Plymouth State University is located in the Lakes Region of Central New Hampshire, near the foothills of the White Mountains. For 140 years, the institution has been an active contributor to intellectual growth and educational development within the region.

Founded in 1871 as Plymouth Normal School, the primary goal was to establish an effective teacher education program. In 1939, the school’s name was changed to Plymouth Teachers College. An influx of servicemen following World War II stimulated curriculum expansion, and the college began a period of steady growth.

The school’s name was changed again in 1962 to Plymouth State College, becoming a multi-purpose, co-educational institution. The most recent name change occurred in the summer of 2003, when it became Plymouth State University.

Today, over 200 full-time faculty members work at PSU to make over 1000 courses available to the 4000 undergraduates. A student may choose from over 50 majors while pursuing two-year associate degrees or four-year bachelor degrees.

Besides the university’s well-known teacher education program, PSU also offers business degree programs in administration, marketing, management, and accounting. Studies are also available in the liberal arts, and new degree programs have been developed in areas relating to the fine arts, political science, geography, anthropology/sociology, medieval studies, mathematics, economics, regional planning, health education, bilingual multicultural education, social work, theatre arts, computer science, communications, and sports management.

Graduate degree programs include the Master of Arts in Teaching (MAT), Master of Business Administration (MBA), Master of Education (MEd), Master of Science (MS), Doctor of Education (EdD), as well as educator certifications and advanced graduate study options. Qualified undergraduate students can usually earn a master’s degree by successfully completing one year of graduate study after obtaining a bachelor’s degree. Graduate courses are offered year-round in face-to-face, hybrid, and online formats.

Plymouth State recognizes that athletics have much to offer the university community. The Panther sports programs afford the students the opportunity to develop physically, emotionally, intellectually and socially. The athletic programs have given students many reasons to be proud of PSU while stimulating school spirit. Intercollegiate competition has provided valuable “laboratory experiences” to hundreds of young men and women who have gone on to coaching careers throughout New England and beyond.

With over 35 acres of playing fields adjacent to the Physical Education Center, which includes a field house, swimming pool, 2000-seat gymnasium, racquetball courts, athletic training facility and the Vailas Performance Center, athletics will continue to play an important role within the campus. PSU proudly sponsors 19 varsity teams (8 for men, 11 for women) and an accredited Athletic Training program. As a member of the NCAA Division III, the Panthers have consistently enjoyed individual and team success at both the regional and national levels.
Table of Contents

About Plymouth State University ..................................... IFC
Schedule .......................................................... 1
Pre-season Roster ...................................................... 2
Season Preview ........................................................ 3
Head Coach Paul Castonia ............................................. 4
Panther Assistant Coaches .......................................... 5
Key Panther Returnees ............................................... 6
2013 Season Review ................................................... 7
History ................................................................. 8–11
Season Honors ........................................................ 12
All-Americans ........................................................... 13
Team Awards ........................................................... 14–15
MASCAC ............................................................... 16
Vailas Performance Center .......................................... IBC

2014 PSU Football Guide Credits
Editor: Kent Cherrington
Photography: Richard Orr Sports, SportsPix, Kim Bownes, Kent Cherrington
Cover Design: Rachel Cleveland

2014 Schedule

SEPT.
Sat. 6 at Castleton ......................... 1:00 pm
Sat. 13 MOUNT IDA ......................... 12:00 pm
Sat. 20 at Western Connecticut* ........ 3:00 pm
Sat. 27 UMASS DARTMOUTH* ........... 1:00 pm

OCT.
Sat. 4 at Westfield State* ............... 1:00 pm
Sat. 18 at Bridgewater State* .......... 1:00 pm
Sat. 25 FRAMINGHAM STATE* ....... 12:00 pm

NOV.
Sat. 1 at Worcester State* .............. 1:30 pm
Sat. 8 MASS. MARITIME* ............... 12:00 pm
Sat. 15 FITCHBURG STATE* .......... 12:00 pm

