Table of Contents

About Plymouth State University ........................................... IFC
2007 Schedule ...................................................................... 1
2007 Outlook ......................................................................... 2-3
Head Coach Paul Castonia ..................................................... 4
Panther Assistant Coaches ..................................................... 5
2007 Pre-Season Roster .......................................................... 7
Key Panther Returnees ............................................................ 9-13
2006 Results & Statistics ....................................................... 15
New England Football Conference ......................................... 17
2007 Opponent Information .................................................. 19-21
Plymouth State Football History ........................................... 22-27
Plymouth State All-Americans ............................................. 29
All-Time Records .................................................................. 31-33
Year-by-Year Scores ............................................................. 35-37
Football Awards ................................................................. 38-39
Athletic Training ................................................................. 41
Vailas Performance Center .................................................... 43
Plymouth State Administration ............................................. 44

2007 Schedule

SEPT.
Sat., 8 MOUNT IDA................................. 1:30 p.m.
Sat., 15 COAST GUARD* ....................... 1:30 p.m.
Sat., 22 at UMass Dartmouth*.............. 12:00 p.m.
Sat., 29 at Western New England* .... 1:00 p.m.

OCT.
Sat., 6 ENDICOTT*............................ 1:30 p.m.
Sat., 13 NICHOLS*............................. 1:00 p.m.
Sat., 20 at Curry* ................................ 12:00 p.m.
Sat., 27 MIT* ..................................... 1:00 p.m.

NOV.
Sat., 3 at Salve Regina* ....................... 1:00 p.m.
Sat., 10 NEFC Championship game ..... TBA

* New England Football Conference game

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Panthers return veterans on offense but must rebuild on defense

The Plymouth State football program has made steady improvement over the last three years, and is looking to continue that progress in 2007 under fifth-year head coach Paul Castonia. The Panthers will be out to challenge for the top of the Boyd Division in the New England Football Conference after finishing in a tie for third last year, PSU’s first season back in the NEFC.

Coach Castonia welcomes back plenty of experience on offense, including seven starters and a handful of others who have seen key playing time, while the defense will have to rebuild a little, with just five starters returning, four on the interior line.

“Running backs and receivers is where we have the most experience on offense,” says Castonia. “We also return a decent amount on the offensive line. Hopefully we’ll be more balanced this year, and will be more successful in the passing game.”

The Panthers, who gained nearly 70 percent of their offense on the ground last year, return their top three running backs in senior tailback Jeff Mack, junior fullback Brandon Clough and junior fullback/quarterback John DeMarco. Mack (580 yards, 6 TD last year) and Clough (405 yards, 3 TD) should both get plenty of carries, while DeMarco, who has rushed for 800 yards and 12 TDS over the past two years and passed for 339 yards and five scores last season, will shift to quarterback.

PSU has its top three receivers back in senior wideouts Brad Largy and Drew Richardson and senior tight end Adam Long. Largy has 47 career receptions for 767 yards (16.3 avg.) and six touchdowns, and Long 62 catches for 562 yards (9.1 avg.) and three scores. Richardson was a Second Team All-NEFC selection last year after leading the team with 29 receptions.

Senior center Craig Baird and junior guard Joe Duval top the group of returnees on the offensive line. Junior Miralem Mulabegovic also has starting experience. PSU will have to fill the gap left by the graduation of right tackle Joe Fellini, the NEFC Boyd Division Offensive Lineman of the Year.

“The good news is that we have more depth than ever, and we’re confident the new guys will fill in well for the ones they’re replacing.”

-Coach Castonia
and junior DT Ryan Harrington held down starting spots a year ago. Junior Justin Jarvis, a Second Team All-Conference pick, senior Justin Smith and sophomore Alex Battaglino are also returning veterans who should be solid contributors.

PSU lost all of its starting linebackers to graduation, along with three of its four starters in the secondary, giving the Panthers their biggest turnover on defense in several years. The only other returning starter is junior Mike Lannon, who led the team with 54 tackles and three fumble recoveries after moving from running back to safety.

