The 2022-23 year was a season for the record books!

I continue to be amazed by the incredible accomplishments of our talented student-athletes and coaches. Their efforts enabled us to capture the Brenda Weare Commissioner’s Cup for overall excellence as well as the Joan Martin Commissioner’s Cup for women’s programs. We had 14 teams either place in the top four in the regular season or place in the top four of the conference tournaments.

Women’s basketball garnered more attention than any other SHU team this year by winning the NEC’s first NCAA Tournament game. Led by NEC Player of the Year, Defensive Player of the Year, Rookie of the Year and Tournament MVP Ny’Ceara Pryor, we beat Southern University at Stanford’s Regional before falling to the host Cardinal at Maples Pavilion.

The Pioneer success continued as the cheerleading team captured its fourth consecutive national championship, a remarkable feat that earned the squad a trip to the State Capitol. Continuing its winning ways, the bowling team went from the play-in match of the conference tournament to its sixth NEC Championship on the way to the NCAA Tournament.

The academic achievements garnered by our student-athletes were remarkable. The overall student-athlete GPA was 3.39 with more than 80% achieving a 3.0 GPA or better. Nearly 700 student-athletes were named academic all-conference with 97% of all teams tallying a GPA of 3.0 or better. The academic accolades culminated in Sacred Heart University winning the 2022-23 NEC Institutional Academic Award.

None of this, including the opening of the Martire Family Arena on West Campus, could happen without our loyal alumni, friends and family. While I’m excited about our most recent success, I’m even more thrilled as I look toward a bright future.

Go Pios!

Judy Ann Riccio
Director of Athletics
ACCOMPLISHMENTS

COACHING TITLES

Women’s Basketball
Women’s Golf
Bowling
Women’s Lacrosse

UCA CHEERLEADING
National Championship
Cara Broadus (Women’s Wrestling) - NCWWC All-American
Sarah Ciszek (Women’s Volleyball) - AVCA All-America Honorable Mention
Alexandra Fitzgerald (Women’s Wrestling) - NCWWC All-American
Malik Grant (Football) - Hero Sports Preseason All-America, Stats Perform All-America Second Team, Preseason All-America
Marcus Lim (Men’s Golf) - Ping All-America Honorable Mention
Brian McNamara (Football) - Stats Perform All-America Third Team
Sam Mongelli (Baseball) - Collegiate Baseball All-America Second Team
Aaliyah Payne-Parris (Women’s Wrestling) - NCWWC All-American
Kevin Peprah (Football) - Stats Perform All-American Third Team
Mia Poppinga (Equestrian) - NCEA All-American Honorable Mention
Ny’Ceara Pryor (Women’s Basketball) - WER Mid Major All-America Honorable Mention
Madison Sandquist (Women’s Wrestling) - NCWWC All-American
Jacklyn Smith (Women’s Wrestling) - NCWWC All-American
ANNA KLEIN

EMILY CARROLL (SOFTBALL) - NCFA ALL-REGION SECOND TEAM
SARAH CISZEK (WOMEN’S VOLLEYBALL) - AVCA ALL-REGION HONORABLE MENTION
NICO GALETTE (MEN’S BASKETBALL) - NABC ALL-REGION SECOND TEAM
ALISSA GONZALEZ (SOFTBALL) - NCFA ALL-REGION THIRD TEAM
MALIK GRANT (FOOTBALL) - ALL-NEW ENGLAND SELECTION
MARCUS LIM (MEN’S GOLF) - PING DIVISION I ALL-NORTHEAST REGION TEAM
HANNAH MANETTA (WOMEN’S BOWLING) - NTPCA ALL-REGION HONORABLE MENTION
AMY PETROVICH (SOFTBALL) - NCFA ALL-REGION THIRD TEAM