* MASCAC Game
<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Class</th>
<th>Pos.</th>
<th>Ht.</th>
<th>Wt.</th>
<th>Hometown/High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>38</td>
<td>Matt Adamik</td>
<td>Fr.</td>
<td>DB</td>
<td>6-0</td>
<td>146</td>
<td>Lee Center, NY/Rome Free Academy</td>
</tr>
<tr>
<td>96</td>
<td>Tim Berdett</td>
<td>Fr.</td>
<td>DL</td>
<td>5-10</td>
<td>223</td>
<td>Hampton, NJ/North Hunterdon</td>
</tr>
<tr>
<td>6</td>
<td>Jake Becker</td>
<td>Fr.</td>
<td>WR</td>
<td>6-1</td>
<td>188</td>
<td>Portsmouth, NH/Portsmouth</td>
</tr>
<tr>
<td>42</td>
<td>Sam Bellamy</td>
<td>Jr.</td>
<td>OL</td>
<td>5-8</td>
<td>228</td>
<td>Keyport, NJ/Keyport</td>
</tr>
<tr>
<td>56</td>
<td>Ryan Bellerose</td>
<td>Jr.</td>
<td>OL</td>
<td>5-8</td>
<td>228</td>
<td>Hudson, NH/Aime</td>
</tr>
<tr>
<td>32</td>
<td>Andrew Benford</td>
<td>Fr.</td>
<td>RB</td>
<td>5-9</td>
<td>169</td>
<td>Wakefield, RI/RioSouthKingston</td>
</tr>
<tr>
<td>71</td>
<td>Ryan Bentley</td>
<td>Jr.</td>
<td>OL</td>
<td>6-3</td>
<td>274</td>
<td>Charleston, NH/Fall Mountain Regional</td>
</tr>
<tr>
<td>70</td>
<td>Jake Bernaiche</td>
<td>So.</td>
<td>DL</td>
<td>5-7</td>
<td>227</td>
<td>Manchester, NH/Pinkerton Academy</td>
</tr>
<tr>
<td>14</td>
<td>Jordan Bolarinho</td>
<td>Fr.</td>
<td>QB</td>
<td>6-1</td>
<td>164</td>
<td>Billerica, MA/Billerica Memorial</td>
</tr>
<tr>
<td>8</td>
<td>Drew Bolton</td>
<td>Sr.</td>
<td>QB</td>
<td>6-0</td>
<td>177</td>
<td>Concord, NH/Concord</td>
</tr>
<tr>
<td>10</td>
<td>Jimmy Boulay</td>
<td>Jr.</td>
<td>WR</td>
<td>5-10</td>
<td>169</td>
<td>Keene, NH/Keene</td>
</tr>
<tr>
<td>66</td>
<td>Alex Cesare</td>
<td>So.</td>
<td>OL</td>
<td>5-9</td>
<td>246</td>
<td>Bohemia, NY/Connetquot</td>
</tr>
<tr>
<td>29</td>
<td>Joe Ceraldi</td>
<td>Fr.</td>
<td>RB</td>
<td>5-6</td>
<td>180</td>
<td>Cranston, RI/Cranston West</td>
</tr>
<tr>
<td>63</td>
<td>Andrew Gregoire</td>
<td>So.</td>
<td>OL</td>
<td>5-10</td>
<td>250</td>
<td>Acton, ME/Sanford</td>
</tr>
<tr>
<td>87</td>
<td>Hunter Hawanczak</td>
<td>Fr.</td>
<td>DL</td>
<td>5-7</td>
<td>212</td>
<td>Valley Cottage, NY/Nyack</td>
</tr>
<tr>
<td>95</td>
<td>Miguel dos Santos</td>
<td>Fr.</td>
<td>DL</td>
<td>5-7</td>
<td>212</td>
<td>Wallington, CT/Xavier</td>
</tr>
<tr>
<td>88</td>
<td>Tyler Hawanczak</td>
<td>Jr.</td>
<td>DL</td>
<td>5-7</td>
<td>212</td>
<td>Hackettstown, NH/Hanover Park</td>
</tr>
<tr>
<td>78</td>
<td>Joe Esposito</td>
<td>Fr.</td>
<td>TE</td>
<td>6-1</td>
<td>230</td>
<td>Derry, NH/Pinkerton Academy</td>
</tr>
<tr>
<td>61</td>
<td>Chuck McMakin</td>
<td>Jr.</td>
<td>WR</td>
<td>5-9</td>
<td>172</td>
<td>Merrimack, NH/Moultonborough Acad.</td>
</tr>
<tr>
<td>5</td>
<td>Mike Leonard</td>
<td>Jr.</td>
<td>LB</td>
<td>5-8</td>
<td>196</td>
<td>Merrimack, NH/Merrimack</td>
</tr>
<tr>
<td>21</td>
<td>Colin Leddy</td>
<td>Fr.</td>
<td>RB</td>
<td>5-7</td>
<td>172</td>
<td>Asphalt, ME/City</td>
</tr>
<tr>
<td>45</td>
<td>Zack Wilkins</td>
<td>Jr.</td>
<td>RB</td>
<td>5-9</td>
<td>207</td>
<td>Augusta, ME/Conway</td>
</tr>
<tr>
<td>62</td>
<td>Charlie Hallak</td>
<td>Sr.</td>
<td>RB</td>
<td>6-0</td>
<td>208</td>
<td>Acton, ME/Sanford</td>
</tr>
<tr>
<td>81</td>
<td>Matt Moher</td>
<td>Sr.</td>
<td>RB</td>
<td>6-0</td>
<td>208</td>
<td>North Hampton, MA/North Hampton</td>
</tr>
<tr>
<td>57</td>
<td>Christian Jean-Louis</td>
<td>Fr.</td>
<td>DL</td>
<td>5-8</td>
<td>209</td>
<td>West Hempstead, NY/West Hempstead</td>
</tr>
<tr>
<td>15</td>
<td>Lou Desloges</td>
<td>Jr.</td>
<td>TE</td>
<td>5-10</td>
<td>226</td>
<td>Windsor, CT/Farmingham</td>
</tr>
<tr>
<td>9</td>
<td>R. Kasper</td>
<td>Jr.</td>
<td>WR</td>
<td>6-2</td>
<td>207</td>
<td>Killingworth, CT/Haddam-Killingworth</td>
</tr>
<tr>
<td>18</td>
<td>Chris Kelly</td>
<td>Fr.</td>
<td>WR</td>
<td>5-11</td>
<td>184</td>
<td>Belmont, MA/Belmont</td>
</tr>
<tr>
<td>4</td>
<td>Tyler Mahoney</td>
<td>So.</td>
<td>DL</td>
<td>5-7</td>
<td>174</td>
<td>Enfield, NH/Miscasoma Academy</td>
</tr>
<tr>
<td>24</td>
<td>Sean McKeef</td>
<td>Sr.</td>
<td>DL</td>
<td>5-11</td>
<td>166</td>
<td>Haskell, NJ/Lakeide Regional</td>
</tr>
<tr>
<td>82</td>
<td>Tim Lang</td>
<td>Jr.</td>
<td>WR</td>
<td>5-5</td>
<td>138</td>
<td>Dartmouth, MA/Dartmouth</td>
</tr>
<tr>
<td>23</td>
<td>Chuck McManus</td>
<td>Jr.</td>
<td>WR</td>
<td>5-10</td>
<td>171</td>
<td>Nashua, NH/North</td>
</tr>
<tr>
<td>27</td>
<td>Matt McManus</td>
<td>Fr.</td>
<td>LB</td>
<td>6-0</td>
<td>200</td>
<td>Dedham, MA/Dedham</td>
</tr>
<tr>
<td>35</td>
<td>Implement Facts</td>
<td>Fr.</td>
<td>DB</td>
<td>6-0</td>
<td>185</td>
<td>Brunswick, ME/Brickstone</td>
</tr>
<tr>
<td>6</td>
<td>Jason Mazzalotti</td>
<td>Jr.</td>
<td>OL</td>
<td>5-9</td>
<td>246</td>
<td>Bohemia, NY/Moultonborough Academy</td>
</tr>
<tr>
<td>31</td>
<td>Trentin Trasher</td>
<td>Jr.</td>
<td>OL</td>
<td>5-7</td>
<td>172</td>
<td>Nashua, NH/Nashua South</td>
</tr>
<tr>
<td>68</td>
<td>Christian O'Brien</td>
<td>So.</td>
<td>DB</td>
<td>5-9</td>
<td>190</td>
<td>Bedford, MA/Brickstone</td>
</tr>
<tr>
<td>83</td>
<td>Implement Facts</td>
<td>Fr.</td>
<td>OL</td>
<td>5-7</td>
<td>174</td>
<td>Enfield, NH/Miscasoma Academy</td>
</tr>
<tr>
<td>94</td>
<td>Davey O'Brien</td>
<td>Jr.</td>
<td>OL</td>
<td>5-11</td>
<td>166</td>
<td>Haskell, NJ/Lakeide Regional</td>
</tr>
<tr>
<td>30</td>
<td>Nolan McCoy</td>
<td>Jr.</td>
<td>OL</td>
<td>5-7</td>
<td>164</td>
<td>North Andover, MA/North Andover</td>
</tr>
<tr>
<td>25</td>
<td>Andrew Vollario</td>
<td>Jr.</td>
<td>RB</td>
<td>5-9</td>
<td>226</td>
<td>Derry, NH/Pinkerton Academy</td>
</tr>
<tr>
<td>76</td>
<td>Eric Waddington</td>
<td>Fr.</td>
<td>DL</td>
<td>6-2</td>
<td>226</td>
<td>Windsor, CT/Enfield</td>
</tr>
<tr>
<td>75</td>
<td>Andrew Richards</td>
<td>So.</td>
<td>OL</td>
<td>6-0</td>
<td>227</td>
<td>Townsend, MA/Nashua South</td>
</tr>
<tr>
<td>74</td>
<td>Zach Wilkins</td>
<td>Jr.</td>
<td>RB</td>
<td>5-9</td>
<td>207</td>
<td>Baltimore, MA/Fairport</td>
</tr>
<tr>
<td>77</td>
<td>Blake Hawanczak</td>
<td>Fr.</td>
<td>OL</td>
<td>5-9</td>
<td>227</td>
<td>Manchester, NH/Metcalf</td>
</tr>
<tr>
<td>79</td>
<td>Jamie Williams</td>
<td>Jr.</td>
<td>OL</td>
<td>6-3</td>
<td>227</td>
<td>Manchester, NH/Metcalf</td>
</tr>
<tr>
<td>80</td>
<td>Kevon Williams</td>
<td>Fr.</td>
<td>DL</td>
<td>6-2</td>
<td>227</td>
<td>Manchester, NH/Metcalf</td>
</tr>
<tr>
<td>83</td>
<td>Zach Williams</td>
<td>Jr.</td>
<td>OL</td>
<td>5-9</td>
<td>227</td>
<td>Manchester, NH/Metcalf</td>
</tr>
</tbody>
</table>

**2014 PSU Football Roster**

**Assistant:**

- **Paul Castonia** (Trinity ’96, 12th year)
- **Devin Zeman** (12th year)

**Assistants:**

- **Associate Head Coach, Defensive Coordinator, Defensive Backs**

- **Lou Desloges** (32nd year)

- **Defensive Tackles**

- **Zach Parsons** (3rd year)

- **Wide Receivers**

- **Dustin Matthews** (2nd year)

- **Running Backs**

- **Tom Manley** (2nd year)

- **Offensive Line**

- **Josh Morgan** (1st year)

- **Linebackers**

- **Tyler Williams** (1st year)

- **Defensive Ends**

- **Ray Kershaw** (1st year)

- **Tight Ends**
Panthers looking to be competitive in second year of MASCAC

The Plymouth State football team heads into the second season of play in the Massachusetts State Collegiate Athletic Conference (MASCAC) in 2014, and the Panthers are looking to continue the improvement they showed in the second half of the 2013 campaign.

The Panthers have a solid group of returning players, including multiple starters on both sides of the ball and All-Star players on special teams. Head coach Paul Castonia says a strong contingent of newcomers will provide lots of competition for playing time, especially early in the season.

“There are a lot of positions that are wide open heading into the season,” said Castonia, who is now in his 12th year at PSU. “We’ve got a solid core but will also look for some of the new guys to step in there and show what they can do. I know our guys worked very hard in the offseason and are excited to see that work pay off.”

**OFFENSE**

A strong running game behind a solid offensive line has been the Panther style the past decade, and this year could continue in that fashion. The Panthers have several returning veterans on the line but will have to overcome the loss of their top rusher of the past three years in Andrew Foglia.

“Despite the loss of Andrew, we hope to be able to run the ball better this year,” said Castonia. “Our line should be more stabilized, and that has a ripple effect on the offense; the better we run the ball, the more effective our passing game is, using the play action.”

Senior Mark Hennessy, who moved to offense last year after two seasons at linebacker, will get plenty of carries out of the backfield. He was a reliable back last season when he rushed for 464 yards and six touchdowns, averaging 4.7 yards per carry. Junior Andrew Vollaro has also been effective out of the backfield and could provide a spark if he can remain healthy.

Castonia says the quarterback position is completely up for grabs heading into the preseason. All three starters from last year are back along with a crop of newcomers. Senior Jake Tyler started the first four games before suffering a season-ending injury; sophomore Ryan Perron started the next five games, and senior Drew Bolton was under center in the final game.

“Jake led our offense to more than 30 points in our first two games before he got hurt,” said Castonia. “Ryan took advantage of an opportunity to step in there as a freshman and did some good things; and Drew did some good things as well but needs to eliminate some of the mistakes. No one really has the inside track, and some newcomers will be given the opportunity to earn the spot.”

PSU graduated its two starting wide receivers from last year so those positions are open to start the season, according to Castonia. Senior tight end Ian Bures is the top returning receiver after catching 13 passes a year ago.

Castonia will look to the likes of seniors Donnie Morse, Jake Harris and Cody Mawn and juniors Ryan Bellerose and Ryan Bentley to lead the offensive line contingent. All four have starting experience to benefit from, and the coach will look for the right combination. Sophomore Rick Ordway, who started on the defensive line, could also be a factor on offense this fall.

**DEFENSE**

There are returning starters on all parts of the defense but the backfield is where the Panthers have the most experience. Senior Chris Smith and sophomore Zach Ziembka are back on the corners and junior Sam Bellamy started every game at safety.

“It’s good to have that experience back there,” said Castonia, “and we think all of those guys can still improve. We have the potential to have a pretty good group of defenders in the backfield.”

The linebacking crew suffered a loss after the graduation of two-time All-Conference star Josh Morgan. Junior Mike Leonard is the only returning starter, so Castonia has several holes to fill.

