



# GAME, SET, MAAC

## Men's tennis claims its first MAAC Conference title

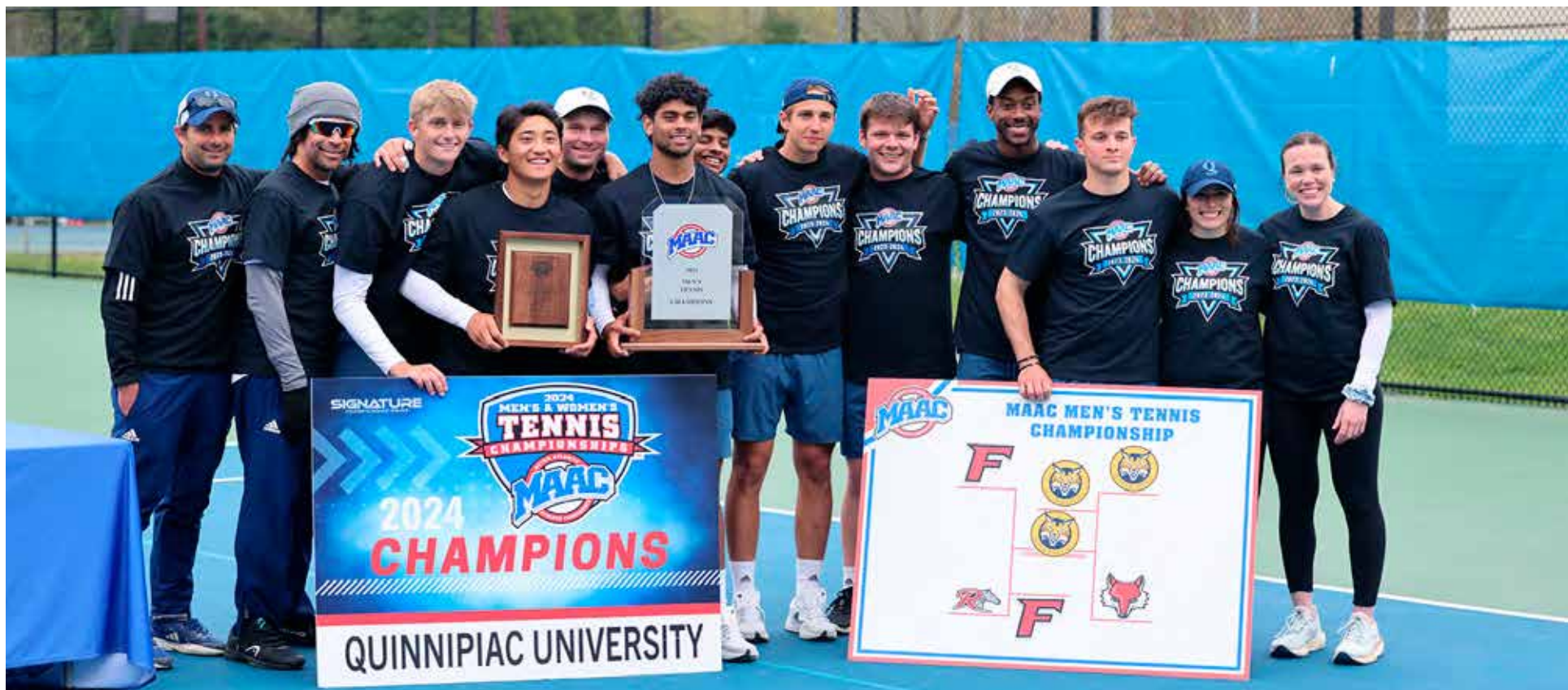


PHOTO COURTESY OF QUINNIPIAC ATHLETICS

By **ALEXANDRA MARTINAKOVA**  
Editor-in-Chief

When asked in his pre-season interview whether he thinks his team can win the MAAC this year, senior Shaurya Sood answered, "Yeah, no doubt."

Two months later to the day, his words proved true as Quinnipiac men's tennis raised its first ever MAAC Championship trophy, after a decade of trying.

"Last summer, I sent a message to our full roster, before they even got to school,"

head coach Bryan Adinolfi said. "I told them that the journey to winning the MAAC starts now."

Despite a rocky preseason, the Bobcats soon found their groove with a dominating 8-2 record on their new home courts.

"The timing of us peaking, where we could put six guys playing their best tennis of the season, to pull it off ... (it's) a great feeling for sure," Adinolfi said.

It didn't come easily. The Bobcats had to fight tooth and nail against Marist to even ad-

vance to the championship game.

"(Marist) gave us a real challenge in our first home court match," Adinolfi said. "We were down in every singles match and we came back. (That's when) I saw the fight and this mentality of never giving up. I saw our guys, for the first time, have that kind of fight, that really is all that I was asking for."

The Red Foxes clawed the doubles point away from the Bobcats — the pairs of freshmen Carlos Braun Simo and Finn Burridge, and seniors Donovan Brown and Ayato Ara-

kaki fell to Marist 6-7, 6-8 and 5-7 in the tie-break respectively.

"It was extremely close, we had six match points and we weren't able to get (it)," Adinolfi said.

To answer, Burridge and graduate student Daniel Velek — MAAC Player of the Year — took under an hour to give the Bobcats a small 2-1 lead, both winning in straight sets.

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# School of Health Sciences introduces three new minors

By **ALEXANDRA MARTINAKOVA**  
Editor-in-Chief

Quinnipiac University's School of Health Sciences introduced three new minor programs — Sports Medicine, Human Movement and Health Equity.

While all of these minors pair well with any major in the School of Health Sciences, students from outside majors might benefit from them as well.

The health equity minor is an interdisciplinary minor, co-offered by the College of Arts and Sciences.

"Last spring, a student came to speak to me about an idea she had," wrote Susan Norkus, associate chair of athletic training and sports medicine and interim chair of health science studies in an email to The Chronicle. "She had taken a special topics class that focused on this topic, and she was so interested in learning more that she focused her class project on creating and designing the minor. She proposed it to me and our faculty and department took it from there."

That student was Anne Habeck, a health sciences major in the pre-medical studies

program, who graduated last spring.

"I came up with the idea for my capstone project," Habeck said. "I wanted to create this interdisciplinary minor so that anyone could get the education of public health, because it should be a knowledge that is open to everyone."

Habeck was very involved in the process of starting this minor, creating the curriculum and naming the minor, despite graduating before she could declare it.

"When I first proposed the minor I proposed the name Social Disparities," Habeck said. "But I like the name Health Equity much better. A lot of people think equality and equity are the same thing and they are not."

Equality means each individual or group of people is given the same resources or opportunities. Equity recognizes that each person has different circumstances and allocates the exact resources and opportunities needed to reach an equal outcome, according to Marin Health and Human Services.

"(It's about) making sure everyone has the access to proper resources," Habeck said. "That's looking at socio-economic status, ra-

cial disparities, gender disparities and I can keep going. Which is why I encouraged to call it Health Disparities (once). But Health Equity really looks at, yes we have these disparities in our healthcare system, how can we change (it) to achieve this goal?"

In other words, this minor was designed for students to understand "how the conditions in the environments where people are born, live, learn, work, play, worship and age affect a wide range of health, functioning and quality-of-life outcomes and risks," according to Norkus.

To earn the health equity minor, students will be required to complete an internship, community engagement or experiential learning course.

The sports medicine and human movement minors were created by the Department of Health Sciences last spring, and approved by the Faculty Senate this past fall.

"Our faculty have exceptional expertise in both of these areas," Norkus wrote. "So it made sense to benefit from our faculty strengths and find a way to allow students more opportunity to learn about areas they

have interest in."

While the minors might sound similar, the human movement minor is more focused on movement across the lifespan, from pediatrics to geriatrics, with the intent to provide a foundational understanding of normal human movement.

The sports medicine minor is for health care professionals working with physically active patients or anyone interested in sports healthcare.

Some of the courses in the minor are similar to those in the athletic training program, but the minor will not prepare students to work as an athletic trainer, according to Norkus.

Along with these minors, Quinnipiac introduced three new three-credit classes — Introduction to Health Disparities, Introduction to Sports Medicine and Human Motor Development.

Right now, there isn't any consideration to offer these programs as majors.

"Not at this time, but if enrollment grows and there is significant interest among the student body, who knows?" Norkus wrote.



## MEET THE EDITORS

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# Quinnipiac EMS students tested in simulated mass casualty event

By **GEORGE MADDALONI**  
Staff Photographer

Quinnipiac University Emergency Medical Services students gathered at the lawn outside of the Center for Communications and Computing and Engineering for a mass casualty drill on Saturday. Along with medical teams from multiple local agencies, the students participated in a drill designed to simulate a mass casualty event, with evaluators monitoring the students' performance.

