



First Touch

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THE NEWSLETTER OF FROSTBURG STATE UNIVERSITY MEN'S SOCCER

- IN THIS ISSUE -

2009 SEASON REVIEW

FSU JOINS CAC

GOODBYE '08 SENIOR CLASS

ALUMNI NEWS

FSU IN COMMUNITY

2009 SCHEDULE

2008 TEAM AWARDS

2008 ALL-AMCC TEAMS



Coming off a 14-5-1 record along with a second place finish in the AMCC and another post-season appearance in the ECAC Tournament, Coach Byrnes' Bobcats are hopeful that 2009 may be the year that they reach the AMCC finals. However, they will have to replace two All-Conference seniors in Adam Gracia and Jay Herford. Gracia was a four-time All-AMCC recipient and the 2008 AMCC Player of the Year, while Herford was a two-time All-AMCC selection as a goal-keeper and is now playing in the United Soccer League's second division for the Harrisburg City Islanders.

The offense will most likely be led by seniors Sean Jones and Ricky Marchant. Jones was a First Team All-AMCC selection and led the team in assists (7) and recorded a career-high nine goals. Marchant, in his first year of collegiate competition, earned Second Team All-AMCC honors and was second on the team with 10 goals. Senior Steve Jacobsen will be looked upon to use his experience to help bolster the Bobcat attack. Jacobsen comes off his best season, in which he scored four goals and two assists.

The midfield will return two starters other than Jones. Senior Alex Super will hope to be back in form after coming off summer surgery on his broken foot. Super, the main ball winner in the midfield, played in 18 games last season and started 14. Big things will be expected from sophomore Jason King. After recovering from an early season injury, King split time between playing midfield and forward.

The strength of this year's team will be the back-line. All four starters will return to a defense that recorded 10 shutouts and boasted a 0.73 goals against average. Senior captain and Second Team All-AMCC performer Greg Bistany will anchor the back line. Bistany's center back partner Jamie Flewellyn should be a seasoned veteran now as a sophomore after starting 19 games his freshman year. Another senior, Michael Foucault, will be asked to be more attack minded from his outside back position along with the combination of Anthony Tossounian and Michael Bowers on the opposite side. Tossounian started the first eight games before going down with a season-ending knee injury last season. Senior Michael Bowers stepped in and held down the spot without missing a beat. Having both players back will add depth and even more experience to the Frostburg defense.

One of the question marks for this year's team will be in goal. Transfers Stephen Cavallo and Andrew Bentley will be competing with freshman Abiye Jack to see who will be the Bobcats main goalkeeper in 2009. Cavallo will be coming from Warren Wilson College, N.C., where he started seven games last season for the Owls. Bentley, a former youth National Champion for the Casa Mia Bays, has played two seasons at Bryant Stratton College in Syracuse, N.Y.

A handful of new players will be looked upon to contribute right away for the Bobcats. Sophomore transfer Mike Bistany, who came to FSU in the spring with Bentley, should be a key component of the Bobcat midfield. Freshmen Dillon Muise (Clarksburg, HS), Shawn Baker (Brunswick, HS) and Mark Eiseman (Sherwood, HS) all have premier club experience and should adapt to the college game rather quickly. Muise, an All-State selection, will most likely see time as an attacking player, whether it's on the flank or up top. Baker, who has played multiple positions, will also be asked to bolster the front line. Eiseman will come in and use his size to add another ball winner to the middle of the field.

FSU JOINS CAPITAL ATHLETIC CONFERENCE

Frostburg State University has accepted an invitation to become a member of the Capital Athletic Conference, it was announced by FSU President Jonathan Gibraltar and Capital Athletic Conference Commissioner Tom Byrnes. Frostburg will become an official member of the league on July 1, 2010, and start athletic competition that fall.

FSU will join the eight other members of the CAC, including fellow Maryland state institutions Salisbury University and St. Mary's College, as well as Hood College and Stevenson University in Maryland, York College in Pennsylvania, Marymount University and University of Mary Washington in Virginia and Wesley College in Delaware.

"Entry into the CAC represents a new era for Frostburg State Athletics that will improve our competitive-ness and expand our range of sports," Gibraltar said. "In addition, the schools that represent the CAC are in our recruitment area, making it easier for FSU to attract student-athletes and for their families to watch their sons and daughters participate in intercollegiate athletics. We will miss the AMCC. It is an outstanding, competitive conference, but this is best for our students."

The Bobcats compete in 13 of the AMCC's 14 championship sports, but will compete in 18 of 19 sports in the CAC. That includes three Frostburg teams - field hockey, women's lacrosse and its renewed men's lacrosse team - that will find a conference after having to compete as independents. Frostburg fields 21 NCAA Division III varsity sports teams.