“Josh was such a big part of our defense so he’ll be tough to replace,” said Castonia. “We’re really inexperienced at linebacker, so we’ll look to some new guys or some veterans who haven’t played much to step up.”

Senior Kyle Wilson and junior Zack Wilkins are returning starters to bolster the defensive line, although Wilkins could shift to linebacker. Several other positions are open and will be filled in preseason.

**SPECIAL TEAMS**

The Panthers came on strong in the second half of the season, due in large part to the strong balanced play on special teams. PSU had a strong return team, kick-block unit and made some key field goals, and earned two All-Star performers. It was one of the strongest contingents on special teams in years.

Senior kicker Rob Giles was First Team All-MASCAC last year after converting 12-of-14 field goal attempts; he ranked fourth in the NCAA Division III in field goal percentage (65.7) and ranked 10th in field goals made per game. Senior Chris Smith was Second Team All-MASCAC as a kick returner after averaging 30.6 yards per return.

“We really made progress in all areas of special teams as the season went along,” said Castonia. “It was nice having a kicker like Rob Giles on our side as a weapon.”

**OUTLOOK**

The Panthers will open the season with non-conference opponents Castleton State College and Mount Ida College before diving into the MASCAC campaign. The eight-game regular-season MASCAC slate will determine the conference champion, which will receive an automatic berth into the NCAA Championships beginning in 2015.

The Panthers will be looking to move up in the MASCAC after the conference enjoyed a successful debut a year ago.

“The level of competition in the MASCAC was as good as any we faced when we were in the New England Football Conference, when six different teams won the championship in a six-year span,” said Castonia. “There are some very strong programs in the MASCAC so it will be interesting this season.”
Paul Castonia has found a home at Plymouth State. After moving around the college football world for 15 years and gaining experience at all levels, Castonia is now in his 12th year at Plymouth State and has re-established the Panthers as one of the top programs in New England small college football.

Castonia has coached the Panthers through the final season in the Freedom Football Conference, two years as a Division III Independent, seven seasons in the New England Football Conference, and most recently helped usher Plymouth State in as a member of the Massachusetts State Collegiate Athletic Conference (MASCAC).

PSU enjoyed four straight winning seasons under Castonia from 2007-10, including three straight post-season berths from 2007-09. Plymouth State captured the New England Football Conference championship in 2008 and competed in the NCAA Division III Championship Tournament. Castonia led the Panthers to an 8-3 record in 2009 with a third straight post-season berth in the ECAC Northeast Bowl.

Castonia was named NEFC Boyd Division Coach of the Year in 2007 and New England Division II/III Coach of the Year in 2008. They were well-deserved honors for a coach who had long paid his dues with previous stints at Divisions 1-A, 1-AA, 2 and 3.

When Castonia arrived in 2003 as the 11th head coach in the program’s history, he brought experience from previous coaching stops at the University of Rhode Island, University of Maryland, Hartwick College, Ferrum College, the University of Massachusetts Boston and Bryant University.

The Panthers have built a solid foundation for success under Castonia, but he is about more than wins and losses. While the Panthers no doubt aim to having a winning program year in and year out, being good students and quality citizens are equally as important. PSU has averaged 18 players per year on the conference All-Academic Teams, and 12 Panther seniors have earned top academic recognition from the National Football Foundation in the past four years.

“We recruit young men who want to graduate, and who are willing to work hard to be successful in the classroom and on the football field,” says Castonia, a 1986 graduate of Trinity College (Conn.) who earned a Master’s degree from the University of Rhode Island in 1989. “We try to put them in a position to succeed both as students and as football players.”

Castonia says the biggest rewards for him don’t come on Saturdays in the fall, but on graduation day in the spring.

“It’s very gratifying when a young man graduates and is excited about pursuing his chosen career,” says Castonia, “and he is using the habits and lessons he learned and developed on the football field in those endeavors.”

Coach Castonia and his wife Leslie reside in Ashland.

HEAD COACH PAUL CASTONIA

Office: 603-535-2761 E-mail: pfcastonia@plymouth.edu

THE CASTONIA FILE

2003–NOW Plymouth State University: Head Coach
2001–02 Bryant University: Defensive Coordinator
1998–00 UMass Boston: Head Coach
1993–96 Ferrum College: Off. Coordinator/Special Teams Recruiting Coordinator
1992 Hartwick College: Offensive Coordinator/Special Teams
1989–91 University of Maryland: Defensive Backs/Offensive Line/Running Backs/Special Teams
1986–88 University of Rhode Island: Graduate Assistant/Head JV Coach

Castonia turned the program after joining the Panthers in 2003. Inheriting a team that was winless in 2002, he was 9-29 in his first four years before guiding the team to four straight winning seasons with a combined record of 33-10 and three straight post-season berths.

The Panthers posted a 9-1 record in 2007 and a championship victory in the ECAC North Atlantic Bowl. They followed that with a 10-2 mark in 2008, including the Bogan Division title (7-0), the NEFC Championship and a berth in the NCAA Division III Tournament. Castonia led the Panthers to an 8-3 record in 2009 with a third straight post-season berth in the ECAC Northeast Bowl.
Devin Zeman
Plymouth State ’04
Associate Head Coach
Defensive Coordinator/Defensive Backs
Devin Zeman is in his 12th season on the Panther Football staff, including his seventh as Defensive Coordinator and sixth as Associate Head Coach. He has also coached the linebackers and quarterbacks for several years each, as well as special teams. A native of Nashua, NH, he is a former Panther defensive back who turned to coaching while earning his undergraduate degree.

Lou Desloges
Southern Conn. ’69
Defensive Tackles
Lou Desloges has been involved with Panther Football for more than three decades. He was an assistant from 1976-85, and served as head coach from 1986-93, winning four NEFC championships. He is PSU’s all-time winningest coach with a 55-15-3 record. After stints as an assistant at Bethany College and Dartmouth College, Desloges returned to Plymouth State as an assistant in 2001.

Zach Parsons
Plymouth State ’11
Wide Receivers
Zach Parsons is in his third season as an assistant for the Panthers, coaching the receivers this year after two years with the defensive backs. Parsons is a former four-year starting DB for PSU who earned three All-NEFC honors, including First Team in 2009. He was a three-time NEFC All-Academic team selection and a National Football Foundation Academic Honor Roll recipient. Parsons started his coaching career as an assistant at Northampton (Mass.) H.S.

Dustin Matthews
Plymouth State ’12
Running Backs
Dustin Matthews is in his second season as running backs coach on the PSU coaching staff following a four-year career in a Panther uniform. Matthews rushed for 538 yards and eight touchdowns as a fullback, and caught 20 passes for 201 yards and a TD. A three-time NEFC All-Academic Team selection, Matthews graduated from PSU as a Physical Education major and is currently working on a Masters degree.

Tom Manley
Castleton ’13
Offensive Line
Tom Manley is in his second season as offensive line coach on the PSU staff. Manley was a four-year starter on the offensive line at Castleton, earning All-Conference honors. Manley has coached Youth Football for three years, and has also been involved with officiating lacrosse and wrestling. He graduated from Castleton with a minor in coaching.

Josh Morgan
Plymouth State ’14
Linebackers
Josh Morgan is in his first season as a PSU assistant coach after a four-year career in a Panther uniform. He was a two-time All-Conference linebacker after leading the team in tackles the past two seasons, while also serving as a top special teams player. Morgan received the Nason Award for Senior Achievement from the New England Football Writers Association, which is given to the New England senior who has persevered against all odds to succeed in football.

Tyler Williams
Georgetown (Ky.) ’13
Defensive Ends
Tyler Williams is in his first season on the PSU staff and will coach the defensive ends. Williams is a former letterwinner at Georgetown College (Ky.), where he majored in Exercise Science. He started coaching at Georgetown in the spring of 2013, and spent last year as a coaching/operations intern at Eastern Kentucky University.

Ray Kershaw
Tight Ends
Ray Kershaw is in his first season on the PSU staff after a decade coaching football at the high school level. He was the head coach at Mascoma Valley H.S. from 2010-13, earning Coach of the Year honors in 2012 after leading the team to the state championship game. He coached in the NH-VT Shrine Football Game in 2013 and was also an assistant coach at Proctor Academy from 2005-10.
KEY PANTHER RETURNEES

#2 JAKE TYLER
Senior QB
Maynard, MA/Maynard
Physical Education
2013: 4 GS (QB), 27-56, 353 yds, 2 TD, 3 INT; Injury/Medical Hardship
2012: 9 GS (QB), 62-133, 664 yds, 4 TD, 9 INT; 125 carries, 289 yds, 2 TD
2011: 10 gms (RB), 17 att., 53 yds
2010: 4 gms (RB), 6 att., 17 yds

#4 ANDREW VOLLAPO
Junior FB
Higganum, CT/Haddam-Killingworth
Criminal Justice
2013: 5 gms; 15 att., 39 yds., TD; 4 rec., 34 yds.
2012: 9 gms; 21 att., 41 yds.; 3 rec., 22 yds.