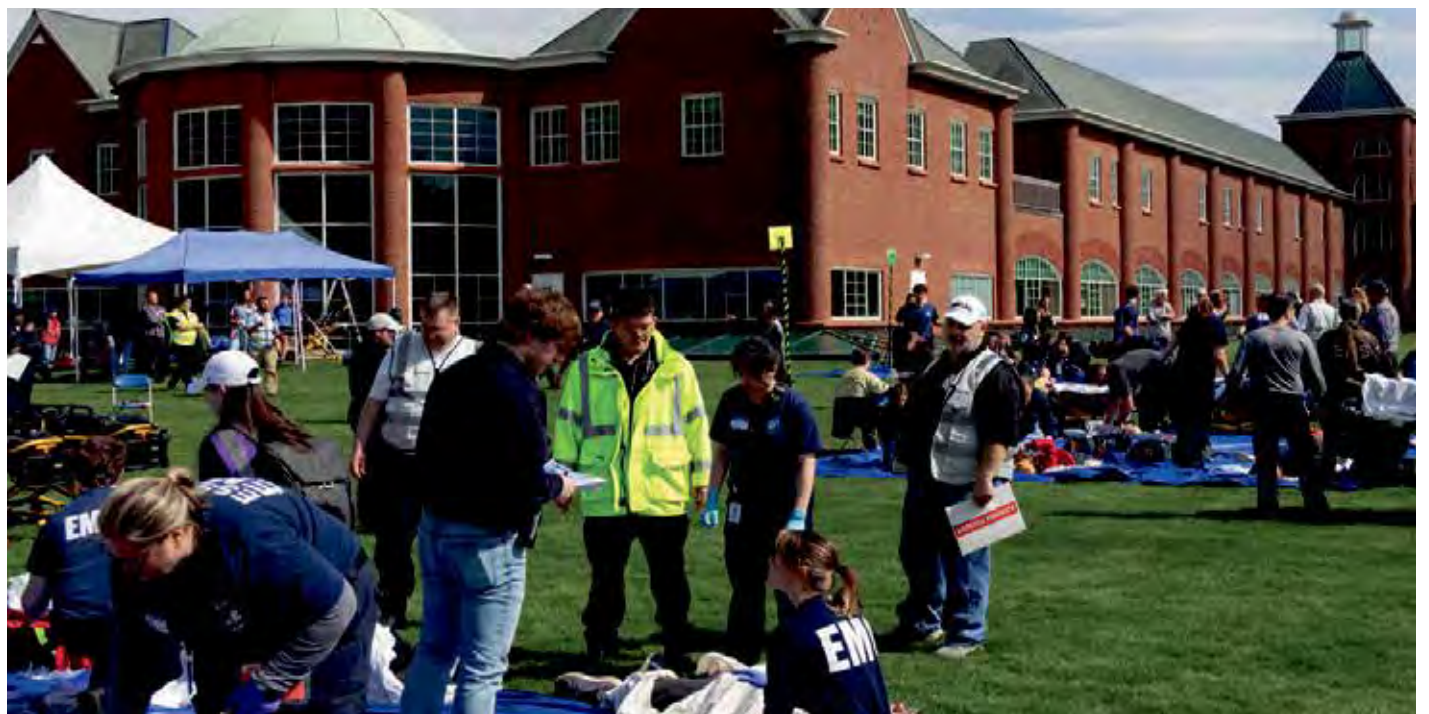
After a safety briefing from Quinnipiac

EMS captain Alexander Bayer, a junior nursing major, students were left in the Mt. Carmel Auditorium to wait for the drill to begin spontaneously. After three long blows of a whistle, the drill began.

As students approached the lawn, they were met by a grisly scene. Volunteer actors portraying victims were sprawled across the lawn, with a truck stopped in front of a set of bleachers to simulate a crash scene. Students were tasked with removing the victims from the scene and tending to them in the midst of the chaos.

The drill ran twice, with evaluators monitoring the performance of the students, comparing the first and second evolution of the simulation.

After the drill, the group returned to Mt. Carmel Auditorium to debrief and discuss what was done well and what needs improvement. The evaluators and actors gave their thoughts, with the consensus being the students performed very well in the second evolution after adapting to some of the issues they encountered in the first drill.



GEORGE MADDALONI/CHRONICLE

The Quinnipiac University EMS mass casualty drill takes place on the lawn outside of the Communications and Computing and Engineering building on Saturday, April 20.



GEORGE MADDALONI/CHRONICLE

Quinnipiac EMS advisor Becca Lucas, 40, advises the team in between the first and second round of the drill.



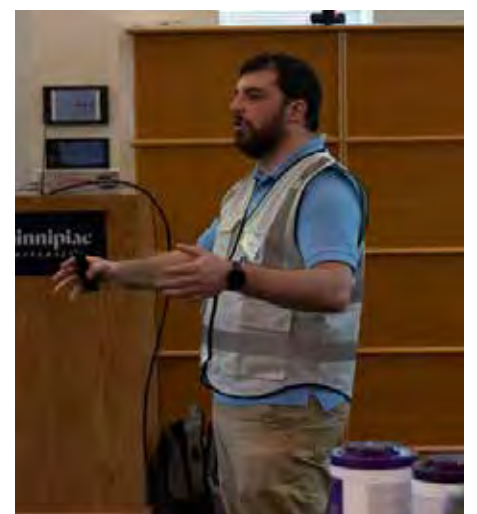
GEORGE MADDALONI/CHRONICLE

Quinnipiac EMS approaches the site of the mass casualty incident drill.



GEORGE MADDALONI/CHRONICLE

Quinnipiac EMS member Bruna Pomazi, a first-year in the 3+1 biology program, kneels to assist a volunteer patient actor.



GEORGE MADDALONI/CHRONICLE

Bayer, Quinnipiac EMS captain, leads the safety briefing before the drill.



# Senior send-offs

## The art of figuring it out as you go

By **KATIE LANGLEY**  
Former Editor-in-Chief

The older I get, the more I realize that most of the time, other people also don't know what the hell is going on.

My first exposure to The Chronicle was behind a tiny Zoom square during the height of a pandemic. That was four years ago, and it's safe to say that I never would have imagined I'd be leading that same organization eight semesters later.

I didn't know what I was doing there, besides that they let me write and it was one of my only outlets to the world outside of my first-year dorm. I didn't know a byline from a headline, let alone how to write news.

Honestly, it took me a long time to come out of my shell. I hid in the metaphorical corner of those online Tuesday night meetings for a year, writing a few news features here and there.

It wasn't until my sophomore year when I decided to do something that I was wholly unqualified for and honestly didn't understand the extent of, that Chronicle really became my thing. Not knowing what the editorial board did or what any of the positions meant, I decided to apply, checking every single box on the application — from design editor to managing editor — undoubtedly puzzling former Editor-in-Chief Michael Sicoli. (I think I only skipped the sports roles).

Even though he saw I had no clue what was going on (and definitely didn't have

any graphic design experience outside of COM130), Mike decided to extend the then-recently established role of copy editor to me, and the rest was history.

But even then, I mostly kept to myself. Then, I got thrown into the deep end as news editor in my junior year — and I had to tell the imposter syndrome to shut up and have confidence in my abilities. Though I definitely drowned a few times before I learned how to swim.

But through it all, I learned that I can do hard things, from covering difficult stories to helping other editors through the process.

There truly was nothing I felt less qualified for than being editor-in-chief of this organization. It feels silly looking back at it now, but I thought The Chronicle would go up in flames under my leadership. But as I talked to more and more people in the organization, I realized that we were all just figuring it out as we went.

And at the risk of sounding cliché, I never would have gotten there without the people around me — my fellow editors, my professors and my friends and family. They gave me the grace to figure it out, let me make mistakes and allowed me to complain about 12-hour-long days in the media suite.

I don't want to make it sound like it was all hard work; getting to do what I love while hanging out with a group of talented journalists, photographers, designers and creators has been pretty fun.



PEYTON MCKENZIE/CHRONICLE

Nowadays, there's still plenty of times I feel like I don't know what I'm doing or why I'm doing it. Being an adult is weird, especially when you're entering a dying industry with nothing but a college degree and a dream. I'm sure there's plenty I don't know about life just yet. But the people who came before me didn't always know the way either, and they did just fine.

As I leave here, I keep reminding myself that it's OK to not have all of the answers all

of the time.

So in the words of renowned academic Winnie the Pooh, I'll leave future editors and editors-in-chief (looking at you, Alexandra Martináková) with these parting words: "You're braver than you believe, stronger than you seem and smarter than you think."

Thank you to my e-board, managing board and all of the editors before me who pushed me to do hard things. And most of all, thanks, Chron.

## Put people over a product

By **BENJAMIN YEARGIN**  
Former Managing Editor

I've been thinking about writing my senior send-off since October 2023, but I didn't know what to write about.

I never had a "WIN-NIPIAC" like former Sports Editors Ethan Hurwitz and Cameron Levasseur. I never had a groundbreaking investigative piece like former News Editor Cat Murphy. I never had something where I've said to myself "this is it, this is my legacy."

But I think I now know what my Chronicle legacy is: I hope that I treated the people in the organization well.

The moments that made me the most proud to be a part of The Chronicle were when I helped someone improve or reach their fullest potential, not covering a game or having an article go viral on the website.

I've done cool things. I wrote 96 articles across all four sections of the paper, I covered two MAAC basketball tournaments, I reported on a women's soccer NCAA Tournament game and I talked to some cool people.

But all of those accomplishments aren't what I'll remember. I'll remember the people.

I'll remember the car ride down to Atlantic City, New Jersey, where Q30's Keith Savage, Dylan Sommer, Keenan Mills and I jammed out to all genres of music for four hours. I'll remember exploring the Claridge Hotel with the same group.

I'll remember the Rainforest Cafe, mini-golfing and "the diesel and the sour" from this year. I'll remember nearly getting into a fight at a Penn State football game while covering Quinnipiac women's soccer in the NCAA Tournament.

And that's how I feel about the weekly routine that is being a part of The Chronicle. I've learned from so many of the brilliant people I've worked with.

The people made it what it was and what it will be, and I must thank some of them.

I would have never been on Chronicle e-board if it weren't for Michael Sicoli, Toyloy Brown III, Riley Millette and Peter Piekarski. Mike, Riley and Pete all urged me to apply for Chron editorial board in the winter of 2021. I was a bit late, but I can't thank them all enough for having faith in me.

TJ taught me how to be a better editor. He would thoroughly edit each piece and give me AP Style tips, which is something I hope I did a fraction of.