The Capital Athletic Conference, which is celebrating its 20th year in existence, is a coalition of four-year, co-educational institutions that promotes intercollegiate athletic competition among schools located in geographic proximity that have similar educational and athletic philosophies.

"The Capital Athletic Conference Board of Directors is thrilled to offer CAC membership to Frostburg State University, an institution that not only fits our philosophical make up but also offers a highly competitive array of intercollegiate athletic teams," CAC President Sean Sullivan said. "The Bobcats joining CAC competition is a winning situation. The CAC further enhances its level of play on the field with yet another successful program, and FSU is able to join a like-minded athletic conference that frequently makes waves at the national level. It's a fantastic match!"

2008 TEAM AWARDS

The men's soccer team would like to congratulate the following individuals who received one of the 2008 season's team awards.

Team MVP – Adam Gracia

Offensive MVP – Adam Gracia

Defensive MVP – Jay Herford

Gilbert Gray Award – Matt Parsons

Bobcat Award – Danny Hutchins



Left to Right: Hutchins, Parsons & Gracia

2009 FROSTBURG STATE



SCHEDULE

Date	Opponent	Time
Sept. 2	Bethany (W.Va.)	7:00 p.m.
Sept. 4	vs. Alvernia *	2:30 p.m.
Sept. 5	vs. Cabrini/Polytechnic *	3:00/5:30 p.m.
Sept. 8	Waynesburg	6:00 p.m.
Sept. 11	at Shenandoah	7:00 p.m.
Sept. 16	at Franklin & Marshall	7:00 p.m.
Sept. 19	at Penn State Behrend +	3:00 p.m.
Sept. 21	at St. Vincent	4:00 p.m.
Sept. 26	at Albright	2:00 p.m.
Sept. 29	Penn State Altoona +	7:00 p.m.
Oct. 3	at Medaille +	8:00 p.m.
Oct. 7	at Pitt-Greensburg +	4:00 p.m.
Oct. 10	Hilbert +	7:30 p.m.
Oct. 13	Mt. Aloysius +	7:00 p.m.
Oct. 17	at D'Youville +	3:00 p.m.
Oct. 20	La Roche +	4:00 p.m.
Oct. 24	Pitt-Bradford +	3:00 p.m.
Oct. 27	at Franciscan +	3:00 p.m.
Oct. 31	AMCC Tournament	TBA
Nov. 11	NCAA Tournament	TBA

Home Matches in Bold

* Cabrini Tournament

+ Allegheny Mountain Collegiate Conference Opponents

ALUMNI NEWS

Alumni Game - The 2009 Alumni game is scheduled for Saturday, Aug. 29, at 2:00 p.m. We have gone to an earlier start to allow more time for everyone to get together and re-connect after the game. The participation numbers have increased each of the last few years and will hopefully continue to do so. Even if you can no longer run up and down the field like you once could, it's okay to come up and just hang out and socialize. There is always plenty of room on the bench for more coaches!

Homecoming - Homecoming and Leadership weekend is scheduled for Oct. 16 - 18. Unfortunately, we will be away for a match in Buffalo against D'Youville College on those dates. Our game time is at 3:00 p.m., so we are expecting a late arrival back to FSU, but hopefully, we will be back in time to catch up with anyone who made it up for the weekend.

Fundraising - I would like to thank everyone that participated in the Athletics phone-a-thon this past spring. As a department we spent several nights trying to reach out to our alumni to re-connect and ask for your continued support. If you didn't get a call this time around, hopefully, we will be able to reach you during the next phone-a-thon.

For those that don't know, athletics is funded through student fees and contributions. We do not receive any money from the state of Maryland. Our fundraising efforts are very important to each team and to the department as a whole. Your continued financial support is appreciated so much and required for us to continue to give our student-athletes the best athletics experience they can imagine here at Frostburg State University.

To make a gift to athletics, please call Leslie Reed at the Office of University Advancement at 301-687-4162. You can also visit www.frostburg.edu and click on "Make a Gift" in the upper right-hand side of your screen. You can also choose to make a gift specifically to the Annual Fund, which supports our most critical needs, such as financial aid, leadership programs and student on-campus jobs.

Weekly updates/Blog - We hope to once again keep everyone up to date on FSU soccer news through our weekly e-mails. If you would like to receive these updates and have not in the past, please send your e-mail address to kbyrnes@frostburg.edu and I'll make sure you are added to the list. We are also looking into starting a weekly FSU soccer blog that will have all our FSU soccer news. We will keep you posted on that as well.

FSU IN THE COMMUNITY

The Bobcats are proud to continue their tradition of helping out their local community.