MALIK GRANT (FOOTBALL) - CFPA NATIONAL PERFORMER OF THE YEAR LIST

NEC INSTITUTIONAL ACADEMIC AWARD

MORGAN BOVARDI (WOMEN’S SOCCER) - NEC ROOKIE OF THE YEAR
MAGDALENA BROGIOLI (WOMEN’S TRACK AND FIELD) - NEC INDOOR MOST OUTSTANDING ROOKIE
CHANTAL EL CHAIIB (WOMEN’S GOLF) - NEC PLAYER OF THE YEAR
SARAH CISZEK (WOMEN’S VOLLEYBALL) - NEC PLAYER OF THE YEAR, NEC SETTER OF THE YEAR
CAMERON CROCE (MEN’S TRACK AND FIELD) - NEC INDOOR MOST OUTSTANDING FIELD PERFORMER
RACHEL GLOWNIAK (WOMEN’S BOWLING) - NEC CHAMPIONSHIP TOURNAMENT MVP
MALIK GRANT (FOOTBALL) - CFPA NATIONAL PERFORMER OF THE YEAR LIST
ELYSSA KIPPERMAN (WOMEN’S SOCCER) - NEC DEFENSIVE PLAYER OF THE YEAR & NEC GOALKEEPER OF THE YEAR
SAM KOWALSKI (SOFTBALL) - NEC ROOKIE OF THE YEAR
MARCUS LIM (MEN’S GOLF) - NEC PLAYER OF THE YEAR
VICTORIA LOPINTO (SOFTBALL) - NEC GOLDEN GLOVE AWARD
MARQUEZ MCCRAY (FOOTBALL) - NEFWA GOLDEN HELMET AWARD
SAM MONGELLI (BASEBALL) - NEC PLAYER OF THE YEAR
NY’CEARA PRYOR (WOMEN’S BASKETBALL) - NEC PLAYER OF THE YEAR, NEC DEFENSIVE PLAYER OF THE YEAR, NEC ROOKIE OF THE YEAR, MBWA ROOKIE OF THE YEAR, WER MID MAJOR FRESHMAN OF THE YEAR, ALL-MET FIRST TEAM, ALL-ECAC FIRST TEAM, NEC TOURNAMENT MVP
BRAEDEN TUCK (MEN’S ICE HOCKEY) - ATLANTIC HOCKEY INDIVIDUAL SPORTSMANSHIP AWARD
LYDIA WERLAU (WOMEN’S LACROSSE) - NEC OFFENSIVE PLAYER OF THE YEAR, NEC CHAMPIONSHIP TOURNAMENT MVP

SARAH CISZEK
FOOTBALL (8) - DEANDRE BYRD (FIRST TEAM ALL-NEC), ROB DIGITA (FIRST TEAM ALL-NEC), MALIK GRANT (SECOND TEAM ALL-NEC), ERNEST HOWARD (SECOND TEAM ALL-NEC), ARSENEH JILES (SECOND TEAM ALL-NEC), JON NUCIOLO (SECOND TEAM ALL-NEC), KEVIN PEPRAH (SECOND TEAM ALL-NEC), CARSON PRIMROSE (SECOND TEAM ALL-NEC)

MEN’S BASKETBALL (2) - NICO GALETTE (ALL-NEC FIRST TEAM), JOEY REILLY (ALL-NEC THIRD TEAM)

MEN’S SOCCER (4) - DAVID GARCIA GALLEGOS (SECOND TEAM ALL-NEC AND ALL-NEC ROOKIE TEAM), ETIENNE MURUGARREN (SECOND TEAM ALL-NEC), KOKO GRACIA MARTINEZ (ALL-NEC ROOKIE TEAM), JAVIER LOPEZ GAVIOLA (ALL-NEC ROOKIE TEAM)

MEN’S TRACK & FIELD INDOOR (3) - MAGDALENA BROGIOLI (ALL-NEC SECOND TEAM), JENNA ENGELS (ALL-NEC SECOND TEAM), KAYLEE STENDEROWICZ (ALL-NEC SECOND TEAM)

MEN’S TRACK & FIELD OUTDOOR (2) - JENNA ENGELS (ALL-NEC FIRST TEAM), ABBIE MOKWIWA (ALL-NEC FIRST TEAM)