I also need to thank Melina Khan, Nicole McIsaac, Daniel Passapera, Neha Seenarine and David Matos. You all made being on e-board last year enjoyable.

Melina and Nicole had faith in me on days where I felt pushed aside by the sports section. Honestly, I thought about quitting and they were part of the reason I didn't.

I remember in September 2022, Melina and I had a 15-minute conversation during deadline. I bet it's something she doesn't remember, but it meant the world to me to be acknowledged. I'm typing this with tears in my eyes thinking about it.

Nicole made the transition from associate sports editor to managing editor a lot easier. Anytime I was assertive or raised my voice as managing editor, I can say I was inspired by Nicole.

To Katie Langley, Peyton McKenzie and Jack Muscatello, I'm grateful I got to learn from you and manage the e-board with you guys. You all are so talented at what you do. Thank you all.

I've never met a more dedicated journalist than Cat Murphy. Cat, you have a gift and a power and I'll only read the University of Maryland school newspaper because of you. Thank you for all you've done.



PEYTON MCKENZIE/CHRONICLE

Mike LaRocca and AJ Newth always made deadline fun and challenged me to be a better writer in their edits and perspectives. Thank you.

To Zoe Leone, Jacklyn Pellegrino and Krystal Miller, I always enjoyed talking to you guys about the issue, what can be improved and making jokes. I'm proud of you three. Thank you.

Ethan and Cam made me a better sports writer. I thank them for advocating for me to get my start on e-board and for being someone I can always trust in editing. Thank you.

To Editor-in-Chief Alexandra Martináková, I'm super, super proud of you. I remember helping you cover men's soccer and editing your first piece. You have improved so much and I can't wait to see you keep improving. Just remember to breathe.

To Managing Editor Colin Kennedy, you will do excellent in the role. Don't forget to

speak your mind and help those around you.

To Carleigh Beck, please reach out if you need any help next year. You got this.

To my copy editors Ryan Johanson and Amanda Madera. I'm proud of you two. If you ever need help editing, need life advice or just want to call me an old man, don't be afraid to text or call.

To Sports Editor Amanda Dronzek, the sports section is in good hands with you leading it and again I'm so proud of how far you've come. Don't psych yourself out and don't get hit by a car.

There's so many more people I should thank, but I won't for brevity.

I hope I've made people better in my time with The Chronicle, and I urge the current e-board to keep doing the same. Remember, this newspaper doesn't exist without good people working on it.



# Take the small victories

By **PEYTON MCKENZIE**  
Former Creative Director

It feels like yesterday that former Opinion Editor Michael LaRocca and I went to cover our first volleyball match as contributors of The Chronicle. Looking at them now, those photos are nothing short of horrendous. However, that experience is one that I will never forget.

You see, that was the moment — the moment where the entirety of my undergraduate life was set.

The Quinnipiac Chronicle became synonymous with “the college experience” for me. I jumped headfirst into every design and photography opportunity that was presented to me, and I could not have been happier to do so.

One semester as associate design editor and two years as creative director later, we have reached the end. As I look back and reflect on my tenure in the organization, I can’t help but think about all the times I felt unsatisfied with the work I published.

Each week I would pick up the paper and think about everything I should have done differently with the layout, how I didn’t like that graphic that I made or how I should have taken that photo differently. I constantly felt like I should have been doing more but didn’t feel like I had the time to.

In my mind, everything I felt about my own work was the truth and everyone else must have felt that way. I couldn’t help but hate everything I created.

Being so hypercritical about myself and the work that I have produced, I never let my-

self see my accomplishments and enjoy everything I had the opportunity to take part in.

If there is one thing that I have learned this past year, it’s to take a win when you get the opportunity to. Having personal critiques is a fine way to strive for improvement, but blinding yourself from your good is unsustainable.

There were weeks earlier this semester where I had to single handedly create five-to-six graphics in a day. At the time all I could focus on was how exhausting it was and that I was not putting my best work forward. Now I look back at how I was able to provide visuals to the work of multiple authors for that week. That is a win.

In 10 years, when I’ll look back to my years at The Chronicle, I hope to remember the good stuff. The fact that I had the opportunity to have my work published for nearly 400 articles. The multiple SPJ and NENPA awards that I won. The incredible events I was able to cover and the amazing places I was able to go.

Above all, I think what I’ll remember the most is the amazing people that I got to meet and work closely with. Although there are far too many of you to mention by name, there are a few that I want to thank.

First, to Former Creative Director Connor Lawless. Your leadership and passion during my first year inspired me to want to do everything I could for The Chronicle. You made me feel welcomed here and like the work I did was worthwhile. I hope I have been able to make new members of



JACK MUSCATELLO/CHRONICLE

The Chronicle feel the way you made me feel when I started.

To Former Digital Managing Editor Daniel Passapera for continually being an incredible mentor to me. You’ve always been willing to share knowledge with me and include me in opportunities to become a better photographer. You’ve had more of an impact on my growth than you know.

To the members of the two managing boards I had the opportunity to work alongside Melina Khan, Nicole McIsaac, Passapera, Katie Langley, Benjamin Yeargin and Jack Muscatello — thank you for helping me become a better leader. You have each allowed me to become better at what I do, and I’m so proud of all the work we were

able to do together.

As I move on from The Chronicle, I want to wish good luck to everyone on the new e-board. Enjoy the experience and take the small victories as they present themselves. Also, I apologize for making you edit this article at 11 p.m. the night before it is printed.

To Creative Director Tripp Menhall, Associate Design Editor Katerina Parizkova, Associate Photography Editor Tyler Rinko and Associate Multimedia Editor Quinn O’Neill, it has been rewarding to meet you all and see your growth throughout the past year. I can’t wait to see all of the work you do.

Finally, thank you to The Chronicle. I will forever take this experience and everything that I learned throughout it as a win.

# Learn to embrace the ending

By **JACK MUSCATELLO**  
Former Digital Managing Editor

Endings are rough. I’ve meandered back-and-forth on what “words of wisdom” I should impart as I close this chapter of my life, and I’ve settled on a simple mantra that has helped me over the years — embrace the ending.

As a movie nerd and self-declared filmmaker, I believe the hardest part of any good story is the ending. What should be the final shot? The final line? How long until we cut to black, to leave a strong impression on the audience? There are so many questions, and even more possible decisions. It can be overwhelming.

But if there is anything The Chronicle has unexpectedly taught me, it is to take such endings and learn from them. When the print issue goes live (and, for me, all of the social media promotion along with it), take what you can from that week and bring it with you into the next one.

This has gotten me through many creative hurdles, and introduced me to a side of storytelling I hadn’t experienced before.

When I joined e-board as the first associate multimedia editor in 2022, I immediately felt a sense of freedom to experiment. Former Editor-in-Chief Melina Khan trusted my video background, and very limited journalism knowledge, to contribute to the team of established editors and writers.

This freedom gave me the courage to experiment with something new — “Chron-60,” a weekly recap of each issue’s top stories. Those first few weeks with former hosts Nicole McIsaac and Christiaan McCray were inspiring and chaotic. We didn’t have a locked set, a staff of produc-

ers, writing sessions or anything normally associated with a weekly series. Each recording session was part-gooing off and part-working, while the editors sat wired-in on their print sections in the media suite.

But we got each episode out on Wednesdays at 11:45 a.m., and the series grew into its own. It quickly spawned more creative video packages, which granted me opportunities to cover Fall Fest, the men’s hockey team, the new South Quad project and even this year’s solar eclipse.

The hardest part was establishing a rhythm to this new style of work. In narrative filmmaking, life on set is slow, tedious and, if you’re not immediately involved with the director or actors, boring as ever. But in journalism, I learned quickly that the “set” is random, unexpected and fast. You don’t get a second chance at a shot in real-life, and there are blink-and-you-miss-it moments everywhere you look.

Try asking for a retake during an interview with a professor or guest speaker (hint: it doesn’t happen). So, I made a lot of mistakes.

I did my best to cover for them in editing: staying up late to fix audio problems or color grade poorly-exposed shots. Sometimes, the final result was short of what I wanted it to be.

Yet, I learned over time to find comfort in ending a project. The final video export and upload to YouTube or Instagram is definitive, there is no going back. This certainty used to scare me. But I slowly learned to accept it, and this is all due to The Chronicle.

Now, in writing this send-off, I find my-

self in a similar mindset to all those late-night editing sessions. I’m sure there will be parts of this piece that I don’t love, and parts that I’ve changed time and again.

It is tough to think about a future week where I don’t commute to the media suite for deadline, meet for Coffee and Critiques later in the week and joke around in between with an editing staff that quickly became my friends.

But, this is just one of those endings. Like those final moments completing a video package, an overly-wordy movie review or episode of “Chron-60.” I am a better filmmaker, writer and storyteller because of The Chronicle, and I will carry these lessons with me long after my last byline in

print or tag on the QUChronicle Instagram.

To the next multimedia staff, Emily Adorno and Quinn O’Neill, I wish you all the best with this section. It will be challenging more often than not, but I know you have the talent and skills to make this part of Chron even better. Keep experimenting!

Before I end this thing, I want to extend a sincere thank you to the managing board staff who worked alongside me this past year. It’s been a privilege leading this organization with you. Thank you to the many editors and writers who taught me about how awesome journalism can be. And thank you, The Chronicle, for being such a fulfilling avenue for my creativity.

Cut to black.



PEYTON MCKENZIE/CHRONICLE



# People talk, don't let the things they say define you

By **CAT MURPHY**  
Former News Editor

I'm not a social butterfly. I've never been a genius. And I'm definitely not a gifted athlete.