Castonia says the defense will be in fine shape.

“We’ve moved some guys around to different positions,” says Castonia. “We haven’t been in this position before where we’ve lost so much in one year; not just on defense, but special teams, too. The good news is that we have more depth than ever, and we’re confident the new guys will fill in well for the ones they’re replacing.”

Some of the players seeing new positions include senior Brent Gallant, who moved from the offensive backfield to the defensive secondary, and junior Tim Nicholson, who switched from tight end to linebacker. Junior defensive back Mike Chartrand also returns after taking a year off.

PSU finished with a 4-3 record in the NEFC Boyd Division in 2006, behind Curry and Endicott and tied with UMass Dartmouth and Nichols. The Panthers will at least know what to expect from their opponents, an advantage they didn’t have last year when they were new to the NEFC.

“We know Curry is the team to beat,” says Castonia, “and all of the other teams continue to get better and better. We know that just about anybody can beat anybody on a given Saturday, so we’ll have to be ready for every game.”

“Hopefully we’ll be more balanced this year, and will be more successful in the passing game.”

-Coach Castonia
Paul Castonia has experienced a little bit of everything in his two decades of coaching college football. He’s worked at all levels of the game (Divisions 1-A, 1-AA, 2 and 3), and has held positions on both sides of the football as well as special teams and recruiting coordinator. He is relying on that experience as he rebuilds the Panther football program.

Now in his fifth season at PSU, Castonia took over in 2003 as the 11th head football coach in the program’s history. He was well prepared for the job, with 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 shown progress each season since Castonia arrived, and have built a solid foundation as a member of the New England Football Conference. But Coach Castonia 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.

“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 guy 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. We have former players who are lawyers, policemen, and coaches, among others.”

Castonia says PSU provides an outstanding football experience for the college student-athlete.

“We offer an outstanding university in a great location at a reasonable cost,” says the coach. “We have several majors that are attractive to prospective students, and some of the popular ones among football players are business, education, physical education and criminal justice. We’ve had everything in recent years from an art major to a meteorology major. And we offer a competitive Division III football experience. It’s the whole package for a small college football player.”

Coach Castonia, 42, and his wife Leslie reside in Ashland.

THE CASTONIA FILE

2003- 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

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LOU DESLOGES
Southern Conn. ’69
Running Backs
Lou Desloges has been involved with Panther Football since 1976. He was an assistant coach from 1976-85, and head coach from 1986-93, winning four New England Football Conference championships. He is PSU’s all-time winningest coach with a record of 55-15-3. After stints as an assistant at Bethany College and Dartmouth College, Desloges returned to Plymouth State as an assistant in 2001.

MIKE MCLAUGHLIN
UMass Boston ’03
Defensive Coordinator/
Defensive Backs
Mike McLaughlin is in his fifth year on the PSU Football staff, and fifth season as defensive coordinator. He is a former player at UMass Boston during the tenure of head coach Paul Castonia. McLaughlin was also an assistant coach and strength and conditioning coordinator at Catholic Memorial High School (Mass.).

JASON McDERMOTT
Keene State ’03
Defensive Line
Jason McDermott is now in his second season on the Panther Football staff, coaching defensive line this season after serving as receivers coach last year. He has several years of coaching experience at the high school level, including stints at Monadnock H.S. in Swanzey, N.H., and Bishop Brady H.S. in Concord, N.H.

DEVIN ZEMAN
Plymouth State ’04
Linebackers
Devin Zeman is now in his fifth season as linebackers coach on the Panther Football staff, while adding special teams duties two years ago. A native of Nashua, N.H., he is a former defensive back who turned to coaching while earning his undergraduate degree.

TOM PABST
Offensive Line
Tom Pabst is now in his fourth season on the Panther Football staff, all four years as offensive line coach. He has several years of coaching experience, including serving as the head football coach at Franklin (N.H.) High School from 1998-2003.

