

An Inside Look at

LEHMAN ATHLETICS

Lehman's Ruston Named NCAA Track Athlete of the Year

Olaf, Minnesota- The U.S. Track and Field and Cross Country Coaches Association (USTFCCA) has named its regional award winners for the 2006 indoor season. Coaches voted in the respective Division I, Division II and Division III categories and selected Lehman College's Amy Ruston as the Division III Indoor Track Athlete of the Year.

In addition to the national honor, Ruston was also named as the Atlantic Region recipient. At the CUNYAC Championships, Ruston won the 800, 1,500 and 3,000 while also anchoring Lehman's 4 x 400 relay. Ruston is ranked first in the mile (4:54.19) and second in the 800 (2:11.71) heading into nationals.

"This is a great honor for Amy Ruston and the Lehman College athletic department," said Lehman head coach Lesleigh Hogg. "Amy has made great strides and has exemplified a true commitment to her sport."

In the NCAA indoor championships, Ruston finished fourth in her two events to garner NCAA Division III All-American status.

"My coaches told me to run relaxed", said Ruston. "I wasn't running to break records it just worked out that way. The only thing I was concerned about was getting points toward the team championship", she added.

After having great success this season in the cross country championships, and the indoor championships, Ruston is now looking forward to her chances of making it a trifecta with a championship in the outdoor championships.

"It would be wonderful to win all three championships this season", Ruston added. "My teammates and I work extremely hard everyday, and this would be the perfect reward for all of us."



Lehman Baseball Begins Season With Southern Swing

Newport News, VA- Xavier Colon and Steve Bochicchio each had two hits for Lehman College, but it wasn't enough as the Lightning were defeated by the Apprentice School 11-5 to finish up a four-game road stand in Virginia.

Bochicchio also picked up the loss for the Lightning, allowing six earned runs to go along with six hits in 2 1/3 innings of work.

The loss was the second in as many days to the Apprentice School, who defeated Lehman 12-8 in the first game of the trip. The Lightning also took on regional opponent Ramapo College, falling 14-4 in the first game, and 18-6 in the second game to the Roadrunners.

"This Virginia road trip was a great way to start the season," said Lehman College head coach John Mehling. "Even though the results were not what we would have hoped for, the experience should be very helpful going into our conference play."

Up next for Lehman is a non-conference match-up this Saturday on the road against SUNY Farmingdale at 1pm.

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