#3 MARK HENNESSY
Senior RB
Westford, MA/Westford Academy
General Management
2013: Started 8 gms (FB); 98 att., 464 yds (4.7), 6 TD
2012: Started 10 gms (LB); 49 tackles, 3 TFL, 1 INT, 1 FR
2011: Started 10 gms (LB); 45 tackles, 7 TFL, 5 BrUp, 1 FF

#25 CHRIS SMITH
Senior DB
Merrimack, NH/Merrimack
Information Technology
2013: Started 7 of 10 gms; 34 tackles, 2 BrUp; 12 KR, 30.6 avg. (8th in Div. III); All-MASCAC 2nd Team (KR); 22 punts, 33.7 avg.
2012: Started 9 of 10 gms; 40 tackles, 1 INT, 1 BrUp
2011: 10 gms, 13 tackles

#44 KYLE WILSON
Senior DL
Dover, NH/Dover
Criminal Justice
2013: Started all 10 gms; 49 tackles (5th on Team), 9 TFL, 1 Sack, 2 Bl. Kick;
2012: 4 gms; 6 tackles, 2 TFL, 1.5 sacks, 1 FR
2011: 4 gms; 1 tackle

#29 IAN BURES
Senior TE
Prospect, CT/Woodland Regional
Applied Health & Fitness
2013: 10 gms, 4 starts (TE); 13 rec., 138 yds, TD
2012: 9 gms, 4 starts (TE); 2 rec., 3 yds,
2011: 10 gms, 6 starts (LB); 20 tackles, 1 FR

#42 SAM BELLAMY
Junior DB
Keyport, NJ/Keyport
Environmental Planning
2013: Started all 10 gms; 54 tackles (3rd on team), 1 TFL, 2 BrUp
2012: Reserve DB

#62 JAKE HARRIS
Senior OL
Braintree, MA/Braintree
Business Management
2013: 9 gms, 3 starts (RT, LT, LG)
2012: 6 gms, 5 starts (RT)
2011: 8 gms, 4 starts (LT)

#93 ROB GILES
Senior K
Derry, NH/Pinkerton
Criminal Justice (Transfer from NHTI)
2013:12-14 FG (85.7%), ranked 4th in Div. III in FG%; 10th in FG/GM; 26-27 PAT; All-MASCAC 1st Team

#95 RICK ORWAY
Sophomore DL
Walpole, MA/Walpole
Criminal Justice
2013: Started 9 of 10 gms; 16 tackles, 2 TFL, 2.5 Sacks
Final Individual Leaders

RUSHING

<table>
<thead>
<tr>
<th>Name</th>
<th>ATT</th>
<th>YDS</th>
<th>AVG</th>
<th>TD</th>
<th>LONG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andrew Foglia</td>
<td>205</td>
<td>881</td>
<td>4.3</td>
<td>9</td>
<td>54</td>
</tr>
<tr>
<td>* Mark Hennessy</td>
<td>98</td>
<td>464</td>
<td>4.7</td>
<td>6</td>
<td>37</td>
</tr>
<tr>
<td>Josh Morgan</td>
<td>10</td>
<td>151</td>
<td>15.1</td>
<td>2</td>
<td>65</td>
</tr>
<tr>
<td>* Bobby Whelan</td>
<td>24</td>
<td>116</td>
<td>4.8</td>
<td>1</td>
<td>33</td>
</tr>
</tbody>
</table>

PASSING

<table>
<thead>
<tr>
<th>Name</th>
<th>COMP-ATT-INT</th>
<th>PCT</th>
<th>YDS</th>
<th>TD</th>
<th>LONG</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Ryan Perron</td>
<td>49 - 94 - 4</td>
<td>52.1</td>
<td>527</td>
<td>2</td>
<td>42</td>
</tr>
<tr>
<td>* Jake Tyler</td>
<td>27 - 56 - 3</td>
<td>48.2</td>
<td>353</td>
<td>2</td>
<td>37</td>
</tr>
<tr>
<td>* Drew Bolton</td>
<td>9 - 19 - 3</td>
<td>47.4</td>
<td>184</td>
<td>1</td>
<td>59</td>
</tr>
</tbody>
</table>

RECEIVING

<table>
<thead>
<tr>
<th>Name</th>
<th>REC.</th>
<th>YDS</th>
<th>AVG</th>
<th>TD</th>
<th>LONG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zac Iovanella</td>
<td>29</td>
<td>488</td>
<td>16.8</td>
<td>2</td>
<td>59</td>
</tr>
<tr>
<td>Jason Stefano</td>
<td>16</td>
<td>189</td>
<td>11.8</td>
<td>1</td>
<td>22</td>
</tr>
<tr>
<td>* Ian Bures</td>
<td>13</td>
<td>138</td>
<td>10.6</td>
<td>1</td>
<td>38</td>
</tr>
<tr>
<td>Andrew Foglia</td>
<td>7</td>
<td>73</td>
<td>10.4</td>
<td>1</td>
<td>22</td>
</tr>
<tr>
<td>* James McCormack</td>
<td>5</td>
<td>39</td>
<td>7.8</td>
<td>0</td>
<td>15</td>
</tr>
</tbody>
</table>

PUNT RETURNS

<table>
<thead>
<tr>
<th>Name</th>
<th>RET.</th>
<th>YDS</th>
<th>AVG</th>
<th>TD</th>
<th>LONG</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Jake Matthews</td>
<td>12</td>
<td>108</td>
<td>9.0</td>
<td>0</td>
<td>38</td>
</tr>
</tbody>
</table>

KICK RETURNS

<table>
<thead>
<tr>
<th>Name</th>
<th>RET.</th>
<th>YDS</th>
<th>AVG</th>
<th>TD</th>
<th>LONG</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Bobby Whelan</td>
<td>18</td>
<td>389</td>
<td>21.6</td>
<td>0</td>
<td>35</td>
</tr>
<tr>
<td>Zac Iovanella</td>
<td>17</td>
<td>372</td>
<td>21.9</td>
<td>0</td>
<td>41</td>
</tr>
<tr>
<td>* Chris Smith</td>
<td>12</td>
<td>367</td>
<td>30.6</td>
<td>1</td>
<td>80</td>
</tr>
</tbody>
</table>

FIELD GOALS

<table>
<thead>
<tr>
<th>Name</th>
<th>ATT</th>
<th>GOOD</th>
<th>PCT</th>
<th>LONG</th>
<th>In-20</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Rob Giles</td>
<td>14</td>
<td>12</td>
<td>85.7</td>
<td>42</td>
<td></td>
</tr>
</tbody>
</table>

PUNTING

<table>
<thead>
<tr>
<th>Name</th>
<th>ATT</th>
<th>YDS</th>
<th>AVG</th>
<th>LONG</th>
<th>In-20</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Chris Smith</td>
<td>22</td>
<td>741</td>
<td>33.7</td>
<td>53</td>
<td>2</td>
</tr>
<tr>
<td>Nick Cavallo</td>
<td>20</td>
<td>784</td>
<td>39.2</td>
<td>49</td>
<td>4</td>
</tr>
</tbody>
</table>

DEFENSIVE LEADERS

<table>
<thead>
<tr>
<th>Name</th>
<th>Solo</th>
<th>Ass.</th>
<th>Total</th>
<th>TFL</th>
<th>Sack</th>
<th>INT</th>
<th>BrUp</th>
<th>Rec.</th>
<th>Fore.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Josh Morgan, LB</td>
<td>52</td>
<td>20</td>
<td>72</td>
<td>7.5</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Jake Matthews, DB</td>
<td>61</td>
<td>6</td>
<td>67</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>13</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>* Sam Bellamy, DB</td>
<td>45</td>
<td>9</td>
<td>54</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>* Zach Wilkins, DL</td>
<td>40</td>
<td>10</td>
<td>50</td>
<td>7</td>
<td>4</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>* Mike Leonard, LB</td>
<td>37</td>
<td>12</td>
<td>49</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>* Kyle Wilson, DL</td>
<td>39</td>
<td>10</td>
<td>49</td>
<td>9</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>* Chris Smith, DB</td>
<td>28</td>
<td>6</td>
<td>34</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>* Bubba Kaplan, LB</td>
<td>25</td>
<td>6</td>
<td>31</td>
<td>3.5</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>* Zach Ziembra, DB</td>
<td>25</td>
<td>4</td>
<td>29</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>* Cory Gaff, DL</td>
<td>21</td>
<td>7</td>
<td>28</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

* Returning for 2014 season
The first varsity football game (left) at Plymouth State College was on Oct. 3rd, 1970, against Nichols College. PSC’s storied history got off to a terrific start when Alan Wool, the first Panther to touch a football in a game, returned the opening kickoff 95 yards for a touchdown.

Plymouth State has had more than two dozen football All-Americans in its history. The first was Bob Gibson in 1974, shown here on D & M Field, where the Panthers played before moving to what is now Currier Memorial Field in 1979.

Quarterback Kevin Bradley led the 1982 Panthers to an undefeated 10-0 season, and a share of the prestigious Lambert Award. The 1982 squad was inducted into the PSC Athletic Hall of Fame in 1997.

PSC’s Joe Dudek, who in 1985 set the record for scoring more touchdowns (79) than anyone who ever played college football, was inducted into the College Football Hall of Fame in 1997.

Dudek was Sports Illustrated’s pick for the 1985 Heisman Trophy, and finished ninth in the final balloting. He had his #22 retired at Plymouth State in 1989.

Coaches Charlie Currier (second from left) and Jay Cottone (second from right) accept the first of eight straight Navy Trophies as New England Football Conference champions. PSC dominated the NEFC from 1981-88.