DAN FALLON
Plymouth State ’07
Receivers
Dan Fallon is in his first season on the Panther staff after spending the past four years as a starting safety. The two-year co-captain led the team in tackles three times and was a First Team All-Conference selection last season. He received the PSU Athletic Department’s John C. Foley Senior Leadership Award for 2006-07.
the road to victory is a thirsty one
<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Pos.</th>
<th>Class</th>
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<th>Wt.</th>
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</tr>
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<tbody>
<tr>
<td>36</td>
<td>Mack, Jeff</td>
<td>RB</td>
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<td>5-11</td>
<td>208</td>
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<td>68</td>
<td>Lussier, Tony</td>
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<td>Fr.</td>
<td>6-2</td>
<td>196</td>
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<td>86</td>
<td>Long, Adam</td>
<td>TE</td>
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<td>5-11</td>
<td>208</td>
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<td>Baird, Jay</td>
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<td>6-1</td>
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<tr>
<td>98</td>
<td>Battaglino, Alex</td>
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<td>5-11</td>
<td>248</td>
<td>Avon, CT/Avon</td>
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<tr>
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<td>Beckwith, Derrick</td>
<td>LB</td>
<td>So.</td>
<td>5-6</td>
<td>187</td>
<td>Seabrook, NH/Winnacunnet</td>
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<td>5-10</td>
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<td>5-7</td>
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<td>Creamer, John</td>
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<td>5-7</td>
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<td>160</td>
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<td>Richardson, Drew</td>
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<tr>
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<td>Duval, Joe</td>
<td>OL</td>
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<td>5-11</td>
<td>242</td>
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<td>189</td>
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<td>Fr.</td>
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<td>WR</td>
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<td>5-10</td>
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<td>Sr.</td>
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<td>Long, Adam</td>
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<td>6-3</td>
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<td>RB</td>
<td>Sr.</td>
<td>5-11</td>
<td>208</td>
<td>Milford, NH/Milford</td>
</tr>
</tbody>
</table>

2007 PSU Football Roster

Head Coach: Paul Castonia (5th year/Trinity '86)

Running Backs: Lou Desloges (25th year)
Defensive Coordinator/Defensive Backs: Mike McLaughlin (5th year)
Linebackers/Special Teams: Devin Zeman (5th year)
Offensive Line: Tom Pals (4th year)
Defensive Line: Jason McDermott (2nd year)
Wide Receivers: Dan Fallon (1st year)
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Key Panther Returnees

Craig Baird
Senior OL Co-Captain
Worcester, MA/Holy Name
2006: 9 games (9 starts) at center
2005: 10 games (7 starts) at center/left tackle
2004: 8 games (2 starts) at center

Brandon Clough
Junior FB
Gonic, NH/Spaulding
2006: 9 games, 78 att., 405 yds., 5.2 avg., 3 TD
2005: 7 games, 22 att., 157 yds., 7.1 avg., 2 TD

Alex Battaglino
Sophomore DL
Avon, CT/Avon
2006: 9 games at defensive tackle

Joe Duval
Junior OL
Dover, NH/Dover
2006: 4 games (4 starts) at right guard
2005: 10 games (10 starts) at right guard

Joe Conway
Senior OL
Winchester, MA/Winchester
2006: Second Team right guard (3 starts)
2005: Second Team right guard

John DeMarco
Junior QB/DB
Milford, NH/Milford H.S./Bridgton Academy
2006: 9 games, 122 att., 388 yds., 7 TD
4 rec., 21 yds; 29-65-3, 339 yds., 5 TD
2005: 10 games, 106 att., 415 yds. (led team), 5 TD
22 rec., 215 yds, 1 TD
2004: Attended Bryant University

Aaron Ellston
Senior DL
Sandown, NH/Timberlane
2006: Starter at DE, 9 games, 19 tackles, 4 TFL, 2 sacks, 1 INT
2005: Starter at DE, 10 games, 22 tackles, 4 TFL, 2 sacks
2004: 9 games, 14 tackles, 1 TFL