That's not to say I don't have friends, or that I'm dumber than a box of rocks, or that I have an irrational fear of sports.

I do have friends. I'd like to think I'm smarter than at least most boxes of rocks. And photos obtained by The Chronicle indicate that I was a mediocre hockey player for several years.

But prior to college, I was a relatively average kid from suburban Connecticut — I didn't really raise eyebrows one way or another.

And while I definitely didn't stand out, I also didn't really fit in.

That certainly wasn't for lack of trying, though. Up until I graduated from high school, I was usually trying way too hard.

To be less talkative. To be quieter. To be thinner. To be less awkward. To be funnier. To be less

hyper. To be somebody I simply wasn't — all in the vain hope that maybe people would like that version of Cat Murphy better.

Because it always seemed like, for most people, I was just a little too loud, a little too chaotic, a little too "much."

And then I came to Quinnipiac, terrified I would never find my crowd. I was wrong. I found that crowd pretty quickly in The Chronicle, where chaos was just called "Tuesday."

Inside the media suite, nobody expected me to be anyone but myself.

So, for the first time, I could be Cat Murphy — the real one.

I wrote and wrote and wrote. I covered parking, COVID, construction — and anything else then-News Editor Katie Langley would let me write about.

In retrospect, I really didn't have any idea what the hell I was doing. I just knew I enjoyed

doing it.

But as I got a little more confident in my reporting, my reporting got a little more serious. I took on bigger stories, tackled bigger issues.

It was this reporting that began to gain traction among the university's senior administrators. I'll put it this way: It didn't make me their favorite student.

But I'm also 20. And that's a lot to put on a 20-year-old.

So, I won't tell you it's been easy. It hasn't.

There have been times when I've taken all of those comments to heart. Times the only person I saw in the mirror was an impostor. Times when quitting would have been the easiest path forward.

In those moments, I would revert back to old habits. I would hide behind a smile, neglecting my physical and mental health as I tried desperately to be someone else.

But between Chronicle and the journalism faculty, nobody let me lose myself in the mix.

They rightly believe I'm a 5-foot-4-inch three-ring circus — and they love me not in spite of it, but because of it.

They've supported me, taught me, backed me up and urged me to be better, but never once did anyone try to force me to be someone I wasn't.

So, I kept being myself. I kept digging, even when I was terrified of the pushback. I kept writing, even when people tried to stop me.

Because the friends I've made here never wanted me to be anyone but the real Cat Murphy — the one who will fight to publish, come hell or high water.

There are far too many people to thank, but a few people in particular bore the brunt of my nonsense:

Katie, whose days were never boring if they involved me. She taught me how to be a better reporter, a better writer and a better editor. Katie

wasn't just my mentor, though — she was like the older sister I never had.

Former Editor-in-Chief Melina Khan, who gave me the confidence to try out Chronicle. I'll never stop looking up to you.

Washed Sports Editor Cameron Levasseur, who always let me drag him along for the ride. Be it reporting from the White House or combing through data in a study room, there's no other reporter I'd rather have by my side. You're one of the kindest people I've ever known, and I can't wait to tell people I knew you when.

Washed Managing Editor Ben Yeargin, who I've known since I was 12. You are the most thorough person I've ever met, and eight years later, you're still the only person allowed to call me by my full name.

Editor-in-Chief Alexandra Martináková, who made me a better mentor and a better leader. I'll be cheering you on long after I graduate, kid.

A special thank you to the professors who took me under their wing and helped me become the journalist and person I am today. To Nick Pietruszkiewicz, who I know would have an aneurysm if he had to deal with me for two more semesters. To Molly Yanity, who pushed me to places I didn't know I could go. To Margarita Díaz, who always called me on my bullshit. To Ben Bogardus, whose office door was always open when I needed to talk it out.

And a big hug to dad, who would kill me if I didn't thank him for always being there.

I wouldn't be where I am — and I wouldn't be going where I'm going — if you all hadn't been behind me 100% of the time.

So, yeah, I'm not a social butterfly, or a genius, or a gifted athlete.

The truth is: I'm loud. I'm chaotic. I'm kind of awkward. And I never stop talking.

But the people who matter are OK with that. And people who don't matter — well, they don't really matter much, do they?



PEYTON MCKENZIE/CHRONICLE

# Express your gratitude and give thanks

By **MICHAEL LAROCCA**  
Former Opinion Editor

There is nothing scarier in this world than seeing over 7,000 people sing "Build Me Up Buttercup" in a setting that is not a concert. At least from what I've seen.

In that moment, as I quivered in my khakis and dress shoes, I had the privilege of tweeting live from Quinnipiac volleyball's first-ever NCAA Tournament match in Madison, Wisconsin. Every second was essential. Each moment mattered, not only for the story I was to write for The Chronicle, but for my own memories.

For once in my life, I understood that this was a time that I needed to soak in more than ever. I don't know when I'll ever return to Madison, but if I do, it almost certainly will not be under the same circumstances.

Throughout my two-and-a-half year run with this paper, there were several moments where I could have called it quits early. Sometimes I wish I did. But I didn't, and I realize now that it was for the best.

Sometimes, you carve out an idea for your future that you dream of following to a tee. Sometimes, that idea just has to get thrown to the wind. It may or may not be your fault, but don't be bitter. Take a lateral step, and keep moving forward. The sands may look and feel nice, but there's always a boardwalk.

Looking back now, I wish I spent more time the way I did in Madison, just appreciating the little moments that The Chronicle allowed for me.

People can tell you your entire life to cherish each and every moment you have. How-

ever, what they don't tell you is that no amount of living in the moment can stop time entirely.

If I could stop time, I would have already done it. I would have stopped time back in Madison. I would have done it in Providence three weeks ago when I covered the NCAA Men's Hockey Tournament. Or when I first met former Editor-in-Chief Michael Sicoli at the involvement fair in September 2021. Or when Editor-in-Chief Alexandra Martináková, Former Creative Director Peyton McKenzie, Former Sports Editor Cameron Levasseur and I ordered seven pizzas at Colony Grill in Fairfield last November. Or the first time I ever saw my name in print.

Instead, these moments live in my mind, growing fuzzier with each passing day, whether I want them to or not. So for the time being, I'll be grateful that I got to live them at all, because without The Chronicle, these moments would be no more real than the pot of gold at the end of a rainbow.

Gratitude is important. It took me way too long to realize that. So I want to spread my thanks where they're due.

Thank you to Sicoli, Riley Millette, Xavier Cullen and Melina Khan for being some of the best mentors and role models I could have asked for. Thank you to my Mom, Dad and Professor Molly Yanity for believing in me when I didn't believe in myself.

Thank you to Peyton McKenzie for being an excellent roommate for the past three years. Thank you to my co-editor AJ Newth and Former Arts & Life Editor Neha Seenarine for dealing with my antics.

Thank you to Former Sports Editor Ethan Hurwitz for getting me into trivia and being my Shef's buddy. And thank you to the Dunkin' Donuts at 3300 Whitney Ave for not cutting me off after I spent what could be thousands of dollars at your shop.

This organization gave me countless opportunities I could never have even fathomed three years ago. It's brought me close with some of the greatest friends I've met in this lifetime and I've grown and matured each and every day I've been part of The Chronicle.

It feels just like yesterday that Peyton and I

won Co-Staffer of the Week. We were the first members of our first-year class to achieve the honor. If I could go back and tell 18-year-old Mike that Peyton and him would be in it until the end, I think he'd be OK with that.

The only thing I wish I could go back and do now is express my gratitude more on a daily basis. There will be times in life where you don't get what you want, but I implore anyone reading this, do not let it ruin the beautiful moments where you do, like I almost did.

It pains me to have to leave The Chronicle, but I wouldn't trade what it's given me for the world.



PEYTON MCKENZIE/CHRONICLE



# Life is about the people who shape you

By AJ NEWTH  
Former Opinion Editor

The weeks before graduation are filled with lasts.

The last time you suffer through a three-hour lecture class, the last time trying to stomach the dining hall food, the last time walking across sticky college bar floors with your roommates, the last time writing for your school newspaper.

It's truly bittersweet to think about, reflecting back on the three years of time I gave to this university and this community. But what I treasure most is not the lasts — the fleeting moments before everything changes — but rather the firsts.

At 21 years old, I have lived a thousand lives. "Impossible," you're probably thinking. But do you ever wonder how many things you've done and how many people you've met? Not just your inner circle, but everyone you've ever interacted with — friends from middle school, the barista at your favorite coffee shop, your next-door neighbor freshman year. The ground under us is covered in footsteps — of all the places we've been, all the places we're going and all the people we meet.

Joining The Quinnipiac Chronicle was honestly an accident. A friend had asked me to write a piece about my backpacking trip, and I quickly fell into the routine of writing every week. I had always loved journalism, but once I met all the wonderful people that work for this organization, it became about more than the writing.

I'm a dual-degree business major. But I'm also a member of student government, countless organizations and I run my own

internship program. I work a handful of different jobs and I'm always trying to get a new company started. I'm not citing my resume to boast, but to show that the one commonality in all of my random involvements is people.

One of my favorite articles I wrote over my time in Chronicle was about how reinventing yourself is critical to knowing who you are. The story followed my journey with changing my name based on the phase of my life. I once believed the time period I was in determined who I was meant to be, but it had nothing to do with my age and everything to do with who I was around.

While people don't define you, they do play a role in shaping you. Everyone you meet takes pieces of you and changes them. They move one color to a different place, change its shape and sometimes they will take a piece of you and give it back broken. Sometimes they will not give it back at all.

But that's what's supposed to happen. The people you interact with in life will change you. Some will build you up and make you feel incredibly loved and welcomed, like you deserve to take up space.