Dudek is joined by Boston College’s Doug Flutie as winners of the 1982 Coca Cola Gold Helmet Awards. Dudek won the College Division Award, and Flutie the University Division.
Senior Paul Sheehan (#39) helped PSC upset perennial powerhouse Ithaca 13-12 in a snowstorm in the 1987 ECAC North Playoff game. (Ithaca went on to win the national championship in 1988.)

With this scoring toss, Panther quarterback Matt Jozokos set an all-time ECAC touchdown scoring mark in 1990. Jozokos finished his career with ECAC career records for yards passing (7,814) and TD passes (96). He is a 2000 inductee into Plymouth State’s Athletic Hall of Fame.

In a dramatic 1994 NCAA play-off game against Kings Point, Jack Dalton caught two touchdown passes from Joel Perry in the game’s final four minutes, including this one (above, left) with 34 seconds remaining. The win gave PSC a second-round match-up against Ithaca (above, right). PSC also hosted Union in the 1995 NCAA Tournament.

The Panthers made a record 11th ECAC post-season appearance in 1999 under first-year head coach Chris Rorke, capturing the ECAC Northeast Championship over Salve Regina.

Jeff Mack helped PSU rekindle the glory days of Panther football in 2007–08, rushing for nearly 4,000 yards and 43 touchdowns.

Plymouth State captains Toby Cloutier and Brandon Hourigan join coach Don Brown in accepting the 1994 Freedom Football Conference trophy. PSC was 9-0 in the regular season and 6-0 in FFC games, sharing the title with Kings Point.

Led by (left to right) seniors John DeMarco, Jeff Mack, and Brandon Clough, the 2008 Panthers captured the NEFC Championship and traveled to Cortland for the NCAA playoffs.
**JOSH MORGAN HONORED WITH NASON AWARD FOR SENIOR ACHIEVEMENT**

Linebacker Josh Morgan, a senior captain on the 2013 Plymouth State University football team from Foster, R.I, received a prestigious award from the New England Football Writers Association -- the Nason Award for Senior Achievement.

Presented since 1958, the award is given to the New England senior who has persevered against all odds to succeed in football. Morgan is the first Plymouth State player to receive the Nason Award, and is the first unanimous selection for the award.

Morgan was a four-year letterman for the Panthers, leading the team in tackles and earning All-Conference honors at linebacker his junior and senior seasons. He was diagnosed in February of 2013 with thyroid cancer, and had his thyroid removed in May of 2013.

After the surgery Morgan was scheduled to undergo iodine/radiation treatments. He received the approval of doctors to delay the treatments until after the 2013 fall season. He did not want to miss his senior year nor did he want the treatments to negatively affect his performance. Morgan was put on medication to offset the effects of the thyroidectomy.

Morgan again led the team in tackles as a senior and earned his second consecutive All-Conference honor, and was named to the National Football Foundation Academic Honor Roll.

Throughout his collegiate career, Morgan never missed a practice or workout. He was a team captain, and graduated with a Criminal Justice degree. He is serving as an assistant coach on the 2014 Panthers.

"Josh has overcome numerous obstacles to excel as a student and remain on the football field," said PSU Head Football Coach Paul Castonia in nominating Morgan for the award. "He is the type of player any coach would love to coach. He is a tremendous teammate and leader. In 27 years as a college coach, I have never enjoyed coaching a player more than I have enjoyed having Josh as a member of the team. His perseverance, dedication, toughness and love of the game have been inspiring to both his teammates and coaches."

### Plymouth State Football at Currier Field

<table>
<thead>
<tr>
<th>Year</th>
<th>Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>1970</td>
<td>0-2-0</td>
</tr>
<tr>
<td>1971</td>
<td>3-1-0</td>
</tr>
<tr>
<td>1972</td>
<td>3-1-0</td>
</tr>
<tr>
<td>1973</td>
<td>3-1-0</td>
</tr>
<tr>
<td>1974</td>
<td>4-0-1</td>
</tr>
<tr>
<td>1975</td>
<td>4-1-0</td>
</tr>
<tr>
<td>1976</td>
<td>2-2-0</td>
</tr>
<tr>
<td>1977</td>
<td>2-2-1</td>
</tr>
<tr>
<td>1978</td>
<td>2-2-0</td>
</tr>
<tr>
<td>1979</td>
<td>2-3-0</td>
</tr>
<tr>
<td>1980</td>
<td>4-1-0</td>
</tr>
<tr>
<td>1981</td>
<td>5-0-0</td>
</tr>
<tr>
<td>1982</td>
<td>5-0-0</td>
</tr>
<tr>
<td>1983</td>
<td>5-0-0</td>
</tr>
<tr>
<td>1984</td>
<td>6-0-0</td>
</tr>
<tr>
<td>1985</td>
<td>5-1-0</td>
</tr>
<tr>
<td>1986</td>
<td>5-2-0</td>
</tr>
<tr>
<td>1987</td>
<td>4-0-0</td>
</tr>
<tr>
<td>1988</td>
<td>5-1-0</td>
</tr>
<tr>
<td>1989</td>
<td>4-1-0</td>
</tr>
<tr>
<td>1990</td>
<td>4-2-0</td>
</tr>
<tr>
<td>1991</td>
<td>4-0-0</td>
</tr>
<tr>
<td>1992</td>
<td>1-3-1</td>
</tr>
<tr>
<td>1993</td>
<td>3-1-0</td>
</tr>
<tr>
<td>1994</td>
<td>7-1-0</td>
</tr>
<tr>
<td>1995</td>
<td>4-1-0</td>
</tr>
<tr>
<td>1996</td>
<td>3-1-0</td>
</tr>
<tr>
<td>1997</td>
<td>4-1</td>
</tr>
<tr>
<td>1998</td>
<td>4-1</td>
</tr>
<tr>
<td>1999</td>
<td>4-2</td>
</tr>
<tr>
<td>2000</td>
<td>3-2</td>
</tr>
<tr>
<td>2001</td>
<td>4-1</td>
</tr>
<tr>
<td>2002</td>
<td>0-4</td>
</tr>
<tr>
<td>2003</td>
<td>0-6</td>
</tr>
<tr>
<td>2004</td>
<td>1-4</td>
</tr>
<tr>
<td>2005</td>
<td>3-2</td>
</tr>
<tr>
<td>2006</td>
<td>3-1</td>
</tr>
<tr>
<td>2007</td>
<td>6-0</td>
</tr>
<tr>
<td>2008</td>
<td>5-0</td>
</tr>
<tr>
<td>2009</td>
<td>5-0</td>
</tr>
<tr>
<td>2010</td>
<td>2-3</td>
</tr>
<tr>
<td>2011</td>
<td>2-3</td>
</tr>
<tr>
<td>2012</td>
<td>1-4</td>
</tr>
<tr>
<td>2013</td>
<td>1-4</td>
</tr>
</tbody>
</table>

*From 1981–85, PSC, under coach Jay Cottone, compiled a 26-1 home record, losing only to Albany State, 33-21, in an ECAC North Championship game.*
### All Time Season Records

