

FDU SPORTS REVIEW

SPRING ISSUE



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FAIRLEIGH DICKINSON UNIVERSITY

A comprehensive look at the achievements, challenges, and standout performances of the FDU Devils during the 2024-25 season.

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Season Recaps

Women's Basketball



In the 2024- 2025 season the FDU Women's basketball team led by coach Van Johnson with 30 years of experience, finished with an overall record of 7-18, and a MAC Freedom conference record of 4-10. Despite the tough season these ladies continued to push forward, scoring 1,493 points, a .353 field goal percentage, and 1,039 rebounds. The team also accumulated 324 assists, 495 turnovers, 216 steals and 84 blocks. Two key players who significantly contributed to the season were Kolby Lynch wearing #30 and Christina Centeno #11. Knocking down shots, Lynch the lead scorer averaged 353 points. A guard from Bayonne, NJ, Centeno led the season with 246 points, 20 assists, 13 steals, and four blocks while benefiting at the three-point line with 36 threes and a 30.5% 3-point field goal percentage. The Devils dominated in a win against CCNY 62-40, Rutgers Camden 96-84, and Saint Elizabeth 69-59.

Despite a challenging game, the FDU women's basketball team concluded their season with a matchup against Stevens leaving it all on the court. Sode averaged 9.1 points per game, totaling 227 points, and achieved a career-high of 20 points against DeSales. Sode dominated the boards, ranking fifth in the MAC Freedom Conference in rebounding. Defensively, she stood out with 30 blocked shots, placing seventh in the conference. Her 51 steals and average of 2.0 steals per game earned her the eighth spot in the rankings. Lynch secured a spot in the MAC Freedom's

ranking sixth, she also ranked top ten in scoring with an average of 14.7 points per game and a total of 353 points. Christina Centeno, a dedicated sophomore excelling both on and off the court with a 3.93 grade point average earned a spot on the College Sports Communicators Academic All-District Team. This team showcased strong performances on both ends of the court and looks forward to building momentum for the next season.