MEN’S VOLLEYBALL (2) - IFE LOVERTON (SECOND TEAM ALL-NEC), PATRICK MUCHERINO (SECOND TEAM ALL-NEC)

MEN’S LACROSSE (3) - CARSON SPOONER (ALL-MAAC SECOND TEAM), SAL MICCIO (ALL-MAAC SECOND TEAM), MICHAEL MORESCHI (MAAC ALL-ROOKIE TEAM)

MEN’S TENNIS (5) - LEFTERI APOSTOLOU (FIRST TEAM ALL-NEC SINGLES, SECOND TEAM ALL-NEC DOUBLES), ALBERTO MELLO (SECOND TEAM ALL-NEC SINGLES AND DOUBLES), MATYAS VENCIL (SECOND TEAM ALL-NEC SINGLES AND DOUBLES), DARIUS EFFEKHAR (SECOND TEAM ALL-NEC SINGLES AND DOUBLES), ARYA ALVA (NEC ALL-ROOKIE TEAM)

MEN’S GOLF (1) - MARCUS LIM (ALL-NEC FIRST TEAM)

WOMEN’S SOCCER (6) - ELYSSA KIPPERMAN (ALL-NEC FIRST TEAM), NICHOL GREEN (ALL-NEC FIRST TEAM), ALEXIS SICKER (ALL-NEC FIRST TEAM), ANNA LUKIEWICZ (ALL-NEC SECOND TEAM), LAUREN JORDAN (NEC ALL-ROOKIE TEAM), MORGAN BOVARD (NEC ALL-ROOKIE TEAM)

WOMEN’S BOWLING (2) - HANNAH MANETTA (ALL-NEC SECOND TEAM), MEGAN PRETTYMAN (NEC ALL-ROOKIE TEAM)

WOMEN’S GYMNASIUM (2) - ALEISHA CUNNINGHAM (ALL-NIRA FIRST XV), JASMIN QUINONES (ALL-NIRA HONORABLE MENTION)

MEN’S ICE HOCKEY (3) - NEIL SHEA (ALL-AHA FIRST TEAM), HUNTER SANSBURY (ALL-AHA THIRD TEAM), MARCUS JOUGHER (AHA ALL-ROOKIE TEAM)
Paulina Biega (Women’s Wrestling) - NCWWC National Coach of the Year, NCWWC Region 1 Coach of the Year

Mike Guastelle (Women’s Tennis) - NEC Women’s Tennis Coach of the Year

Laura Korutz and Dana Spire (Women’s Lacrosse) - NEC Women’s Lacrosse Coaching Staff of the Year

Matt McGreevy (Women’s Golf) - NEC Coach of the Year

Adam Vance (Women’s Swimming & Diving) - NEC Diving Coach of the Year

Lucas Wilhelm (Rowing) - MAAC Coach of the Year
ACADEMIC HONORS

CARA BROADUS (WOMEN'S WRESTLING) - NWCA SCHOLAR ALL-AMERICAN
CHANTAL EL CHAIB (WOMEN'S GOLF) - NEC WOMEN'S GOLF SCHOLAR-ATHLETE
ALIZA LEANDER (WOMEN'S WRESTLING) - NWCA SCHOLAR ALL-AMERICAN
MARCUS LIM (MEN'S GOLF) - NEC MEN'S GOLF SCHOLAR-ATHLETE
HANNAH MANETTA (WOMEN'S BOWLING) - NEC WOMEN'S BOWLING SCHOLAR-ATHLETE
OLIVIA MCNICHOLAS (WOMEN'S SWIMMING & DIVING) - NEC WOMEN'S SWIMMING & DIVING SCHOLAR-ATHLETE
NOHEA MONIZ (WOMEN'S WRESTLING) - NWCA SCHOLAR ALL-AMERICAN
JULIA MULLANE (WOMEN'S WRESTLING) - NWCA SCHOLAR ALL-AMERICAN
AMY PETROVICH (SOFTBALL) - NEC SOFTBALL SCHOLAR-ATHLETE
BELEN RIOS (WOMEN'S WRESTLING) - NWCA SCHOLAR ALL-AMERICAN
TEMI SANUSI (WOMEN'S WRESTLING) - NWCA SCHOLAR ALL-AMERICAN
JACKLYN SMITH (WOMEN'S WRESTLING) - NWCA SCHOLAR ALL-AMERICAN
KATSIARYNA STARASTENKA (WOMEN'S TENNIS) - NEC WOMEN'S TENNIS SCHOLAR-ATHLETE
MATTHEW ZAWASKI (MEN'S TRACK & FIELD) - NEC MALE SCHOLAR-ATHLETE OF THE YEAR