<table>
<thead>
<tr>
<th>Year</th>
<th>Record</th>
<th>Head Coach</th>
<th>Conference Titles</th>
</tr>
</thead>
<tbody>
<tr>
<td>1970</td>
<td>0-3-0</td>
<td>Walter Murphy</td>
<td></td>
</tr>
<tr>
<td>1971</td>
<td>5-3-0</td>
<td>Walter Murphy</td>
<td></td>
</tr>
<tr>
<td>1972</td>
<td>4-2-1</td>
<td>Tom Bell</td>
<td></td>
</tr>
<tr>
<td>1973</td>
<td>6-2-0</td>
<td>Tom Bell</td>
<td></td>
</tr>
<tr>
<td>1974</td>
<td>7-1-1</td>
<td>Tom Bell</td>
<td></td>
</tr>
<tr>
<td>1975</td>
<td>6-4-0</td>
<td>Tom Bell</td>
<td></td>
</tr>
<tr>
<td>1976</td>
<td>5-4-0</td>
<td>Charlie Currier</td>
<td></td>
</tr>
<tr>
<td>1977</td>
<td>2-6-1</td>
<td>Charlie Currier</td>
<td></td>
</tr>
<tr>
<td>1978</td>
<td>3-6-0</td>
<td>Dan Zaneski</td>
<td></td>
</tr>
<tr>
<td>1979</td>
<td>4-6-0</td>
<td>Dan Zaneski</td>
<td></td>
</tr>
<tr>
<td>1980</td>
<td>6-3-1</td>
<td>Jim Aguiar</td>
<td></td>
</tr>
<tr>
<td>1981</td>
<td>9-1-0</td>
<td>Jay Cottone</td>
<td>NEFC</td>
</tr>
<tr>
<td>1982</td>
<td>10-0-0</td>
<td>Jay Cottone</td>
<td>NEFC</td>
</tr>
<tr>
<td>1983</td>
<td>9-2-0</td>
<td>Jay Cottone</td>
<td>NEFC</td>
</tr>
<tr>
<td>1984</td>
<td>10-1-0</td>
<td>Jay Cottone</td>
<td>NEFC</td>
</tr>
<tr>
<td>1985</td>
<td>8-3-0</td>
<td>Jay Cottone</td>
<td>NEFC</td>
</tr>
<tr>
<td>1986</td>
<td>9-2-1</td>
<td>Lou Desloges</td>
<td>NEFC</td>
</tr>
<tr>
<td>1987</td>
<td>10-1-0</td>
<td>Lou Desloges</td>
<td>NEFC</td>
</tr>
<tr>
<td>1988</td>
<td>10-1-0</td>
<td>Lou Desloges</td>
<td>NEFC</td>
</tr>
<tr>
<td>1989</td>
<td>7-2-0</td>
<td>Lou Desloges</td>
<td>NEFC</td>
</tr>
<tr>
<td>1990</td>
<td>9-2-0</td>
<td>Lou Desloges</td>
<td>NEFC</td>
</tr>
<tr>
<td>1991</td>
<td>6-3-1</td>
<td>Lou Desloges</td>
<td></td>
</tr>
<tr>
<td>1992</td>
<td>4-4-1</td>
<td>Lou Desloges</td>
<td></td>
</tr>
<tr>
<td>1993</td>
<td>6-4-0</td>
<td>Don Brown</td>
<td></td>
</tr>
<tr>
<td>1994</td>
<td>10-1-0</td>
<td>Don Brown</td>
<td>FFC</td>
</tr>
<tr>
<td>1995</td>
<td>9-1-0</td>
<td>Don Brown</td>
<td>FFC</td>
</tr>
<tr>
<td>1996</td>
<td>5-4-0</td>
<td>Mike Kemp</td>
<td></td>
</tr>
<tr>
<td>1997</td>
<td>7-4</td>
<td>Mike Kemp</td>
<td></td>
</tr>
<tr>
<td>1998</td>
<td>7-4</td>
<td>Mike Kemp</td>
<td></td>
</tr>
<tr>
<td>1999</td>
<td>8-3</td>
<td>Chris Rorke</td>
<td></td>
</tr>
<tr>
<td>2000</td>
<td>5-5</td>
<td>Chris Rorke</td>
<td></td>
</tr>
<tr>
<td>2001</td>
<td>7-3</td>
<td>Chris Rorke</td>
<td>FFC</td>
</tr>
<tr>
<td>2002</td>
<td>0-10</td>
<td>Chris Rorke</td>
<td></td>
</tr>
<tr>
<td>2003</td>
<td>0-10</td>
<td>Paul Castonia</td>
<td></td>
</tr>
<tr>
<td>2004</td>
<td>1-8</td>
<td>Paul Castonia</td>
<td></td>
</tr>
<tr>
<td>2005</td>
<td>4-6</td>
<td>Paul Castonia</td>
<td></td>
</tr>
<tr>
<td>2006</td>
<td>4-5</td>
<td>Paul Castonia</td>
<td></td>
</tr>
<tr>
<td>2007</td>
<td>9-1</td>
<td>Paul Castonia</td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td>10-2</td>
<td>Paul Castonia</td>
<td>NEFC</td>
</tr>
<tr>
<td>2009</td>
<td>8-3</td>
<td>Paul Castonia</td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td>6-4</td>
<td>Paul Castonia</td>
<td></td>
</tr>
<tr>
<td>2011</td>
<td>4-6</td>
<td>Paul Castonia</td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>2-8</td>
<td>Paul Castonia</td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td>2-8</td>
<td>Paul Castonia</td>
<td></td>
</tr>
</tbody>
</table>

263 - 162 - 7 — .617

### NCAA Playoff Results (W-1, L-4)

- 1984 Union 26, PSC 14
- 1994 PSC 19, Kings Point 18
- Ithaca 22, PSC 7
- 1995 Union 24, PSC 7
- 2008 Cortland State 31, PSU 14

### ECAC Playoff Results (W-4, L-9)

- 1985 North University at Albany 33, PSC 21
- 1986 North Alfred 30, PSC 3
- 1987 North PSC 13, Ithaca 12
- 1988 North Coast Guard 31, PSC 14
- 1990 North Union 33, PSC 19
- 1991 Northeast Cortland State 21, PSC 6
- 1993 Northeast Rensselaer 13, PSC 0
- 1997 Northeast Buffalo State 21, PSC 17
- 1998 Northeast Salve Regina 36, PSC 6
- 1999 Northeast PSC 13, Salve Regina 7
- 2007 North Atlantic PSU 24, Bridgewater State 21
- 2009 Northeast Springfield 42, PSU 13

### Single Season Rushing Leaders

<table>
<thead>
<tr>
<th>Years</th>
<th>Att.</th>
<th>Yards</th>
<th>Avg.</th>
<th>TD</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>284</td>
<td>1779</td>
<td>6.3</td>
<td>20</td>
</tr>
<tr>
<td>1985</td>
<td>216</td>
<td>1615</td>
<td>7.4</td>
<td>24</td>
</tr>
<tr>
<td>1984</td>
<td>199</td>
<td>1378</td>
<td>6.9</td>
<td>21</td>
</tr>
<tr>
<td>2007</td>
<td>242</td>
<td>1353</td>
<td>5.6</td>
<td>14</td>
</tr>
<tr>
<td>1996</td>
<td>194</td>
<td>1208</td>
<td>6.2</td>
<td>16</td>
</tr>
<tr>
<td>1983</td>
<td>212</td>
<td>1204</td>
<td>5.6</td>
<td>12</td>
</tr>
<tr>
<td>1993</td>
<td>249</td>
<td>1179</td>
<td>4.7</td>
<td>8</td>
</tr>
<tr>
<td>1982</td>
<td>123</td>
<td>1094</td>
<td>8.9</td>
<td>16</td>
</tr>
<tr>
<td>1979</td>
<td>229</td>
<td>1068</td>
<td>4.7</td>
<td>10</td>
</tr>
<tr>
<td>1999</td>
<td>207</td>
<td>1042</td>
<td>5.0</td>
<td>12</td>
</tr>
</tbody>
</table>

### Career Rushing Leaders

<table>
<thead>
<tr>
<th>Years</th>
<th>Att.</th>
<th>Yards</th>
<th>Avg.</th>
<th>TD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1982-85</td>
<td>750</td>
<td>5291</td>
<td>7.1</td>
<td>73</td>
</tr>
<tr>
<td>2004-08</td>
<td>710</td>
<td>3944</td>
<td>5.6</td>
<td>43</td>
</tr>
<tr>
<td>1998-01</td>
<td>707</td>
<td>3276</td>
<td>4.6</td>
<td>36</td>
</tr>
<tr>
<td>1994-96</td>
<td>437</td>
<td>2583</td>
<td>5.9</td>
<td>27</td>
</tr>
<tr>
<td>1991-93</td>
<td>479</td>
<td>2503</td>
<td>5.2</td>
<td>18</td>
</tr>
<tr>
<td>2010-13</td>
<td>571</td>
<td>2503</td>
<td>4.4</td>
<td>19</td>
</tr>
<tr>
<td>1987-90</td>
<td>429</td>
<td>2244</td>
<td>5.2</td>
<td>14</td>
</tr>
<tr>
<td>2005-08</td>
<td>523</td>
<td>1932</td>
<td>3.7</td>
<td>35</td>
</tr>
<tr>
<td>2009-10</td>
<td>302</td>
<td>1565</td>
<td>5.2</td>
<td>7</td>
</tr>
<tr>
<td>2005-08</td>
<td>271</td>
<td>1328</td>
<td>4.9</td>
<td>12</td>
</tr>
<tr>
<td>2007-10</td>
<td>335</td>
<td>1219</td>
<td>3.6</td>
<td>19</td>
</tr>
<tr>
<td>1980-82</td>
<td>235</td>
<td>1143</td>
<td>4.9</td>
<td>8</td>
</tr>
<tr>
<td>1993-94</td>
<td>251</td>
<td>1124</td>
<td>4.5</td>
<td>13</td>
</tr>
<tr>
<td>1981-84</td>
<td>258</td>
<td>1115</td>
<td>4.3</td>
<td>9</td>
</tr>
<tr>
<td>1979-84</td>
<td>229</td>
<td>1068</td>
<td>4.7</td>
<td>10</td>
</tr>
</tbody>
</table>
## PLYMOUTH STATE FOOTBALL HONORS

### ECAC PLAYER OF THE YEAR
- **1994**: Joel Perry (QB)  
- **1990**: Matt Jozokos (QB)  
- **1988**: Pat McAniff (LB)  
- **1985**: Joe Dudek (RB)  
- **1984**: Joe Dudek (RB)  

### ECAC ROOKIE OF THE YEAR
- **2004**: Adam Long (TE)  
- **1987**: Matt Jozokos (QB)  
- **1982**: Joe Dudek (RB)  

### FREEDOM CONFERENCE PLAYER OF THE YEAR
- **2003**: Dan Fallon (Rookie) (DB)  
- **1999**: Colt Meredith (Defense) (DB)  
- **1997**: Dave Gibson (Defense) (QB)  
- **1995**: Brent Bardellini (Special Teams) (PR)  
- **1994**: Colby Compton (Defense) (LB)  
- **1993**: Joel Perry (Offense) (QB)  