Some will test your strength and try to bring you down. These people will teach you lessons about your own identity, pushing you to figure out what you truly value and ultimately teaching you how to love yourself.

The shifting of pieces is what creates the mosaic that is your true authentic self. Without the people who accompany us on our



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journeys, we would be simple, boring even.

I am not measured by my academic achievements or my involvement, not even by my personal interests. I am made up of all the individuals that have coincidentally bumped into me on life's path — good and bad — and how they gave me new perspectives, life lessons and immense security in my own being.

If there's one thing I can leave you with as I part ways with all the incredible people who have made me who I am, it's that the key to understanding who you are and what you want out of life is: don't pursue opportunities aimlessly. Instead, let

someone else guide you through a door you never realized was open.

Thank you to my co-editor Michael LaRocca for being my partner in crime in and out of the organization. I'm forever grateful for you and all your hard work. Thank you to Peyton McKenzie and Jack Muscatello for handling me on Tuesdays. And Lilly Curtin, the future of opinion is yours, you got this! Finally, a big thank you to everyone else who spent countless hours in the media suite with me for playing a role in the person I am today. Good luck to you all, I know amazing opportunities are headed your way.

## 'You've got no reason to be afraid': Saying goodbye to The Chronicle

By ZOE LEONE  
Former Arts & Life Editor

Growing up, my dad always told me, "Zoe, you came here to kick ass and chew bubblegum. And you're all out of bubblegum."

It was a silly mantra that brought me a boost of confidence in my most unsure hours. And my first few weeks here at Quinnipiac University were certainly made up of many of them.

I came to this school two years ago as a junior transfer student, not sure of anything other than a passion for writing and a deep love of pop culture and entertainment. I didn't know then what I could do with these things and had no idea the path I was about to stumble down.

I never intended to join the school newspaper. But a chance encounter in the famed Writer's Room of Center for Communications and Computing and Engineering brought me face-to-face with The Quinnipiac Chronicle for the first time.

In a moment of bravery, I sent a scattered story pitch about Quinta Brunson's success at that year's Emmys to the paper's then-editor-in-chief, Melina Khan. She was kind enough to overlook my clear anxiety and passed me along the info of David Matos and Neha Seenarine, the arts & life editors at the time.

I had no idea how much that one email would change my life.

In the following weeks, I would see myself go from contributing writer to staff

writer, before being offered the position of associate arts & life editor. I never saw it coming, but that was also partially because I was desperately sick with bronchitis and was consuming so much cough medicine my brain was a little fuzzy.

But even amongst the sickness — which my fellow e-board members have unfortunately gotten quite used to — I found myself venturing into the media suite and beyond, writing stories and learning from other writers in a way that felt similar to the movies and TV shows I was often reviewing.

My move from associate to arts & life editor wouldn't have been possible without the guidance of David and Neha. David, thank you for teaching me the hard stuff about being an editor and for greeting every idea with enthusiasm. And Neha, thank you for helping me find my own voice and showing me how to lead with confidence.

That confidence helped me find my way to arts & life editor. The Zoe that first stepped foot onto Quinnipiac's campus never would've seen that coming, but I know with all my heart how proud she would be.

It hasn't always been easy. The days are long and sometimes I found myself having doubts, wondering if I was making the right choices for myself. But the love I found for my section and the work I was doing with my fellow e-board members, the managing board and our blossoming group of talented staff writers kept me going. I'm incredibly



PHOTO CONTRIBUTED BY ZOE LEONE

grateful for the people I've met, learned from and known.

As I wrap up my goodbyes to the section I've grown to love so dearly, this wouldn't be complete without a nod to the newest A&L e-board members. Amanda Madera, Grace Conneely-Nolan and Gina Lorusso, I am so incredibly proud of you three. I know you are going to do incredible things in the following months. I hope you find as much pride and joy in pages six through nine as I did.

There's not many jobs where you can write about everything under the sun, from Oscar-winning movies, through Taylor Swift to "Bluey." But here at The Chronicle, I got to have my name on the byline for it all. That's something that I'll always cherish.

After two years, I wave my goodbye to the places I've called home and the stories I've told. After all, I ran out of bubblegum a long time ago.



# Every story leads to a memorable experience

By **JACKLYN PELLEGRINO**  
Former Arts & Life Editor

Three years, 41 bylines and three editorial board positions later, my time at The Quinnipiac Chronicle is coming to a close.

Three years ago, I walked into School of Business Room 123 for the first time, where Chronicle meetings are held, as a first-year journalism major knowing I wanted to write for the paper, but not knowing exactly about what.

I decided to join the group of people sitting in the bottom right corner of the room, the news section. I began covering on-campus news and learned how to do event coverage for guest speaker events. I wrote about different topics such as the COVID-19 pandemic, study abroad opportunities and Quinnipiac University's blue light system.

But, really, my favorite was always the feature stories about different professors and students on campus. I always enjoyed getting to learn more about people and their accomplishments.

Being a member of The Chronicle staff taught me how to be a journalist. It's one thing to learn about these skills in the classroom, but now I really got to put them into practice.

Writing for news really put me out of my comfort zone. It taught me how to take risks and cover stories that may seem difficult or challenging.

In the fall of 2022, I joined the e-board as a copy editor where I learned what it felt

like to be in a real newsroom. I learned how to collaborate with other writers and editors and how to really enhance my editing skills.

I always enjoyed writing news, but I knew it wasn't something I wanted to do forever. A year later in fall 2023, I became the associate editor of the arts & life section. Here, I really got to focus more on two of my favorite types of journalism: features and event coverage.

Some of my favorite events I got to cover were QTHON — a 10-hour dance marathon — Fall Fest and Wake the Giant, two of Quinnipiac's annual concerts. I got to interview different musical artists, find out how these events were planned and talk to students about their experience at these events.

Just this past semester I moved up to arts & life editor, where I began to write more creatively about topics that interested me such as food and fashion, and attempted to get out of the more rigid style of news writing.

Working in arts & life has taught me so much over the last year and helped me to really figure out what kinds of journalism I want to do in the future.

I would always look forward to coming into the media suite on Tuesdays to work with my fellow former Arts & Life Editor Zoe Leone and former Associate Arts & Life Editor Krystal Miller. Together, we were able to do some really great things within the section.

I'll always be thankful to The Chronicle and my fellow editors and mentors for



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teaching me how to put my love of writing into practice, how to cover events, how to be a good editor and how to take risks when covering a particular event or topic that may seem intimidating.

Though they may have been tedious at the time, I'll miss the long hours in the media suite and waiting to go get a copy of the paper in print on Wednesdays.

I know the future of arts & life will

be in good hands with Arts & Life Editor Amanda Madera and Associate Arts & Life Editors Gina Lorusso and Grace Conneely-Nolan. I look forward to seeing what they do with the section.

To anyone who is considering writing for The Chronicle, go for it, you will learn so much along the way and have the most memorable experiences.

## Just be yourself

By **KRYSTAL MILLER**  
Former Associate Arts & Life Editor

I started attending Quinnipiac University in the fall of 2020 during a pandemic when all my classes were online, and I couldn't leave my room without a mask.

I was terrified of joining the first Chronicle meeting of the semester, but I knew I wanted to write. Seeing so many new faces on a Zoom call was extremely intimidating, but I decided to stick with it week after week.

All the members of The Chronicle were immediately welcoming to me and answered all my questions. At the time, I had no idea how to interview or even how to properly write a quote and they supported me through all of it.

My first article was about the prospective student tours operating during COVID-19 with former News Editor Emily Flamme, I only interviewed journalism majors, not knowing I wasn't supposed to. This led to the story having to be completely restructured, so I've definitely come a long way since then.

Spending Tuesdays in the media suite, going to Chronicle dinners and everyone sending memes in the group chat truly made me feel a part of the organization and like I had a place to feel accepted and understood on campus. Being a quiet person, I did not know if I would ever find that at Quinnipiac.

My first role as the associate news editor

taught me a lot about how to find story ideas and how to cover a variety of topics. I was scared to get out of my comfort zone, constantly having to go up to new people and deal with the rejection of them not wanting to talk to me, but I refused to give up because I was still so passionate about what I was doing.

It wasn't until my last semester as the associate arts & life editor that I felt like I finally evolved into the journalist I've always wanted to be. I finally stopped trying to be the person I wanted myself to be and started doing what I really wanted to do. Once I started, I couldn't stop thinking of all the people and events I wanted to write about; it was as if I didn't even have enough time to fit it all in.

My last stories in my e-board position included a drag brunch hosted by the Quinnipiac University's Gender Sexuality Alliance and my opinion on breaking the stigma around drug addiction. I love that I got to cover such a fun event and was able to share my own thoughts on a topic so important to me before I left the organization. These are some of the stories I'm most proud of.

Talking to other members on e-board, I realized that I couldn't be afraid to be myself and I needed to just express my opinions, whether it was at Coffee and Critiques or editing others' stories. I needed to just start trusting my judgment and stop second guessing everything.



PEYTON MCKENZIE/CHRONICLE

There were times when I was so stressed out from The Chronicle, I cried in the common room of my suite or I wanted to scream opening the Google Doc and seeing a million edits on my story, but it ended up all being worth it in the end. I learned so much about myself and gained confidence in my abilities not only as a journalist, but as a person.

As a graduating senior, the advice I

would give to the underclassmen is to take advantage of every opportunity, even if it is something you aren't sure you'll be good at or are nervous about. It's also perfectly okay to change your mind, you don't have to always stick with the same thing. I know everyone on e-board now is going to do great things, and I will forever be thankful for the memories everyone has given me the past four years.