In the winter, several members of the team participated in the Special Olympics at WISP. This has become a nice tradition for the team the last three seasons and each year the participant levels have increased. A good time is had by all as they get to enjoy a day of skiing and snowboarding, while helping the athletes get to their race courses.

During the spring semester, the team participated in the annual Relay for Life event on the FSU campus. There were 818 participants who signed in for the event, 59 teams and many people who came to support the cause. At one point, it is estimated that there were 1,000 people present for Relay for Life. The unofficial number of funds raised by the FSU community for the American Cancer Society is \$41,999.21.

Also during the spring semester, the team helped organize and run their second annual "Kickin Diabetes" indoor soccer tournament at the Cumberland YMCA. The event held on May 2 helped raise close to \$1,000 for the American Diabetes Association.

The FSU men's soccer team would like to thank the FSU soccer alumni and several local teams that participated in this charity event, where all the proceeds went to the ADA. Special thanks go out to Robert Wise and Nathan Kish as the organizers of the event and the Cumberland YMCA for the use of their facilities. The men's soccer team would also like to thank the referees, Joe Enright, Phil Van NewKirk and Ron Petrella, who generously donated their time to this cause.



2008 ALL-AMCC TEAM

First Team

Reuben Jolo	F	Jr.	La Roche
Ahmad Salim	F	Sr.	Penn State Behrend
Steven Duran	F	So.	Franciscan
Alexander Rouse	F	Jr.	Medaille
Gary Boughton	M	Jr.	Medaille
Adam Gracia	M	Sr.	Frostburg State
Toby Abdul Raziq	M	Fr.	Pitt-Bradford
Sean Jones	D	Jr.	Frostburg State
Jocab Reisdorf	D	Sr.	Medaille
Kendell McFayden	D	Jr.	Medaille
Dustin Walker	G	Jr.	Penn State Behrend

Second Team

Austin Meier	F	Fr.	Medaille
Ricky Marchant	F	Jr.	Frostburg State
John James	F	So.	La Roche
Mike Seth	M	Sr.	Penn State Behrend
Josh Teti	M	So.	Penn State Behrend
Tim Morris	M	Jr.	Penn State Altoona
Jordan Hoffay	D	So.	Penn State Behrend
Josh Meier	D	Jr.	Medaille
Greg Bistany	D	Jr.	Frostburg State
Will Gray	D	Jr.	Penn State Altoona
Jay Herford	G	Sr.	Frostburg State

Honorable Mention

Jeremy Graham	F	So.	Penn State Altoona
Mike Gabor	F	Sr.	Hilbert
Nick Giffen	F	Fr.	Penn State Altoona
Kurt Raymond	M	Sr.	La Roche
Goran Rashan	M	Sr.	La Roche
Rich Hopewell	M	Jr.	Penn State Altoona
Patrick Zelko	M	So.	Medaille
Dalibor Bradaric	D	So.	La Roche
Adam Minnaugh	D	Sr.	La Roche
Brent George	D	Jr.	Pitt-Bradford
Ryan Goetell	G	Fr.	Medaille

Newcomers of the Year

Toby Abdul-RaziqPitt-Bradford
Alexander Rouse Medaille

Co-Player of the Year

Adam Gracia **Frostburg State**

Coach of the Year

Keith Byrnes **Frostburg State**

2008 SENIOR CLASS

The Bobcats say goodbye to two highly decorated seniors, classmates Jay Herford and Adam Gracia.

Jay was FSU's starting keeper his junior and senior years and played significant minutes late in the season and in the playoffs of his sophomore year. Jay played in 51 games, starting 46 of them, and has a career goals against average of 1.20 with 15 shutouts. This year Jay had a 0.77 goals against average with seven shut-outs and helped the Bobcats to a 15-4-1 record and NSCAA Mid-Atlantic regional ranking. Jay was a two-time captain and earned honorable mention All-AMCC honors as a junior and second team honors his senior year. Currently Jay is playing for the Harrisburg City Islanders in the USL.

Adam made a major impact on the Bobcat program since his freshman year. Adam started in 75 of his 76 games, he was named First Team All Mid-Atlantic Region by the NSCAA in 2008 and Third Team All Mid-Atlantic Region by *D3Kicks.com* in 2007, he has been an All-AMCC recipient every year, including a first team selection the last two seasons, and capped that off with the 2008 AMCC Player of the Year Award. Adam is currently tied for fifth all-time in FSU history with 23 assists and has career numbers of 18 goals and 23 assists for a total 59 points. Adam helped lead the Bobcats to the semi-finals of the AMCC tournament every season and helped guide the 2007 team to the championship game of the ECAC South Region. Adam received tryout offers from DC United of the MLS and Real Maryland of the USL.

