among approximately 450 Division III institutions.

#### first-place finishes in the SUNY Athletic Conference **Commissioner's Cup standings**

 $\rightarrow$  The cup is awarded for overall sports excellence.

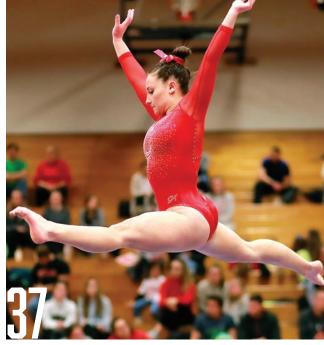


#### UFC ranking in the bantamweight division for Aljamain Sterling '12

→ The SUNY Cortland two-time All-American wrestler earned the distinction in Summer 2019.







#### national Academic All-Americans



→ Biology major and gymnast Emma Schulz was honored in 2019-20.

#### 3-pointers made by women's basketball guard Beth Bonin in 2019-20 — a program record

→ Named to two All-America teams, Bonin also was recognized as SUNYAC Player of the Year and the D3hoops.com East Region Player of the Year.

#### people attended the Cortaca Jug, our annual football rivalry game against Ithaca College, in 2019

→ The game was hosted at MetLife Stadium in New Jersey and set the all-time Division III attendance record.





#### **EXPRESS YOUR RECRUITING INTEREST**

→ As a Division III program, SUNY Cortland does not award scholarships for athletics. However, most Red Dragon student-athletes have excelled in high school or junior college before being recruited by a head coach or assistant coach.

#### Prospective student-athletes can follow these tips:

- Visit cortlandreddragons.com to learn more about a specific team.
- Fill out an online interest form or contact a member of the coaching staff.
- Consider attending an identification clinic or camp if one is offered in your sport.

**Learn more** → cortlandreddragons.com







## MEN'S TEAMS

Cross Country	Steve Patrick	607-753-4945	steve.patrick@cortland.edu
Football	Curt Fitzpatrick	607-753-5711	curt.fitzpatrick@cortland.edu
Soccer	Steve Axtell	607-753-4958	steven.axtell@cortland.edu
WINTER			
Basketball	Tom Spanbauer	607-753-4906	thomas.spanbauer@cortland.edu
Ice Hockey	Joe Cardarelli	607-753-4990	joe.cardarelli@cortland.edu
Indoor Track/Field	Steve Patrick	607-753-4945	steve.patrick@cortland.edu
Swimming/Diving	Brian Tobin	607-753-5709	brian.tobin@cortland.edu
Wrestling	Brad Bruhn	607-753-5718	brad.bruhn@cortland.edu
SPRING			
Baseball	Joe Brown	607-753-4950	joe.brown@cortland.edu
Lacrosse	Steve Beville	607-753-4993	steve.beville@cortland.edu
Outdoor Track/Field	Steve Patrick	607-753-4945	steve.patrick@cortland.edu

## **WOMEN'S TEAMS**

Indoor Track/Field Swimming/Diving	Steve Patrick Brian Tobin	607-753-4945 607-753-5709	steve.patrick@cortland.edu brian.tobin@cortland.edu
Ice Hockey	Rick Filighera	607-753-5445	richard.filighera@cortland.edu
Gymnastics	Sulekha Modi Zaug	607-753-4999	sulekha.zaug@cortland.edu
Basketball	Jacey Brooks	607-753-5788	jacey.brooks@cortland.edu
WINTER			
Volleyball	Erin Glickert	607-753-4992	erin.glickert@cortland.edu
Tennis	Tom Spanbauer	607-753-4906	thomas.spanbauer@cortland.edu
Soccer	Heidi Axtell	607-753-5715	heidi.axtell@cortland.edu
Golf	Mike Discenza	607-753-4940	michael.discenza@cortland.edu
Field Hockey	Tiffany Hubbard	607-753-5706	tiffany.hubbard@cortland.edu
Cross Country	Steve Patrick	607-753-4945	steve.patrick@cortland.edu
FALL			