Brent Gallant
Senior DB
Byron, ME/Mountain Valley
2005: 10 games, 36 att., 196 yds., 5.4 avg.; 3 TD
Transferred from Susquehanna University

John Ether
Senior DL/LB Co-Captain
North Attleboro, MA/Bishop Feehan
2006: All-East Region (Hon. Men.), All-NEFC (1st Team);
37 tackles, 4 TFL, 1.5 sacks
2005: Starter at DT, 56 tackles (2nd on team), 15.5 TFL,
5 sacks, 2 BrUp, 3 FumRec.
2004: Starter at DE, 27 tackles, 4.5 TFL, 1 sack, 2 FumRec.
Window of opportunity open.

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KEY PANTHER RETURNEES

RYAN HARRINGTON

Junior DL
Hampton, NH/Winnacunnet
2006: 8 games (7 starts) at DT; 18 tackles, 3 TFL, 1 sack
2005: 9 games; reserve at both OL and DL; 10 tackles, 2 TFL

MIKE LANNON

Junior DB
Sharon, MA/Sharon
2006: 9 starts at FS; 54 tackles (led team), 5 BrUp, 3 FR, 2 FF
2005: 6 games at RB, 23 att., 66 yds., 1 rec., 2 yds

ADAM LONG

Senior TE Co-Captain
Plymouth, MA/Plymouth South
2006: 11 catches, 86 yards, 7.8 avg., 1 TD
2005: 23 catches (led team), 201 yards, 8.7 avg., 1 TD
2004: 28 catches (led team), 275 yards, 9.8 avg., 1 TD
ECAC Northeast Rookie of the Year

JUSTIN JARVIS

Junior DL
Surry, NH/Monadnock/Bridgton Academy
2006: All-NEFC (2nd Team); 9 games, 13 tackles, 2 TFL, 1.5 sacks
2005: 10 games, 21 tackles, 3 TFL, 1 sack, 1 FR

BRAD LARGY

Junior WR Co-Captain
Litchfield, NH/Campbell
2006: 11 catches, 191 yards, 17.4 avg., 2 TD
2005: 21 catches, 312 yards, 14.9 avg., 1 TD
2004: 15 catches, 264 yards, 17.6 avg., 3 TD

JEFF MACK

Senior RB
Milford, NH/Milford H.S.
2006: 9 games (8 starts), 108 att., 580 yds. (led team), 6 TD
2005: 2 games, 10 att., 23 yds.
2004: 6 games, 66 att., 209 yds. (led team), 3 TD

BRIAN KEENAN

Junior LB
Hampstead, NH/Pinkerton Academy
2006: 5 games, 7 tackles, 2 TFL

DONNY LEWIS

Senior DE
Merrimack, NH/Merrimack
2006: 9 starts at DE; 29 tackles, 9 TFL (led team), 2.5 sack
2005: 10 games, 10 tackles, 3.5 TFL

MIRALEM MULABEGOVIC

Junior OL
Milford, NH/Milford
2006: 9 games (3 starts) at right guard
2005: 9 games at DL; 12 tackles
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DRAG IT IN!
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YOU $3,000
MINIMUM FOR
YOUR TRADE...
REGARDLESS
OF CONDITION!

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KEY PANTHER RETURNES

TIM NICHOLSON
Junior LB
Franklin, MA/Franklin
2006: 8 games at TE (2 starts), 1 catch, 8 yards
2005: 10 games at TE, 4 catches, 91 yards, 22.8 avg.