ACADEMIC SUCCESS

3.0+

3.39 OVERALL STUDENT-ATHLETE GPA
47% OF STUDENT-ATHLETES MADE THE DEAN'S LIST
97% OF TEAMS TALLIED AN AVERAGE GPA OF 3.0 OR BETTER
219 FALL NEC HONOR ROLL MEMBERS
157 WINTER NEC HONOR ROLL MEMBERS
247 SPRING NEC HONOR ROLL MEMBERS
50 SPRING MAAC ALL- ACADEMIC TEAM MEMBERS
13 ITA DIVISION I ACADEMIC AWARD WINNERS
8 NEILA ALL-ACADEMIC TEAM MEMBERS
11 AHCA SCHOLAR-ATHLETE HONORS
8 NEC SCHOLAR-ATHLETES
WINTER AND SPRING CSCAA SCHOLAR ALL-AMERICA TEAM HONORS

NEC TEAM SPORTSMANSHIP AWARD

MEN'S TENNIS & WOMEN'S TENNIS
PIONEERS IN THE BIG LEAGUES

JULIUS CHESTNUT (FOOTBALL) – TENNESSEE TITANS
J.D. DIRENZO (FOOTBALL) – CAROLINA PANTHERS
JOSH SOKOL (FOOTBALL) – MINNESOTA VIKINGS
JUSTIN DANFORTH (HOCKEY) – COLUMBUS BLUE JACKETS
ZACH SHORT (BASEBALL) – DETROIT TIGERS
JASON FOLEY (BASEBALL) – DETROIT TIGERS
Women's Lacrosse

The Sacred Heart University women's lacrosse team recorded a historic season, claiming its fourth NEC Championship title in program history – its first since 2010 – by defeating Wagner at home, 7-6. After scoring the first two goals of the game, the Pios' offense cooled, as they trailed 5-2 at the start of the fourth quarter. SHU ended the game on a 5-1 run to claim a thrilling 7-6 comeback win.

Graduate students Emma Kittredge (3g) and Lydia Werlau (1g, 2a) led the Sacred Heart offense with three points apiece, while first year Maggie Araneo netted the all-important goal with 15 seconds left on the clock.

The Pios won 10 straight games heading into their NCAA Tournament matchup against No. 4 nationally ranked North Carolina, the 2022 NCAA Champions. The Tar Heels came out on top against SHU, 16-5. The Pioneers held strong against one of the best teams in the nation, tying UNC in the second quarter with three goals.

Women's Golf

The Pioneers claimed their second straight NEC Championship, winning the 2023 crown by 10 strokes. SHU carded a 31-over 895 (303-297-295) for the 54-hole event to best second-place Delaware State (905).

Chantel El Chaib and Kailee Welch took the top two spots in the final leaderboard to lead Sacred Heart to victory. El Chaib won medalist honors by shooting 72-71-72 to finish one under. Welch (72-73-71) shot even par for the event to finish second.

After winning the NEC title, SHU was sent to an NCAA Regional at the University of Georgia Golf Course in Athens, GA. The Pios placed 12th in the regional with a combined 80-over 944 (312-311-321), finishing six strokes better than the year's previous NCAA Regional. Welch led Sacred Heart at the event with a 16-over 232 (77-74-81).

Women's Bowling

Despite entering the NEC Tournament as the fourth seed, the Pioneers quickly returned to their winning ways, going from a play-in match to the winner's bracket after the opening day of the event. Three straight wins set up a championship matchup against top-seeded FDU.