#### SPRING

Kelly Orr	607-753-4846	kelly.lickert-orr@cortland.edu
Molly O'Donnell	607-753-5712	molly.odonnell@cortland.edu
Steve Patrick	607-753-4945	steve.patrick@cortland.edu
	Molly O'Donnell	Molly O'Donnell 607-753-5712

## ATHLETICS DEPARTMENT

#### **Athletics Department**

Director of Athletics **Senior Associate Director of Athletics Associate Director of Athletics Assistant Director of Athletics** 

#### 607-753-4953

Mike Urtz Tom Cranfield **Courtney Wormuth** Jaclyn Lawrence

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# Home of the **Red Dragons**

Cortland's Division III teams enjoy facilities that serve as a model for institutions across the country. Park Center houses offices for the Athletics Department and its coaches. A major renovation of its façade was completed in 2019. Red Dragon teams compete nearby.





#### **WALLACE FIELD**

→ baseball

Features of this field (pictured top left) include seating for 600 spectators, a press box, dugouts, outdoor batting cages, a nearby indoor batting cage and a turf infield added in 2019. The postseason finishes on the outfield fence are a testament to the team's success over the past 25-plus seasons, which includes a national title in 2015.

#### **ALUMNI ARENA**

→ ice hockey

Located in Park Center, this facility (pictured left) saw renovations in 2019. The arena, which seats up to 2,500 fans, hosts external skating and hockey events in addition to SUNY Cortland's Commencement ceremonies in the spring.

#### **HOLSTEN POOL**

→ swimming and diving

This six-lane, 50-meter pool in Park Center (pictured bottom left) features a state-of-theart timing system and seating for up to 1,500 people. The 15-foot diving area includes two 1-meter boards, two 3-meter boards and an underwater viewing deck.

#### **STADIUM COMPLEX**

→ football, field hockey, lacrosse, outdoor track and field, soccer

Opened in 2002, the complex (pictured left) includes two artificial turf fields: Red Field, which seats 6,500 people, and White Field, which holds 1,500. Both have lights for night contests. This facility also hosts many high-profile local and statewide sporting events.



The Stadium Complex serves as the championship site in girls lacrosse and girls soccer for the New York State **Public High School** Athletic Association.



#### **LUSK FIELD HOUSE**

→ indoor track and field, indoor practice for various sports

This 40,000-square-foot athletic facility (pictured above) houses a four-lane indoor track. Protective netting creates a practice area for the lacrosse, baseball and softball teams. This building also accommodates courts for basketball, volleyball and badminton for physical education majors.



#### **TENNIS COURTS**

→ women's tennis

Constructed in 2015, this complex (pictured above), located adjacent to the Student Life Center, offers 16 courts and seats 200 people.

#### **HOLLOWAY FIELD**

→ soccer

This natural grass field, which serves as a competition site for Cortland soccer, completed a renovation in 2019. It features lighting for night games and seating for 1,000 spectators.

#### **DRAGON FIELD**

bullpen areas and outdoor batting cages

These two grass fields serve as alternate

playing surface to

Holloway Field.

The C-Club Hall

of Fame, located

includes 276 alumni

in Park Center.

and 31 honorary

members.

sites for Cortland soccer. They were formerly used by the NFL's New York Jets Recent major construction during their summer training camp in projects brought Cortland from 2009-14. a new exterior to **Park Center and** 

**JETS FIELD** 

→ soccer

#### **COREY GYMNASIUM**

→ basketball, volleyball, women's gymnastics, wrestling

This full-size arena located in Park Center (pictured below) includes bleacher seating on both sides for up to 3,500 fans. The court has access to locker rooms, showers and a training room. It also has welcomed national tournaments in several sports.





Seating for 400 fans, a press box, dugouts, constitute this field. Strong postseason finishes decorate the outfield fence.



## **SPORT CLUBS**

→ There are many alternatives for students who want to get involved without the demands of an NCAA program. Clubs are offered across three levels: instructional, recreational and competitive. All are led by students and receive limited funding. Some hold tryouts and play against other institutions.



