

A group of athletes in red jerseys are celebrating, holding a trophy. The trophy has a plaque that reads "2021 DIVISION III REGIONAL CHAMPION". The background is a blurred outdoor setting.

THIS IS

RED DRAGON PRIDE

**2021-22 GUIDE TO
NCAA DIVISION III
ATHLETICS AND
RECREATIONAL SPORTS**

SUNY
Cortland



ONE TEAM

ONE FAMILY

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.



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



131 national championships earned by Red Dragon teams and individual athletes

650 student-athletes who compete across 25 teams

DID YOU KNOW?



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

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.



786

winning percentage for baseball coach Joe Brown
→ Brown has the highest winning percentage among active coaches with at least 10 years of experience n college baseball.

25

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.

5-1

final score of the first-ever Women's Collegiate National Soccer Championship game in 1980
→ Cortland defeated the UCLA Bruins.

268

Red Dragons named to the SUNY Athletic Conference Commissioner's Academic Honor Roll in 2020-21
→ Student-athletes who maintain at least a 3.30 grade point average are recognized.

8

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.



22

years finishing in the Top 25 of the NACDA Learfield/IMG Directors' Cup since 1996
→ The award measures all-around athletic success among approximately 450 Division III institutions.



17

first-place finishes in the SUNY Athletic Conference Commissioner's Cup standings
→ The cup is awarded for overall sports excellence.

NO. 1

UFC ranking in the bantamweight division for Aljamain Sterling '12, as of Summer 2021
→ The SUNY Cortland two-time All-American wrestler took home the title belt in March 2021.



7

District Academic All-Americans
→ Four-time selection, Kelly O'Gorman, also earned the SUNYAC Scholar Athlete of the Year Award in 2021.



1.73

meters, or 5 feet, 8 inches — the high jump made by graduate student Aubrianna Lantrip at the NCAA Division III Women's Outdoor Track and Field Championships
→ Lantrip's performance tied for second place nationally, tied the school record in the high jump and earned All-America honors.

45,161

people attended the Cortaca Jug, our annual football rivalry game against Ithaca College, in 2019
→ The game was hosted at MetLife Stadium in and set the all-time Division III attendance record.





GET IN THE GAME

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

FALL			
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

FALL			
Cross Country	Steve Patrick	607-753-4945	steve.patrick@cortland.edu
Field Hockey	Tiffany Hubbard	607-753-5706	tiffany.hubbard@cortland.edu
Golf	Mike Discenza	607-753-4940	michael.discenza@cortland.edu
Soccer	Heidi Axtell	607-753-5715	heidi.axtell@cortland.edu
Tennis	Tom Spanbauer	607-753-4906	thomas.spanbauer@cortland.edu
Volleyball	Erin Glickert	607-753-4992	erin.glickert@cortland.edu
WINTER			
Basketball	Jacey Brooks	607-753-5788	jacey.brooks@cortland.edu
Gymnastics	Sulekha Modi Zaug	607-753-4999	sulekha.zaug@cortland.edu
Ice Hockey	Rick Filighera	607-753-5445	richard.filighera@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
SPRING			
Lacrosse	TBD		wlax@cortland.edu
Softball	Molly O'Donnell	607-753-5712	molly.odonnell@cortland.edu
Outdoor Track/Field	Steve Patrick	607-753-4945	steve.patrick@cortland.edu

ATHLETICS DEPARTMENT

Athletics Department	607-753-4953	julie.randall@cortland.edu
Director of Athletics	Mike Urtz	mike.urtz@cortland.edu
Senior Associate Director of Athletics	Tom Cranfield	tom.cranfield@cortland.edu
Associate Director of Athletics	Courtney Wormuth	courtney.wormuth@cortland.edu
Assistant Director of Athletics	Jaclyn Lawrence	jaclyn.lawrence@cortland.edu



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-the-art 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.



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.

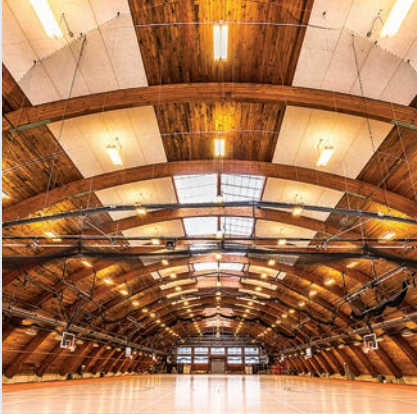
HOLLOWAY FIELD
→ *soccer*

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
→ *softball*

Seating for 400 fans, a press box, dugouts, bullpen areas and outdoor batting cages constitute this field. Strong postseason finishes decorate the outfield fence.


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.

JETS FIELD
→ *soccer*

These two grass fields serve as alternate sites for Cortland soccer. They were formerly used by the NFL’s New York Jets during their summer training camp in Cortland from 2009-14.

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.



INSPIRED *and* INVESTED

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 partial funding. Some hold tryouts and play against other institutions.

Learn more → cortland.edu/sport-clubs



ACTIVE CLUBS

TEAM SPORTS

- Baseball
- Basketball (women's)
- eSports
- Field Hockey
- Golf
- Ice Hockey (men's and women's)
- Lacrosse (men's and women's)
- Roller Hockey
- Rugby (men's and women's)
- Soccer (men's and women's)
- Softball
- Ultimate Frisbee (men's and women's)
- Volleyball (men's and women's)

PERFORMANCE-BASED SPORTS

- Cheerleading
- Cortland Dance Company
- Danceworks
- D.R.A.M.A.
- Kickline
- PyroDynasty Step Club
- Ritmo Latino

ADVENTURE, SKILL-BUILDING AND MARTIAL ARTS

- Equestrian
- Figure Skating
- Gymnastics
- Jiu Jitsu
- Outdoor Adventure
- Tae Kwon Do
- Tennis

33 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.



FRIENDS. FUN. FITNESS.

INTRAMURALS

Programs span three categories: weekly leagues, single-day competitions and late-night events. Most leagues and single-day 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

Fall

- 4-on-4 Basketball
- 4-on-4 Volleyball
- Outdoor Soccer
- Flag Football

Spring

- Arena Football
- Indoor Soccer
- 6-on-6 Volleyball
- Broomball
- 5-on-5 Basketball

SPECIAL EVENTS

Fall

- Turkey Trot
- Kan Jam Tournament
- Ping Pong Tournament
- Whiffle Ball Home Run Derby

Spring

- Basketball Pong Tournament
- Golf/Disc Golf Closest to the Pin Contest
- NFL Combine
- Mario Kart Tournament

17 intramural opportunities

15,000+ participants
across all events annually

DID YOU KNOW?



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 program before the fall semester helps new students build friendships 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 just 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 YOU KNOW?

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



THE HOME OF REC SPORTS

This \$56 million facility opened in 2015 as a national standard for campus recreation, providing a place where students can work out or relax with friends from early morning until late at night. Activity spaces include:

- Running track
- Golf simulator
- Climbing wall
- Gaming area
- Multi-purpose courts
- Group exercise rooms



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



cortland.edu/follow