### NEFC COACH OF THE YEAR
- **2007**: Paul Castonia  

### FREEDOM CONFERENCE COACH OF THE YEAR
- **1995**: Don Brown  
- **1994**: Don Brown  
- **1993**: Don Brown  

### FIRST TEAM MACASCAR ALL-STARS
- **2013**: Rob Giles (K)  

### FIRST TEAM NEFC ALL-STARS
- **2012**: Matt Fiore (DL)  
- **2011**: Christian Mulcahy* (DB)  
- **2010**: Brian Castellucci (LB)  
- **2009**: Nick Fuccillo (C)  
- **2008**: Alex Battaglino (DL)  
- **2007**: Brian Castellucci (LB)  
- **2006**: Matt Jozokos (QB)  
- **2005**: Joe Dudek* (RB)  
- **2004**: Brian Castellucci (LB)  
- **2003**: Nick Provost (P)  
- **2002**: Joel Perry* (QB)  

### FIRST TEAM FREEDOM CONFERENCE ALL-STARS
- **2002**: Tim Boothroyd (LB)  
- **2001**: Chris Kelliher* (QB)  
- **1998**: Pat McAniff* (LB)  
- **1997**: Jeff Ziegler* (OL)  
- **1996**: Joe Attubato* (OL)  
- **1995**: Mike Belanger* (WR)  
- **1994**: Tim Keliher* (MLB)  
- **1993**: Mike Giard (DB)  
- **1992**: Jon Podgorni (OL)  
- **1991**: Brian Arakelian (OL)  
- **1990**: Don Brown (LB)  
- **1989**: Matt Jozokos (QB)  
- **1988**: Chris Kelliher* (LB)  
- **1987**: Tim Marini (DT)  
- **1986**: Joel Perry* (QB)  
- **1985**: Matt Jozokos (QB)  
- **1984**: Dan卞 (RB)  
- **1983**: Pat McAniff* (LB)  
- **1982**: Joe Dudek (RB)  
- **1981**: Joel Perry* (QB)  
- **1980**: Joe Dudek* (RB)  
- **1979**: Joe Dudek* (RB)  
- **1978**: Tim Boothroyd (LB)  
- **1977**: Colby Compton (LB)  
- **1976**: Colby Compton (LB)  
- **1975**: Colby Compton (LB)  
- **1974**: Colby Compton (LB)  
- **1973**: Colby Compton (LB)  
- **1972**: Colby Compton (LB)  
- **1971**: Colby Compton (LB)  
- **1970**: Colby Compton (LB)  
- **1969**: Colby Compton (LB)  
- **1968**: Colby Compton (LB)  
- **1967**: Colby Compton (LB)  
- **1966**: Colby Compton (LB)  
- **1965**: Colby Compton (LB)  
- **1964**: Colby Compton (LB)  
- **1963**: Colby Compton (LB)  
- **1962**: Colby Compton (LB)  
- **1961**: Colby Compton (LB)  
- **1960**: Colby Compton (LB)  
- **1959**: Colby Compton (LB)  
- **1958**: Colby Compton (LB)  
- **1957**: Colby Compton (LB)  
- **1956**: Colby Compton (LB)  
- **1955**: Colby Compton (LB)  
- **1954**: Colby Compton (LB)  
- **1953**: Colby Compton (LB)  
- **1952**: Colby Compton (LB)  
- **1951**: Colby Compton (LB)  
- **1950**: Colby Compton (LB)  
- **1949**: Colby Compton (LB)  
- **1948**: Colby Compton (LB)  
- **1947**: Colby Compton (LB)  
- **1946**: Colby Compton (LB)  
- **1945**: Colby Compton (LB)  
- **1944**: Colby Compton (LB)  
- **1943**: Colby Compton (LB)  
- **1942**: Colby Compton (LB)  
- **1941**: Colby Compton (LB)  
- **1940**: Colby Compton (LB)  
- **1939**: Colby Compton (LB)  
- **1938**: Colby Compton (LB)  
- **1937**: Colby Compton (LB)  
- **1936**: Colby Compton (LB)  
- **1935**: Colby Compton (LB)  
- **1934**: Colby Compton (LB)  
- **1933**: Colby Compton (LB)  
- **1932**: Colby Compton (LB)  
- **1931**: Colby Compton (LB)  
- **1930**: Colby Compton (LB)  
- **1929**: Colby Compton (LB)  
- **1928**: Colby Compton (LB)  
- **1927**: Colby Compton (LB)  
- **1926**: Colby Compton (LB)  
- **1925**: Colby Compton (LB)  
- **1924**: Colby Compton (LB)  
- **1923**: Colby Compton (LB)  
- **1922**: Colby Compton (LB)  
- **1921**: Colby Compton (LB)  
- **1920**: Colby Compton (LB)  
- **1919**: Colby Compton (LB)  
- **1918**: Colby Compton (LB)  
- **1917**: Colby Compton (LB)  
- **1916**: Colby Compton (LB)  
- **1915**: Colby Compton (LB)  
- **1914**: Colby Compton (LB)  
- **1913**: Colby Compton (LB)  
- **1912**: Colby Compton (LB)  
- **1911**: Colby Compton (LB)  
- **1910**: Colby Compton (LB)  
- **1909**: Colby Compton (LB)  
- **1908**: Colby Compton (LB)  
- **1907**: Colby Compton (LB)  
- **1906**: Colby Compton (LB)  
- **1905**: Colby Compton (LB)  
- **1904**: Colby Compton (LB)  
- **1903**: Colby Compton (LB)  
- **1902**: Colby Compton (LB)  
- **1901**: Colby Compton (LB)  
- **1900**: Colby Compton (LB)  

# All-American *All-ECAC
PLYMOUTH STATE FOOTBALL ALL-AMERICANS

Bob Gibson - DB
1974 Kodak All American
1974, 1975 NAIA All American
1975 AP Honorable Mention

Fred Quinnan - OG
1974, 1975 NAIA All American
1975 AP Honorable Mention

Bill Stumpf - OLB
1974 NAIA Honorable Mention

Lee Richard - DB
1980 CoSIDA Honorable Mention

Mark Barrows - LB
1982 Kodak All American
CoSIDA 2nd Team, AP Hon. Mention

John McNulty - DT
1982 CoSIDA 3rd Team
AP Honorable Mention

Bob Gibson - DB
1974 Kodak All American

Fred Quinnan - OG
1974, 1975 NAIA All American
1975 AP Honorable Mention

Bill Stumpf - OLB
1974 NAIA Honorable Mention

Lee Richard - DB
1980 CoSIDA Honorable Mention

Mark Barrows - LB
1982 Kodak All American
CoSIDA 2nd Team, AP Hon. Mention

John McNulty - DT
1982 CoSIDA 3rd Team
AP Honorable Mention

Ron Simmons - OT
1982 CoSIDA 3rd Team
AP Honorable Mention

Ted Moecia - C
1983 CoSIDA Honorable Mention

Ed Iodice - DB
1984 Pizza Hut 1st Team

Glenn Segalla - LB
1984 Pizza Hut 3rd Team

John Posiviata - WR
1984 Pizza Hut Honorable Mention

Dave Watson - OT
1984 Pizza Hut 2nd Team
1985 Pizza Hut 1st Team

Pat McAniff - LB
1985 Pizza Hut 3rd Team
1988 Pizza Hut 1st Team

Joe Dudek - RB

Bob Mudge - DE
1986 Pizza Hut Honorable Mention

John Sullivan - CB
1986 Pizza Hut Honorable Mention
“Football News” 2nd Team

Matt Jozokos - QB
1988 Pizza Hut 3rd Team
1989 Pizza Hut Honorable Mention

Paul Belanger - WR
1989 Pizza Hut Honorable Mention

Scott Allen - LB
1991 Champion Div. III 1st Team

Steve Krasinski - DE
1991 Champion Div. III Honorable Mention

Colby Compton - LB

Jeff Ziegler - OT
1995 Hewlett Packard CoSIDA 3rd Team

Dave Gibson - LB
1997 Don Hansen’s FB Gazette Second Team, Hewlett Packard/CoSIDA 3rd Team

Colt Meredith - DB
1999 Hewlett-Packard/CoSIDA Honorable Mention

John Walters - TE
2001 Hewlett-Packard/CoSIDA 3rd Team
2001 Football Gazette 3rd Team

Zac Duval – OL
2009 D3Football.com Honorable Mention
Charles Currier Award
presented annually for outstanding dedication, desire and hustle.

2013 – Gregg Callanan
2012 – Dustin Matthews
2011 – Justin Kane
2010 – Zack Parsons, Aaron Getz
2009 – Zac Duval
2008 – Jeff Mack
2007 – Craig Baird
2006 – Joe Fellini
2005 – Joe Fellini
2004 – Joe Fellini
2003 – Jeff Robinson
2002 – Justin Falte
2001 – Cory Skillin
2000 – Mike Donahue
1999 – Dan Demuth
1998 – Jason Lussier
1997 – Jeff Goode
1996 – Shawn Redburn
1995 – Paul Drone
1994 – Jack Dalton
1993 – John Barry
1992 – Paul Landry
1991 – Greg Demetri
1990 – Tony Mann
1989 – Fred Pimental
1988 – Dave Notte
1987 – Paul Sheehan
1986 – Tom Lamb
1985 – Bill Troy
1984 – Bob Batson
1983 – Ted Moccia
1982 – Ron Simmons

Jason D. Holder Award
presented annually to the Most Valuable Player in the Homecoming Game.