# Thanks-ipiac

By **ETHAN HURWITZ AND CAMERON LEVASSEUR**  
Former Sports Editors

Usually, these senior sendoffs are for the graduating editors to impart some wisdom or to leave a lasting message for those coming after them.

But if you have just one conversation with the both of us, you'll quickly realize there's not much wisdom there.

So instead, we've chosen to tell a few stories and give some thanks — together, just like it's always been.

Our partnership felt like an arranged marriage at first. We knew each other by name only when we joined the staff as associate sports editors in November 2021. We now know each other so well that an amicable divorce may be the only recourse.

## Cam: The Bigger Picture

I slept 10 minutes, facedown on the floor of our hotel room. Then it was time to get up and head to the airport.

In one way, it was the aftermath of the defining moment of my time at Quinnipiac, maybe six hours after the men's hockey team beat Minnesota in overtime to win its first national championship.

In another, it was the start of many more moments, a story that found legs of its own. The smiles, the laughter, the unfettered joy this school and community found in the wake of that championship could fill a book.

That's what I thought about as we boarded our flight north, given the clarity for a brief second to see just how consequential a game can be. And there were so many more instances like that in my time with The Chronicle.

I've covered thousands of miles and more than a hundred games in the past three years, following stories from Lake Placid to Lake Erie, from Brown to the Bronx. I've seen tears of joy and agony, champions rise and fall. I've signed my name (literally) below the Briefing Room at The White House and (figuratively) on the hundreds of stories our section has published.

It's been incredible — all of it — filled

with memories that I'll cherish for the rest of my life.

But I'll see more championships, more game-winning goals, more passion and glory and the flip side of each. I'll never get back what came in between.

The countless long car rides with good people, who willingly put up with my affinity for SoundCloud mixes. The hard conversations on deadline, as Ethan and I argued about headlines or story prose. The times (yes there were multiple) where I've been locked in arenas after games.

Wherever my career goes from here, The Chronicle opened the door.

I don't have any fundamental truths or parting wisdom, I'm 20 years old. But I step away from this role thankful for all it has given me: some new friends, some hard lessons and a deeper understanding of the connection between sports and life.

Even a good story can end with you picking yourself up off the floor.

## Ethan: WIN-NIPIAC

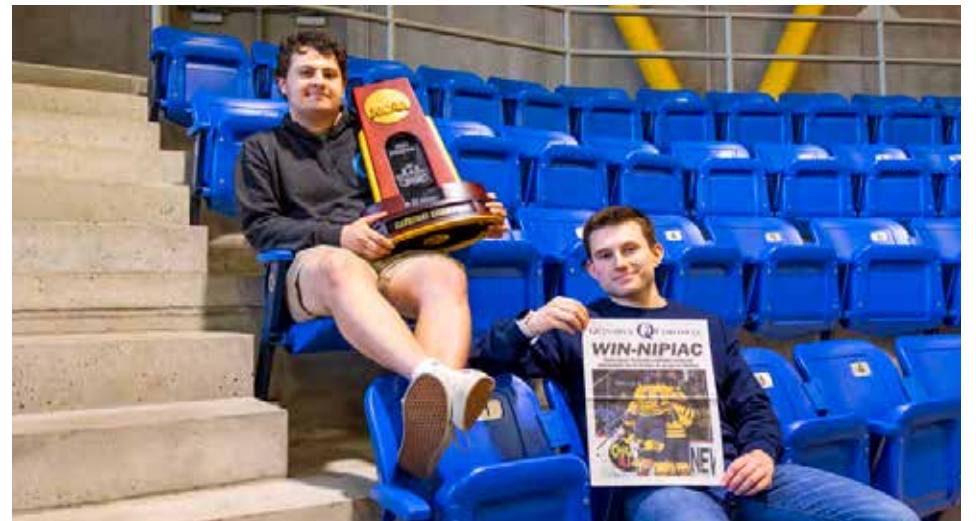
The stories I've written will eventually fade, while some may last a bit longer.

It's the trips we've taken (and the 11 times we've gotten to put a sports story on the front page) that will last the longest.

With two cars and free will, we both were able to bring The Chronicle's sports section on the road, something rarely done ahead of our tenure. Cam and I have gone far and wide — sometimes separate, often together — traveling up and down the Northeast and into a few putrid dining halls.

Whether it was shipping up to Fenway Park, covering a trio of CT Ice Tournaments or confidently walking through Army West Point's campus like we were cadets, we've checked all the boxes.

The long drives on the Merritt paved the way for some ridiculous conversations. A late-night Chipotle visit capped off an all-day trip to New Jersey and the Bronx, while a night at Rhode Island led to Cam sprinting



JACK MUSCATELLO/CHRONICLE

across campus for his lost credential.

And even when I wasn't there in person, our magnum opus was still shared together. During the week leading up to the 2023 Frozen Four, one of us was preparing to fly down to Tampa Bay, while the other one was still grumpy that he wasn't able to go (take a guess who's who).

Yet both of us felt right in the action once the men's hockey team won it all.

The now-iconic "Win-nipiac" covers — his idea and my creation — became our lasting legacy during our three years.

Sure, my FOMO was off the charts when Cam bombarded my phone with videos of the celebration. He was down in Florida while I sat on my couch back home.

But right in the middle of it was our work, our school newspaper, our little sports section.

## "THANK YOU"

Most importantly, it isn't just about us (as much as we would love it to be).

Thank you to Riley Millette, Pete Piekarski and Michael Scoli, the editors who gave us a chance as first-years (even when Ethan overslept his interview for associate

sports editor).

Thank you to Ben Yeargin, who began his tenure with The Chronicle as our first associate and ended it as our boss.

Thank you to Melina Khan and Katie Langley for putting up with our incessant texts and ridiculous requests. Without you two working magic behind the scenes, the sports coverage would have not been what it became.

Thank you to the Quinnipiac Athletics sports information staff for dealing with an inordinate amount of emails, phone calls and texts. We hope we didn't annoy you as much as we might have.

Thank you to the athletes and coaches for allowing us to tell your stories. From appreciating an underappreciated rugby program to breaking NHL signings, we've run the gauntlet and that's because of you all sharing your experiences with student media.

And thank you to Colin Kennedy and Amanda Dronzek — the future of The Chronicle — for sharing our passion for this industry as we attempted to show you the ropes. You taught us just as much as we hope we taught you.

Alright, enough with the sentimental crap. Goodbye.

# This is not my camera: Enjoying the failures in a performance-based medium

By **AIDAN SHEEDY**  
Former Photography Editor

The buzzer sounds as the 2023 NCAA men's hockey championship heads to overtime tied at 2-2. A shaking 19-year-old sits in silence on the concourse of a sold-out Amalie Arena, a camera in each hand, mesmerized at the photos he just captured. Suddenly, the buzzer marks the end of intermission. He gets up and sprints through the fans, tears running down his face, his media pass swaying side-to-side with his cameras heavy against his chest. There's just one thing — those aren't his cameras.

Over the last three years at Quinnipiac, I have taken hundreds of thousands of photos. Between the iconic Tampa Bay championship, the beautiful Guatemalan forests, a blizzard at Fenway Park and even an abandoned New York hotel, the camera and I created images I will cherish forever.

I began taking photos in high school after we returned to in-person classes my senior year in 2021. I was second-in-command for the school newspaper and we were short on photographers so I asked my dad, a high school photography teacher, if I could just borrow a camera. Two months later, I was walking through the halls with a camera bag at all times, much like many see me on campus today, with that same camera beside me.

Since I was about 8 years old, I hyper-

focused on my favorite sport — baseball — a game that me how to fail. In baseball, you can fail 70% of the time at the plate and still be considered an elite player. Luckily, my dad became my coach after he just took his school district's baseball team to a state championship. Through all of the failure that comes with the sport, I just wanted to keep trying again and again.

Because these things are about having fun, right?

I found that my camera replaced my mitt and I could use the same lessons I learned on the field for a new kind of field. Failure never meant to try something new or get better equipment. I never bought a new lens or the latest Canon gear worth five times my income. I simply adapted and tried to just get better using the functioning tools I already had. I remained resourceful, improving on the aspects only I can control. So for three years, I've always used the "loaned" camera from my dad and the student media cameras.

With the portfolio that I've built, it's always fun to tell people that I don't actually "own" a camera. I'll get professionals to react like I'm a doctor who told them the worst possible diagnosis. But other times, I'll say it was my father's, and they tend to enjoy that answer a lot more.

To be great in anything, I think you need



PEYTON MCKENZIE/CHRONICLE

to be taught how to fail healthily. Without the help of one man, who became a teacher, coach and father for me all at once, I don't think I would have the artistic abilities I carry with me today. I will always remember every failure and how awful it felt, but I'll also remember how he taught me how to carry myself afterward and learn from it.

You can't change the images of the past, but you can always adapt for future moments so you know you'll be ready to capture it. Thank you all for allowing me to fail in the past and thank you dad and Quinnipiac for making me successful for the future.

\*shutter click\* — This one's a keeper.



## Be a Change Maker. Volunteer Today!

The Pfizer New Haven Clinical Research Unit is looking for healthy volunteers age 18-49 for a clinical trial of a study vaccine for flu. This study will look at the effects of the study vaccine compared to another vaccine which is used as a control.

You will be compensated for your time up to \$3,000\* for completion of the study, plus a bonus amount for the cost of covered travel to and from the unit.

*\*Based on 7 planned visits, inclusive of screening. Some participants will be asked to complete additional visits. These will be compensated at a rate of \$300 each.*

### This study involves:

- 7 visits to the PCRU, about 2-4 hours each, over 7 months
- 2 doses of study vaccine or comparator vaccine/placebo

### Don't go it alone

Bring a qualified friend to your appointment and you could receive up to \$100 as a referral bonus.