#### **ACTIVE CLUBS**

Baseball Basketball (men's and women's) Cheerleading Cortland Dance Company Danceworks D.R.A.M.A. Equestrian Field Hockey Figure Skating Golf Gymnastics Ice Hockey (men's and women's) Jiu Jitsu Kickline Lacrosse (men's and women's) Outdoor Adventure PyroDynasty Step Club Ritmo Latino **Rock Climbing** Roller Hockey Rugby (men's and women's) Soccer (men's and women's) Softball Swimming Tae Kwon Do Tennis Ultimate Frisbee (men's and women's) Volleyball (men's and women's)

**35** active sport clubs

**1,200** participants

#### DID YOU KNOW



Sport clubs have access to a professional athletic trainer who can help when treating an injury.

#### JOIN THE CLUB ... OR START A NEW ONE

→ Expectations, commitments and fees vary. While some clubs will hold tryouts for roster spots, many will not. All active organizations are required to hold an interest meeting early in the fall semester. Meeting times are published online.

## Students interested in joining a sport club can follow these tips:

- Visit cortland.edu/sport-clubs to learn more about different opportunities.
- Fill out an online interest form or contact the club advisor.
- To express interest in starting a new club, contact Matt Nuesell, assistant director of recreational sports for intramurals and sport clubs, at matthew.nuesell@cortland.edu.







**Learn more** → cortland.edu/sport-clubs

FRIENDS. FUN.

FITNESS.

**RECREATIONAL SPORTS** 

**INTRAMURALS** 

**Programs span three categories:** weekly leagues, single-day competitions and late-night events. Most leagues and singleday competitions are offered at competitive and recreational levels. Late-night events provide an active outlet on weekends along with free food and drinks. Champions can earn T-shirts and bragging rights across all activities.

*Learn more* → cortland.edu/intramurals









#### INTRAMURALS

Commonly offered activities include:

#### **LEAGUES**

Basketball Broomball Flag Football (Indoor and Outdoor) Floor Hockey Soccer (Indoor and Outdoor) Softball Volleyball

#### **LATE-NIGHT EVENTS**

Broomball Dodgeball Real-Life Mario Kart Volleyball

#### SINGLE-DAY COMPETITIONS

**5K Road Races** Badminton Basketball Skills Bowling E-Sports Golf Home Run Derby Kan Jam Table Tennis Weightlifting

**32** intramural opportunities

15,000+ participants across all events annually



Unique activities include a home run derby, doubles golf tournament, weightlifting meet and competitions for Madden and NBA 2K.



# Step outside your comfort zone.

## **OUTDOOR PURSUITS**

Students of all ability levels are encouraged to explore the outdoors and pursue adventure through this area located in the Student Life Center. Regular opportunities often include:

**ADIRONDACK TRAIL BLAZERS:** This weeklong program before the fall semester builds friendships among new students and introduces them to the outdoors.

**CLIMBING WALL:** Basic and advanced clinics, as well as competitions, are offered at our 42-foot climbing wall. First-time climbers can be trained in only 15 minutes.

**TRIPPING PROGRAM:** Individual trips take place every weekend, spanning a few hours or several days. Activities include hiking, paddle-boarding, bike riding, cross-country skiing, snow tubing and skydiving.

**OUTDOOR GEAR RENTAL CENTER:** More than 1,000 items are available to rent for a fee, including kayaks and canoes, camping equipment and cross-country skis.

**CORTLAND BIKE PROJECT:** Students can check out a bicycle one week at a time for free or rent one for the semester. Mountain bikes also can be rented for trail use.







## DID AUII KNUMS



Every year Outdoor Pursuits offers a spring break trip to a national park. Past trips include the Grand Canyon in Arizona, Joshua Tree in California and Zion in Utah.

**100**+ trips Outdoor Pursuits has led

**50** bicycles students can rent for free



#### **Admissions Office**

Miller Building, First Floor P.O. Box 2000 Cortland, NY 13045-0900 607-753-4711 cortland.edu/admissions

#### **Athletics Department**

Park Center, Room 2101 607-753-4953 cortlandreddragons.com

#### **Recreational Sports Office**

Student Life Center, Room 1201 607-753-5585 cortland.edu/recsports