2013 – Sam Bellamy
2012 – Josh Morgan
2011 – Ray Boulay
2010 – Brian Castellucci
2009 – J.J. Brooks
2008 – Jeff Mack
2007 – John DeMarco
2006 – Mike Lannon
2005 – Dan Fallon
2004 – Pat Quinlan
2003 – Dan Fallon
2002 – Tim Boothroyd
2001 – Mike Pelletier
2000 – Jason Marcell
1999 – Russ Massahos
1998 – Matt Botz
1997 – Offensive Line
1996 – Shawn Redburn & Andy Jackson
1995 – Tyler Moore
1994 – Joel Perry
1993 – Toby Cloutier
1992 – P.J. Hanson
1991 – Paul Landry
1990 – Matt Jozokos
1989 – Tracey Manter
1988 – Paul Belanger
1987 – Matt Jozokos
1986 – Tim Marini
1985 – Joe Dudek
1984 – Joe Dudek
1983 – Gary Turgeon
1982 – Scott Anson
1981 – Lee Richard
1980 – Lee Richard
1979 – Bill Flynn
1978 – Richard Kilekas
1977 – Robin Carrara
1976 – Mike Kelly
1975 – Skip Capone
1974 – John L. Sullivan
1973 – Les Wolfgram
1972 – James Anctil
1971 – Les Wolfgram
1970 – Steve Barjiel

Ross Deachman Awards
presented annually to the underclassmen who made the most significant contributions to the offense and defense.

2013 – Ryan Bellerose (O)
        Mike Leonard (D)
        Rick Ordway (D)
2012 – Zac Iovanella (O)
        Gregg Callanan (O)
        Josh Morgan (D)
2011 – Dave Button (O)
        Peter LaBreck (D)
2010 – Joel Mignault (O)
        Ray Boulay (D)
2009 – J.J. Brooks (O)
        Brain Castellucci (D)
2008 – Matt Vahey (O)
        Mike Vahey (O)
        Nick Fuccillo (O)
        Aaron Ashburner (O)
        Jim Sestito (D)
2007 – Jeff Mack (O)
        Justin Jarvis (D)
2006 – Jeff Mack (O)
        Mike Lannon (D)
2005 – Joe Duval (O)
        Jeff Ether (D)
2004 – Tye Seastedt (O)
        Tim Butler (D)
2003 – Joe Fellini (O)
        Dana Flanders (O)
        Scott Viscardi (D)
2002 – Harry Payne (O)
        Brian Francis (D)
2001 – Mike Bicchieri (O)
        Shawn McGowan (D)
2000 – Bobby Maylone (D)
1999 – Chris Belmont (O)
        Jason Marcell (D)
1998 – Chris Belmont (O)
        Colt Meredith (D)
1997 – Bryan Sinatro (O)
        Kevin Hebert (D)
1996 – Brian Arakelian (O)
        Joe Attubato (D)
1995 – Jeff Ziegler (O)
        Dave Gibson (D)
1994 – R.J. Letendre (O)
        Andy Lavigne (D)
1993 – Mark Sawicki (O)
        Colby Compton (D)

Donald P. Wharton Presidential Award
presented to senior football players who have overcome adversity and shown exceptional leadership, dedication and perseverance.

2013 – Nate Dubois, Cory Gaff, Xander Fuccillo, Jake Matthews, Andrew Foglia
2012 – Matt Bailey, Paul Capaldo, Andrew Foglia, Ray Boulay, Eric Rajkowski, Dave Button
2011 – Chris Corey, Chad Croteau
2010 – Brendan Fontaine, Matt MacLean, Harry Fallon, Steve Campbell, Mike Bruning
2009 – Bill Horan, Jim Sestito, Matt Vahey, Mike Vahey
2008 – John DeMarco, Joe Duval, Tim Nicholson, Brandon Clough
2007 – Adam Long, Donny Lewis, Drew Richardson
2006 – John DiPasquale, Dana Flinders
2005 – Sean Elwood, Caleb Hooker, Jake Meserve, Pat Quinlan

follow PSU sports online at...
### Fred Madore Award
Presented to the player who best epitomizes the hard-nosed tradition, gritty determination and competitiveness of Plymouth State Football.

- 2013 – Zac Iovanella
- 2012 – Matt Fiore
- 2011 – Matt Fiore
- 2010 – Dan Kelly
- 2009 – Alex Smith
- 2008 – Ryan Harrington, Justin Jarvis
- 2007 – Brad Largy, Justin Smith
- 2006 – Dan Fallon
- 2005 – Dan Fallon
- 2004 – Pat Quinlan
- 2003 – Matt Coddaire, Jay Zinis
- 2002 – Shawn Boyle
- 2001 – Bobby Maylone
- 2000 – Chris Belmont
- 1999 – John McLaughlin
- 1998 – Sam Carey
- 1997 – Jose Raymond
- 1996 – Butch McCarthy
- 1995 – Mike Rauner
- 1994 – Toby Cloutier
- 1993 – Paul Carlow

### Walter L. Murphy Coaches Award
Presented in recognition of outstanding leadership and dedication as a teacher, motivator and mentor.

- 2013 – David Feeley
- 2012 – Devin Zeman
- 2011 – Paul Lavigne
- 2010 – Kevin Bradley
- 2009 – Brian Murphy
- 2008 – Ken Osbon
- 2007 – Mike McLaughlin
- 2006 – John Bowes
- 2005 – Tom Pabst
- 2004 – Nick Vailas
- 2003 – Jay Foster
- 2002 – Lou Desloges
- 2001 – Christopher Clarke
- 2000 – Steve Tirrell
- 1999 – Don Brown
- 1998 – Charles Currier
- 1997 – Jay Cottone
- 1996 – Ted Moccia
- 1995 – Gary Emanuel
- 1994 – Skip Capone
- 1993 – Charles Lenahan
- 1992 – Walter L. Murphy

### James Hamilton Award
Presented annually for outstanding contribution to the defense and for displaying spirit, enthusiasm and desire.

- 2013 – Josh Morgan
- 2012 – Wyatt Huston
- 2011 – Ray Boulay
- 2010 – Brian Castellucci
- 2009 – Alex Battaglino
- 2008 – Brian Keenan
- 2007 – Jeff Ethier
- 2006 – Tim Butler
- 2005 – Jake Meserve
- 2004 – Dan Fallon
- 2003 – Eric Lawless, Doug Martin
  - Erik Stanley
- 2002 – Jamey Funk
- 2001 – Jim Stacy
- 2000 – Seth Howard
- 1999 – Sean Murphy
- 1998 – Kevin Hebert
- 1997 – Bill Lawrence
- 1996 – Mark Crossman
- 1995 – Andy Lavigne
- 1994 – Jeff Jarry
- 1993 – R.J. Hanson
- 1992 – Ric Deignan
- 1991 – Chris Atwood,
  - Coach Christopher Clarke
- 1990 – Sean Holt
- 1989 – Mike Flynn

---

**13TH ANNUAL**

**Plymouth State University**

**Athletic Department Golf Tournament**

Monday, June 15, 2015 at 10 AM

Owl’s Nest Golf Club

Campton, NH

**SAVE THE DATE!**
The excitement of MASCAC Football enters its second season in 2014 as Framingham State University defends its inaugural conference championship.

The Rams held off all contenders to claim the 2013 crown, earning a berth in the NCAA Division III Championship Tournament where they dropped a dramatic 20-17 decision to Ithaca College. MASCAC Runner-up Western Connecticut State University also earned a post-season bid, capturing the ECAC Division III Northeast Bowl with a victory over Salve Regina.

"Tradition and competitive excellence have been hallmarks of the MASCAC for over four decades, and the addition of football as a championship sport adds to that tradition," MASCAC Commissioner Angela Baumann said. "Our football league brings great excitement, enhanced visibility and most importantly, opportunities for our student-athletes and member institutions."

The MASCAC champion will receive the conference's automatic berth into the NCAA Football Championships after the association's mandatory two-year waiting period expires, and all nine football playing institutions will remain eligible for at-large berths during that time.
In 2004, the weight room in the athletic department was renovated and expanded, and with the support of Nick Vailas ’76, the Vailas Performance Center was born. The new facility is a major boost to the strength and conditioning of Panther student-athletes.

PSU Athletics and physical education students benefit from improvements to equipment. The program serves three purposes: 1) to provide a safe environment for all student-athletes to develop their skills and abilities; 2) to provide a teaching lab for Health, Physical Education and Recreation majors; and 3) to prevent and rehabilitate injuries.

The Vailas Performance Center is a facility that is both attractive and safe for student-athletes. It focuses attention to the needs of our athletic teams individually in an area that is both gender-friendly and supported by professionals who have the capacity to develop the diverse programming needed for the many types of student-athletes at Plymouth State.

The creation of the Vailas Performance Center offers an opportunity for Health, Physical Education and Recreation majors to enhance their knowledge and experience in the types of training involved in a strength and conditioning program. The exposure to basic through complex techniques of functional training will allow students majoring in athletic training to develop the competencies and skills needed to be competitive in a growing career field.
“The Football Warehouse”

- NOCSAE Licensed reconditioner
- Over 60 years in business
- Owner operated
- Dependable Service
- Leading Brands....Under Armour, Schutt, Wilson, New Balance, and many more!

Come to Stadium System for all of your reconditioning needs...
All sports supplier of New Equipment.

Local representative:
Don Lewis
(603)533-9416 - Cell
donlewis.stadiumsystem@yahoo.com - Email

STADIUM SYSTEM SUPPORTS PLYMOUTH STATE FOOTBALL