DREW RICHARDSON
Senior WR
Newburgh, ME/Hampden Academy
2006: All-NEFC (2nd Team); 9 games (6 starts), 29 catches (led team), 339 yards, 11.7 avg., 2 TD
2005: 10 games (8 starts), 18 catches, 220 yards, 12.2 avg., 2 TD
2004: 4 games, 1 catch, 5 yards

JUSTIN SMITH
Senior DE
Merrimack, NH/Merrimack
2006: 9 games at DE, 18 tackles, 5 TFL, 4.5 sacks, 1 FF
2005: 2 games at DE, 1 tackle, 1 TFL

FOOTBALL

PLYMOUTH STATE UNIVERSITY PANTHERS

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Plymouth, NH
603-536-1565

Victor Gennaro, D.O.
Orthopedic Surgeon

Team Physician
Plymouth State University

athletics.plymouth.edu
<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>School</th>
<th>Honors</th>
</tr>
</thead>
<tbody>
<tr>
<td>JOE FELLINI</td>
<td>Sr., OL</td>
<td>Walpole, Mass./Walpole</td>
<td>NCAA All-East Region Honorable Mention (Football Gazette)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Division III/III All-New England Team (N.E. Football Writers)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>NEFC Boyd Division Offensive Lineman of the Year</td>
</tr>
<tr>
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<td></td>
<td>All-NEFC Boyd Division (First Team)</td>
</tr>
<tr>
<td>DAN FALLON</td>
<td>Sr., SS</td>
<td>Manchester, N.H./Central</td>
<td>NCAA All-East Region Honorable Mention (Football Gazette)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>All-NEFC Boyd Division (First Team)</td>
</tr>
<tr>
<td>JEFF ETHIER</td>
<td>Jr., DL</td>
<td>North Attleboro, Mass./Bishop Feehan</td>
<td>NCAA All-East Region Honorable Mention (Football Gazette)</td>
</tr>
<tr>
<td></td>
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<td>All-NEFC Boyd Division (First Team)</td>
</tr>
<tr>
<td>TIM BUTLER</td>
<td>Sr., LB</td>
<td>Concord, Mass./Concord-Carlisle</td>
<td>All-NEFC Boyd Division (Second Team)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>All-NEFC Boyd Division (Second Team)</td>
</tr>
<tr>
<td>DREW RICHARDSON</td>
<td>Jr., WR</td>
<td>Newburgh, Maine/Hampden Acad.</td>
<td>All-NEFC Boyd Division (Second Team)</td>
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<tr>
<td>JUSTIN JARVIS</td>
<td>So., DL</td>
<td>Surry, N.H./Monadnock</td>
<td>All-NEFC Boyd Division (Second Team)</td>
</tr>
<tr>
<td>RYAN PUCK</td>
<td>Sr., LB</td>
<td>Fair Haven, N.J./Rumson-Fair Haven</td>
<td>National Football Foundation National Honor Society</td>
</tr>
</tbody>
</table>

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70 Main Street - Delivery Available

Keene, N.H. - Next to Railroad Tavern
14 Cypress Street - Delivery Available

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## Final 2006 Individual Leaders

### Rushing

<table>
<thead>
<tr>
<th>Player</th>
<th>ATT</th>
<th>YDS</th>
<th>AVG.</th>
<th>TD</th>
<th>LONG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jeff Mack</td>
<td>108</td>
<td>580</td>
<td>5.4</td>
<td>6</td>
<td>59</td>
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<tr>
<td>Brandon Clough</td>
<td>78</td>
<td>405</td>
<td>5.2</td>
<td>3</td>
<td>43</td>
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<tr>
<td>John DeMarco</td>
<td>122</td>
<td>388</td>
<td>3.2</td>
<td>7</td>
<td>47</td>
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<tr>
<td>Tye Seastedt</td>
<td>90</td>
<td>323</td>
<td>3.6</td>
<td>2</td>
<td>24</td>
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<tr>
<td>Brent Gallant</td>
<td>21</td>
<td>80</td>
<td>3.8</td>
<td>0</td>
<td>9</td>
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### Passing