It's easy — have them give us a call too and mention your name while scheduling, and if you both attend your appointments you'll receive the bonus within 2 weeks. Visit our website to learn more about our referral program. *Note: we cannot guarantee availability of appointments on the same time/day. You can ask about scheduling when calling.*

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Study Number C5561001



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# Quinnipiac Chronicle 2023-24 Sports Awards



PHOTOS BY AIDAN SHEEDY/TRIPP MENHALL/TYLER RINKO/CAT MURPHY/CAMERON LEVASSEUR/CASEY NEDELKA/GEORGE MADDALONI/PHOTOILLUSTRATION BY TRIPP MENHALL

Quinnipiac has won three MAAC championships (women's soccer, women's cross country and men's tennis) in 2023-24.

### Men's MVP: Matt Balanc

During his fifth and final year in a Quinnipiac uniform, the 2023-24 MAAC Player of the Year and 2024 NABC Division I All-District guard led his team to its first regular season championship in program history. Balanc started in 34 games in the 2023-24 season, averaging 17.9 points per game and shooting 42.6% from the field.

### Women's MVP: Courtney Chochol

The senior forward was a juggernaut for women's soccer, starting in 18 games and scoring eight goals — one of which was the lone goal in the MAAC Championship. Chochol was named to the 2023 NEWISA DI All-New England Third Team and the 2023 NCAA Division I Women's All-Region Third Team.

### Men's Best Newcomer: Amarri Tice

The Woford transfer quickly became a mainstay in the starting lineup, starting 29 of 30 games. The sophomore forward was named to the All-MAAC Second Team averaging 13.3 points per game, 6.9 rebounds per game and became the program's Division I single-season steals leader (62).

### By THE CHRONICLE SPORTS STAFF

Along with the final print issue of the 2023-24 year releasing this week, The Quinnipiac Chronicle sports staff gathered its collective picks for 10 annual awards, given to Quinnipiac athletes and coaches for noteworthy performance in their respective seasons.

The awards are as follows: men's most valuable player, women's most valuable player, men's best newcomer, women's best

newcomer, men's most improved, women's most improved, men's coach of the year, women's coach of the year, men's team of the year and women's team of the year.

Voting for each award was open to The Chronicle's sports staff beginning on April 16 and closing on April 18. A total of 13 members participated in the vote.

### Women's Best Newcomer: Anna Foley

In her rookie season, Foley was named to the All-MAAC Second Team and All-MAAC Rookie Team while also being selected to the MAAC Women's Basketball Rookie of the Week four times. Foley started in 28 games in the 2023-24 season, averaging 13.2 points per game, 7.1 rebounds per game and shooting 43.4% from the field.

### Men's Most Improved: Mason Oak

With the loss of former goaltender Nick DiMucio, the Bobcats' net was empty. But sophomore netminder Mason Oak ran away with the starting slot, leading the nation in saves per game with 15.83. This season, Oak was added to the Tewaaraton Foundation Watch List which is given to the best Men's and Women's players in the country.

### Women's Most Improved: Kate Reilly

The graduate student defenseman made tremendous progress in her fifth season on the ice. Reilly accumulated 39 points in 2023-24, jumping from a 19-point season the previous year. She was also named to the Third Team All-ECAC and led all ECAC defenders in points.

### Men's Coach of the Year: Tom Pecora

In his first year at the helm of men's basketball, Pecora led Quinnipiac to a historic 15-5 conference record and secured its first MAAC regular season championship in program history. Pecora manned the Bobcats to the conference semifinals in Atlantic City, New Jersey, ultimately falling 62-60 to St. Peter's.

### Women's Coach of the Year: Dave Clarke

The head man led women's soccer to an undefeated 2023 season in the MAAC, clinching their second consecutive conference title and NCAA Tournament berth. Clarke has been with the program for 24 years and has been a catalyst in the team's recent success.

### Men's Team of the Year: Basketball

Men's basketball had its winningest season in program history, going 24-10 overall and battling to its second consecutive MAAC semifinal. Quinnipiac also competed in the CBI Tournament in Daytona Beach, Florida, falling 64-63 to Evansville.

### Women's Team of the Year: Soccer

Women's soccer went undefeated in the MAAC and 13-4-1 overall. Quinnipiac garnered its second conference title in a row, blanking Fairfield 1-0 in the MAAC championship. In the first round of the NCAA Tournament, Brown shut out the Bobcats 3-0.



# 'Ready to go'

## Men's lacrosse seeking first MAAC championship since 2016



QUINN O'NEILL/CHRONICLE

Quinnipiac men's lacrosse celebrates a 13-7 win over Brown on Feb. 17.

By **MICHAEL PETITTO**  
Staff Writer

After underperforming seasons in 2022 and 2023, Quinnipiac men's lacrosse seems to have finally turned over a new leaf.

In a year that saw steady improvement on all fronts, the Bobcats are better equipped for postseason play.

Quinnipiac kicked off the season strong, winning seven straight. At their peak, the Bobcats were ranked No. 20 in the NCAA and stood as the last undefeated team in the country during their win streak.

These weren't close wins either, as each of the Bobcats' first seven victories were decided by three or more goals. Offensively, Quinnipiac was dominant, having little trouble commanding the field. In front of the net, it formed an iron curtain.

"It's all about controlling the tempo and the flow," head coach Mason Poli said on Feb. 17. "Playing complimentary lacrosse, to have a quicker effort at the faceoff and defensively to hold teams to single digits, that's always a goal of ours."

But all good things must come to an end, as the Bobcats suffered their first loss of the season at the hands of Manhattan, a squad that had just two wins before the matchup. Three rocky weeks later and Quinnipiac had lost three of its last four games.

During the team's 13-12 comeback win

against VMI on April 13, it seemed things were once again changing for the better. A down-to-the-wire win that saw a last-minute goal scored by senior attacker Dylan Donnery to steer Quinnipiac back to its winning ways.

"I think with the start of our season we added a little bit of self-induced pressure onto ourselves trying to live up to those expectations," Poli said on April 13. "So to get this win to kind of ease some of that off I think serves as a hard reset for us."

That hard reset allowed Quinnipiac to utilize its experienced offensive weapons. With the Bobcats returning their top 10 scoring options from last year, the offense was bound to see an improvement.

Donnery leads the team in goals scored with 30 to go along with nine assists on the year.

"It's crazy how fast four years goes by," Donnery said on April 17. "So when you're out there and you have all the support, you just feed off that energy."

Not far behind him is his brother, senior midfielder Ryan Donnery, who scored 25 goals and dished out 26 assists to total 51 points on the year.

Rounding out the top three in scoring is graduate student attacker John DeLucia. The team captain has 26 goals to go along with six assists.

The increase in offensive firepower has

been the biggest differentiator compared to last season. In 2023, the team scored under 10 points in two contests, its worst outing of the season being a 15-12 loss to Manhattan.

This year, the team has scored less than 12 points once all season and reached double-digit points in every game.

Additionally, junior goaltender Mason Oak has continued his breakout season for Quinnipiac. The team's defensive backbone has been named to the Tewaaraton Award watch list and is currently leading men's Division I lacrosse in saves per game at 15.83.

"It's the confidence and encouragement that these guys have," Poli said on April 13. "Busting their butts in practice day in and day out."

After dropping their season finale loss to LIU, the No. 6 Bobcats look to advance past No. 3 Manhattan on April 27 and make a run at the MAAC Championship for the first time since 2019.

The Jaspers pulled off a 15-12 upset against Quinnipiac earlier in the year, scratching its flawless record. To prevent a repeat of the regular season, the Bobcats need to be aggressive on offense and hunker down defensively. The Jaspers were one of the first teams during the regular season to keep up with Quinnipiac's high-powered offense and break through its defensive zone.

"We've all been practicing together for

months," DeLucia said on Feb. 6. "In these last two weeks you could just tell there's a different excitement and intensity in the locker room, we're all ready to go."



TRIPP MENHALL/CHRONICLE

Quinnipiac men's lacrosse celebrates a goal in a 13-12 win over VMI on April 13.

**MTEN** from cover

However, Braun Simo and Sood fell quickly after, before Brown tied the game for the Bobcats at 3-3. It all came down to the team captain Arakaki, who, playing well past 9 p.m., battled for close to three hours to give the Bobcats their fourth MAAC Championship appearance — even when all the odds were stacked against him.

"(Arakaki) played an amazing three set thriller, he played the set of his life," Adinolfi said. "We had to use the lights, and there was a power surge and the light went out. And there was a 25 minute break because they couldn't turn the lights back on, so there was a lot of

things working against us."

That game earned the senior captain the title of 2024 Most Outstanding Performer.

Quinnipiac's final opponent turned out to be Fairfield, the regular season champions and the only team it had lost to in the conference.

"Tennis is grueling," Adinolfi said. "There's a lot of pressure. What I said before the match is, in one sense this is just us playing one tennis match and it's just a game. But at the same time, this is our life. I told them, 'Don't be afraid to let your desire come through and dictate how you play the match.'"

And to start, the Bobcats once again lost the doubles point. That one point, seemingly insignif-

icant, can very easily change the tides of the game, because as Adinolfi noted, it makes the difference between winning three singles matches or four.

Not that it really mattered in this case. Sood breezed past his opponent 6-0 and 6-2 to tie the game early.

Braun Simo turned his match around after falling in the first set 6-7, allowing Fairfield's senior Kean Shan only one more game and winning the next two sets 6-1, 6-0. His New Zealand native doubles partner clawed out his own close win 6-4, 7-6 to put the Bobcats into a 3-1 lead.