SHU defeated the Knights 2-1 to host the program's sixth NEC Championship trophy. Fairleigh Dickinson opened the match with a 1,017-905 win in traditional play to go up 1-0. As they have all tournament, the Pios showed their championship grit, first tying the match with a 1,114-950 triumph in the quint baker. SHU sealed the win with a 4-2 victory in the best-of-seven baker match.

The Pioneers went 1-2 over three matches in the NCAA Tournament. Sacred Heart sandwiched setbacks against Arkansas State and North Carolina A&T State around a 2-0 victory over Medaille College.

Women's Basketball

For the fourth time in program history, the Sacred Heart University women's basketball team claimed the NEC Tournament Championship, its first since 2012. As the No. 2 seed in the tourney, the Pios rallied in the fourth quarter to hand No. 1 FDU a 72-60 defeat in Hackensack, N.J.

First year Ny'Ceara Pryor finished a hair shy of recording a triple-double with 20 points, 11 rebounds, and seven assists to earn NEC Tournament MVP honors.

SHU's Cinderella run continued in the NCAA Tournament First Four, as the Pioneers defeated Southern, 57-47, for the Northeast Conference's first-ever NCAA Tournament win for a women's basketball program. Sacred Heart's postseason came to an end at the hands of No. 1 Stanford following a 92-49 setback at the Cardinal's Maples Pavilion.

Women's Cheerleading

The Sacred Heart cheerleading team made it a four-peat in 2023, winning its fourth consecutive Universal Cheerleaders Association National Championship. The Pios again topped the field in the Open All-Girl Game Day division at the Disney Wide World of Sports Complex.

In honor of their accomplishment, the Pioneers were recognized at the State Capitol for accolades from the General Assembly on Feb. 6. Sen. Tony Hwang (R-Fairfield) led the team on a tour to meet Connecticut’s legislators, and then the student-athletes were seated in the House and Senate chambers as politicians praised their achievements.
ATHLETIC MILESTONES

MEN’S SOCCER - FIRST DI POSTSEASON WIN IN PROGRAM HISTORY

WOMEN’S TENNIS - COMPETED IN ITS FIRST NEC CHAMPIONSHIP IN PROGRAM HISTORY

WOMEN’S TENNIS - BROKE THE SCHOOL RECORD FOR MOST Wins IN A SINGLE SEASON

WOMEN’S LACROSSE - CLAIMED FOURTH NEC TITLE AND MADE FOURTH NCAA TOURNAMENT APPEARANCE

WOMEN’S BOWLING - WON THE PROGRAM’S SIXTH NEC CHAMPIONSHIP IN BACK-TO-BACK FASHION, MADE NINTH NCAA TOURNAMENT APPEARANCE

WOMEN’S SOCCER - HOSTED FIRST NEC CHAMPIONSHIP GAME IN PROGRAM HISTORY, FIRST NEC CHAMPIONSHIP APPEARANCE SINCE 2007, HEAD COACH MATT MICROs WOn HIS FIRST POSTSEASON GAME AGAINST LIU IN THE FIRST ROUND OF NEC TOURNAMENT, SET A PROGRAM RECORD FOR WIns IN A SEASON WITH 11

EQUESTRIAN - MADE ITS FIRST NCEA SINGLE DISCIPLINE NATIONAL CHAMPIONSHIP APPEARANCE IN PROGRAM HISTORY

WOMEN’S BASKETBALL - WON NEC, WON 1ST NCAA TOURNAMENT GAME IN NEC HISTORY
BY THE NUMBERS

4 TEAM CHAMPIONSHIPS
1 NATIONAL CHAMPIONSHIP
86 ALL-CONFERENCE SELECTIONS
1 ALL-REGION
7 PLAYERS OF THE YEAR
12 ALL-AMERICANS
3 NEC ROOKIES OF THE YEAR
6 COACHES OF THE YEAR
6 NEC SCHOLAR-ATHLETES OF THE YEAR