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<tr>
<th>Player</th>
<th>COMP-ATT-INT</th>
<th>PCT</th>
<th>YDS</th>
<th>TD</th>
<th>LONG</th>
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<tbody>
<tr>
<td>Tye Seastedt</td>
<td>42-91-9</td>
<td>46.2</td>
<td>467</td>
<td>2</td>
<td>37</td>
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<tr>
<td>John DeMarco</td>
<td>29-65-3</td>
<td>44.6</td>
<td>339</td>
<td>5</td>
<td>55</td>
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### Receiving

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<tr>
<th>Player</th>
<th>REC.</th>
<th>YDS</th>
<th>AVG.</th>
<th>TD</th>
<th>LONG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drew Richardson</td>
<td>29</td>
<td>339</td>
<td>11.7</td>
<td>2</td>
<td>39</td>
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<tr>
<td>Brad Large</td>
<td>11</td>
<td>191</td>
<td>17.4</td>
<td>2</td>
<td>53</td>
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<tr>
<td>Adam Long</td>
<td>11</td>
<td>86</td>
<td>7.8</td>
<td>1</td>
<td>15</td>
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<tr>
<td>Shawn Durgin</td>
<td>9</td>
<td>127</td>
<td>14.1</td>
<td>2</td>
<td>34</td>
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### Total Offense

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<thead>
<tr>
<th></th>
<th>Total Plays</th>
<th>Avg./Play</th>
<th>Avg./Game</th>
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<tbody>
<tr>
<td>PSU</td>
<td>2,617</td>
<td>4.4</td>
<td>290.8</td>
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<tr>
<td>Opponents</td>
<td>2,299</td>
<td>4.4</td>
<td>255.4</td>
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### By Quarter

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<th>Quarter</th>
<th>Total Points</th>
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<tbody>
<tr>
<td>1st</td>
<td>598</td>
</tr>
<tr>
<td>2nd</td>
<td>523</td>
</tr>
<tr>
<td>3rd</td>
<td>4.4</td>
</tr>
<tr>
<td>4th</td>
<td>290.8</td>
</tr>
<tr>
<td>Total</td>
<td>255.4</td>
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## Final 2006 Team Statistics

<table>
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<th>Player</th>
<th>Team</th>
<th>Statistic</th>
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<tbody>
<tr>
<td>Jeff Mack</td>
<td>PSU</td>
<td>Rushing</td>
</tr>
<tr>
<td>Brandon Clough</td>
<td>OPP</td>
<td>Rushing</td>
</tr>
<tr>
<td>John DeMarco</td>
<td></td>
<td>Rushing</td>
</tr>
<tr>
<td>Tye Seastedt</td>
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<td>Rushing</td>
</tr>
<tr>
<td>Brent Gallant</td>
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<tr>
<td></td>
<td>PSU</td>
<td>Passing</td>
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<tr>
<td></td>
<td>OPP</td>
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<td></td>
<td>Rushing</td>
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<td>Rushing</td>
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<td>OPP</td>
<td>Rushing</td>
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<tr>
<td></td>
<td></td>
<td>Rushing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>TDs Rushing</td>
</tr>
</tbody>
</table>

## Final 2006 Results

(4-5 Overall, 4-3 NEFC Boyd)

<table>
<thead>
<tr>
<th>Week</th>
<th>Opponent</th>
<th>Score</th>
<th>NEFC Boyd</th>
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<tr>
<td>1</td>
<td>Mount Ida</td>
<td>9-14</td>
<td>192-24</td>
</tr>
<tr>
<td>2</td>
<td>Coast Guard</td>
<td>14-14</td>
<td>192-25</td>
</tr>
<tr>
<td>3</td>
<td>Western New England*</td>
<td>14-14</td>
<td>192-26</td>
</tr>
<tr>
<td>4</td>
<td>Endicott*</td>
<td>15-7</td>
<td>192-27</td>
</tr>
<tr>
<td>5</td>
<td>Nichols*</td>
<td>15-7</td>
<td>192-28</td>
</tr>
<tr>
<td>6</td>
<td>MIT*</td>
<td>15-7</td>
<td>192-29</td>
</tr>
</tbody>
</table>

* NEFC game