Even though Velek lost his match, it didn't matter. Brown tipped the scales for Quinnipiac and secured that fourth point to clinch

the MAAC Championship and receive an automatic bid to the NCAA Tournament — for the first time since 2010, when Quinnipiac still belonged to the NEC Conference.

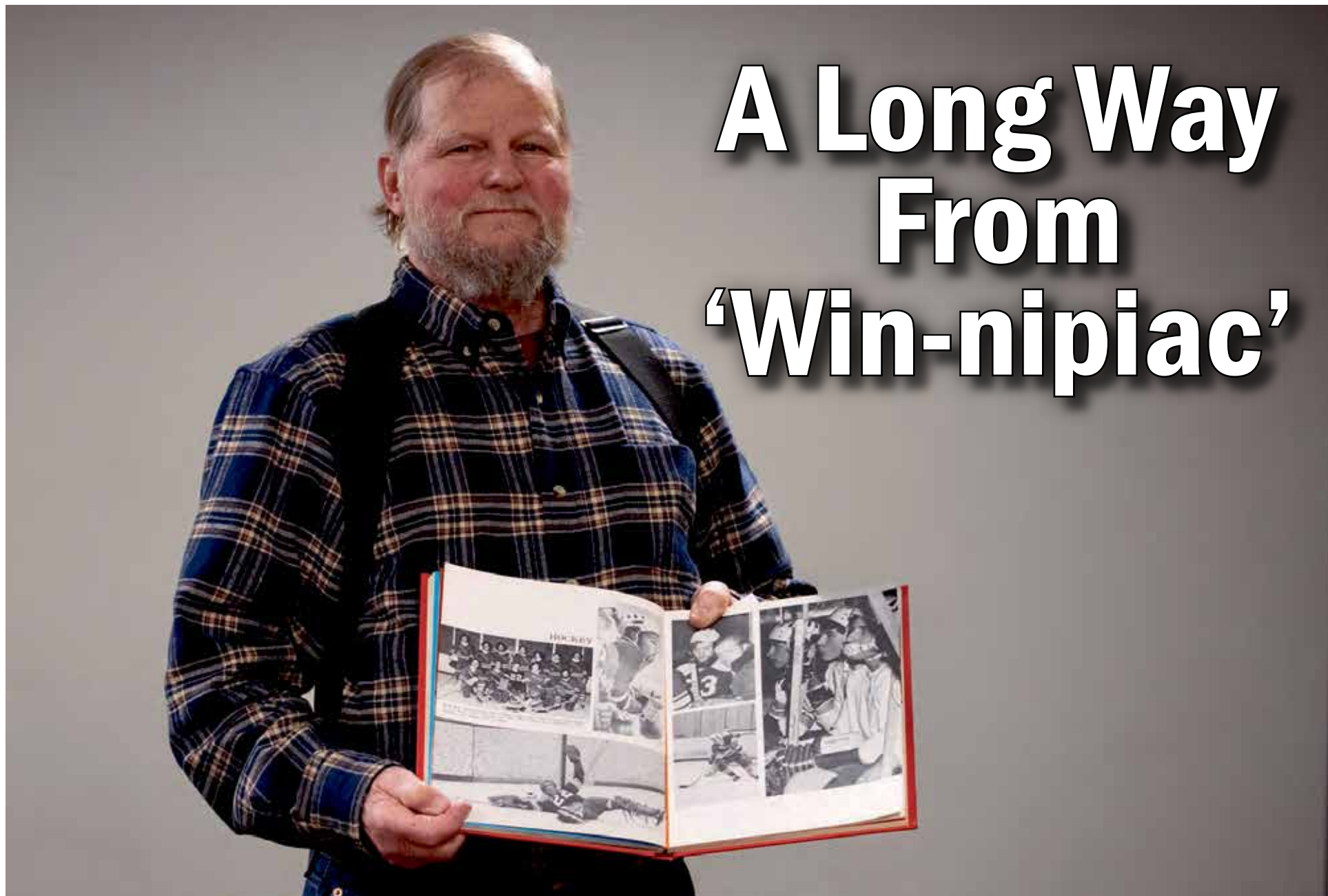
"It's an amazing feeling," Adinolfi said. "It's hard to explain, I'm still sort of processing the fact that we won the whole thing."

The Bobcats await April 29 when the NCAA Tournament Division I Selection Show at 6 p.m. determines their next destination and opponent.

"We're gonna enjoy and celebrate the win, take a couple of days off and then get back to the courts," Adinolfi said. "We're gonna work towards putting Quinnipiac on the map for college tennis."



# A Long Way From 'Win-nipiac'



CAMERON LEVASSEUR/CHRONICLE

## The humble beginnings of men's hockey

By **AMANDA DRONZEK**  
Sports Editor

The lights go out at Hemenway Rink at Choate Rosemary Hall in Wallingford, Connecticut. Beads of sweat drip onto frayed jerseys as players leave the ice. They emerge from the locker room with gear slung over their shoulders and walk out into a dimly lit parking lot.

Engines hum and cars slowly trickle onto the main road, driving toward Quinnipiac's newly built Mount Carmel Campus.

Quinnipiac men's hockey didn't have its own rink to practice in — Choate just happened to be available that night. It also wasn't called Quinnipiac men's hockey in 1967. The word "club" came first. The team played home games at Hamden High School.

The university — a college at the time — had around 3,000 students. Nobody cared about hockey, mostly because nobody knew about it.

But Charles Brophy did.

Brophy was coaching youth skating lessons in New Haven, Connecticut, when he caught wind of a men's club hockey team forming at his alma mater.

Several students petitioned the sport to former athletic director Burt Kahn, but it was no secret that he wasn't interested in supporting a hockey team.

Brophy was, and when the head coaching position opened, he took it.

To Kahn's dismay, Quinnipiac was going to have men's hockey.

"We were just looking for people to play," said Kent Allyn, one of the team's goaltenders from 1967-71. "So Brophy said 'you guys want to give it a try?' and we said 'sure.'"

Eighteen players survived tryouts. The Braves — now known as Bobcats — played in the Worcester Valley League and won two games in the 1968-69 season. The program went dormant from 1971-72 and was reinstated in 1973.

"These guys here, all of a sudden, out of the blue, 'we've got itches, let's scratch them,'" said Mark Farber, former student government president and co-editor in chief of The Quinnipiac Chronicle. "They find this little pond (Clark's Pond) over there and they start. They had the gumption."

There was no glory, no real contention against opponents.

"It was just a bunch of guys that liked to skate," Allyn said.

Unfortunately, those guys barely had anything other than skates. Allyn requested for the club team to become a campus sport. Kahn handed him \$500 instead.

"I was in charge of the money and I ordered uniforms through the athletic department and they came through as youth uniforms," Allyn said. "I have my old high school lacrosse jersey on, because none of the uniforms are big enough to fit over my pads."

Despite the new uniforms, Quinnipiac club hockey was still relatively invisible — a striking statement given its current success. But it was true.

"The co-editor-in-chief of The Quinnipiac Chronicle, Sharron Moon, didn't even know we had a hockey club," Allyn said. "So I took her to a game, one of the Wesleyan games, and she was so impressed that she wrote an editorial (about) 'Why is Quinnipiac having all of these students who represent the school, dressed in kids uniforms.'"

The year after that they got more money."

The team either practiced at the crack of dawn or past sunset. It was \$50 an hour to skate. But it was ice time that they desperately needed.

Pushback from the athletic department didn't stop once the program scraped together new uniforms and a few bucks.

"When we were traveling to Worcester, we would have to leave before dinner was served here for a 7 or 8 o'clock game in Worcester," Allyn said. "And a couple of people started complaining about it, and Burt Kahn said, 'Oh, okay, well I'll give you each \$5 for supper.' Never saw the \$5. Every time we were coming back on the bus, we'd say 'here's to Burt's \$5 and take another swig of beer.'"

It was clear Quinnipiac Athletics weren't favorable to hockey. Allyn had already graduated by the time the sport leapt to Division III in 1975.

"They fought, and they said 'we want to do hockey, we want to do more than just be the neighborhood hockey team,' and they were here and they had this feeling because you're a brand new family, you're coming together on a new campus, new buildings, new this, new this, new everything, and 'hey guys, we should be a team' and they were," Farber said.

Life still wasn't easy for Quinnipiac hockey, but at the very least, it was an NCAA program.

Players trekked through muddy farmland — which is now the brick buildings surrounding the Mount Carmel Quad — to get back to their dorms. There wasn't much money to fund the growing program, but there was support.

"All people used to talk about was (Boston College), and (Boston University) and Harvard," former player Bill Frame said. "Then it changed over to Quinnipiac (and), once they started playing them... they really handled it. (The NCAA) let them into that league and just showed them how good they were."

People finally started to care, because people finally knew.

"The entire community worked to create this place, and the entire community, pinching its pennies, scrounging its nickels, is what started everything, so I absolutely think that it's a deeper story than just a hockey team or a basketball team," Farber said.

A familiar echo rings around the quad on a gusty afternoon. Wind whips the flags hanging outside the student center, slamming against the metal pole in a rhythmic fashion. That's flags, plural. Because right below the American flag hangs a bright yellow banner, the national championship logo etched in the center.

Just a few steps away in the Arnold Bernhard Library, Allyn's voice trembles.

"I've been following the team ever since they started off in Division III, so it's really impactful for me. I think it was marvelous work that Rand Pecknold created and I only wish that I was young and around to have him as a coach."

"When they scored, aside from the fun fact that I did call it, I really did," Farber said. "I said 'I was a proud papa,' because it happened under my watch, and a lot of other guys' watches, that were here that cared."

*Cameron Levasseur contributed to this piece.*