Men's Basketball

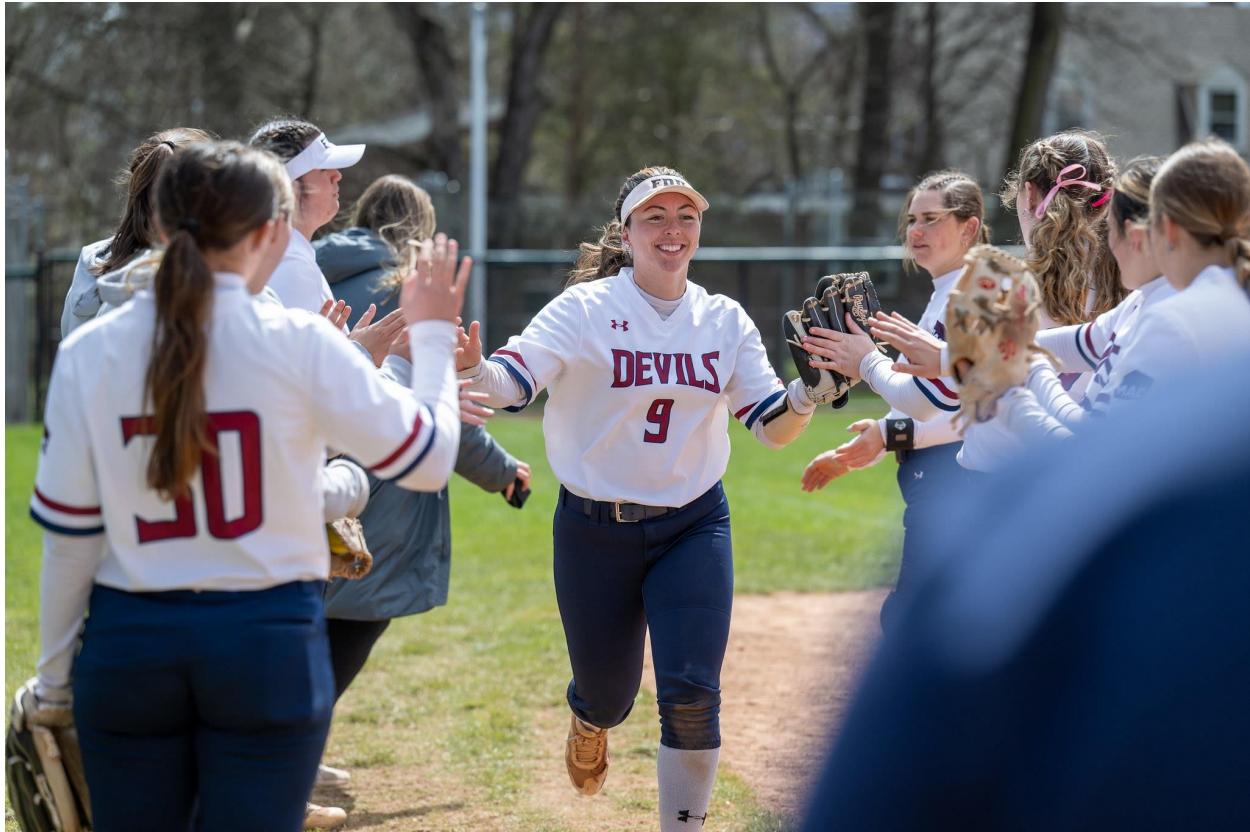


The FDU-Florham men's basketball team faced a challenging 2023-24 season, finishing with a 4-21 overall record and 3-13 in MAC Freedom Conference play. While the team faced challenges throughout the season, several individual performances provided bright spots and a foundation for future development. They showed improvement in offensive efficiency in several games, with close contests against conference opponents. However, defensive struggles and inconsistency in shooting percentages impacted results. The team showed resilience and development, especially among younger players gaining experience.

On the other hand, the FDU-Florham men's basketball team wrapped up the 2024-25 season with a 10-15 overall record and a 4-10 mark in conference play, much improvement from last season. Offensively, the team averaged 71.5 points per game while shooting 41.8% from the field and 30.4% from three-point range. Despite some struggles, key players made significant contributions, including Jaqwan Washington, who led the team in scoring with 12.4 points per game, and Christopher Smith, who posted a strong 54.5% shooting percentage. Mac Creek played a crucial role in playmaking, leading the team with 72 assists, while Carson Woods anchored the defense with a team-high 35 steals. The Devils battled hard on the boards, averaging 36.5 rebounds per game, though they faced a narrow rebounding deficit. While the season had its ups and downs, the team's determination and key performances laid the groundwork for future success.



Women's Spotlight



Bianca DiSanto has been a standout player for the FDU-Florham softball team, excelling both in the circle and at the plate. As a graduate student, she played in all 36 games, starting in 33, and contributed across the board with 25 hits, 15 RBIs, and 17 runs. In the pitching circle, she struck out 31 batters in 15 appearances, earning a 4-5 record, and maintained a solid .903 fielding percentage. A former All-Area Third Team honoree and recipient of the 2019 Mustang Award in high school, DiSanto chose FDU-Florham for its academic programs and the opportunity to thrive as a student-athlete.

DiSanto has been a dynamic presence for the FDU-Florham softball team, demonstrating her versatility as both a hitter and a pitcher. Her offensive contributions added depth to the lineup, while her effectiveness in the circle helped anchor the team's pitching staff. Beyond her stats, DiSanto's consistency and leadership have made her a valuable asset on the field. Her commitment to balancing athletics and academics highlights her dedication to excelling in both aspects of college life at FDU-Florham.



Men's Spotlight



Jaqwan Washington a guard from Bryan, Texas wrapped up this season with 309 points, 44 assists, 14 steals, and 6 blocks, all while shooting .443. His presence was known on the court while he started in all 23 games of his senior season. Washington had a significant impact offensively delivering a season-high 26 points against Misericordia, including a much-needed buzzer-beater that secured a victory for the Devils 82-81. Washington's performances earned him a spot on the 2024 Steel Club Classic All-Tournament Team.

Jaqwan Washington, an impactful player for the FDU Devils presented his passion for the game by consistently driving to the basket. His leadership and scoring ability made him an important asset to the team this season. With relentless commitment and dedication, Washington closed out his senior year as a guard, leaving it all on the court and a lasting impact on the program.



FDU's Own: Alex Stone



Alex Stone enters his first season as the head coach of the men's lacrosse team for the FDU Devils. At Bard College, he served as the head men's lacrosse coach for three seasons while also holding the role of assistant athletic director from 2014 to 2017. At Bard College, Stone coached three All-Liberty League players including a Liberty League Rookie of the Year. He spent seven seasons as the associate head coach at Muhlenberg College, where he took on responsibilities as a recruiting coordinator, a defensive coordinator, and a strength and conditioning coach. His recruiting efforts landed 12 different states bringing in talent from both private and public institutions. Stone has built a strong reputation throughout his career, especially in developing

top-tier defenses. Over the past three seasons, he has ranked among the top three defenses in the Centennial Conference and is securing the top defensive ranking in 2022.

Alex Stone, ready for the action, earned his first win of the season as head coach with a victory over Rosemont College. With 146 goals, 87 assists, and 488 shots, the FDU Devils men's lacrosse team is off to a strong start 7-3, holding a 0-1 record in MAC Freedom Conference. Stone and his team have experienced both highs and lows of the season. One of their biggest highlights came with a win over Centenary, the strongest start in program history. In March, they faced their first setback in an 18-13 loss to Immaculata, but remained focused as they head into the MAC Freedom. Recognized for his skill and leadership, Stone guided the Devils to a record-breaking performance in a 25-3 win against Carin, a 59-year program record with Bud Synder who played a role in that milestone. With Stone leading his team they have performed exceptionally well on the field and looks to maintain that energy as they continue chasing wins.

Season Updates

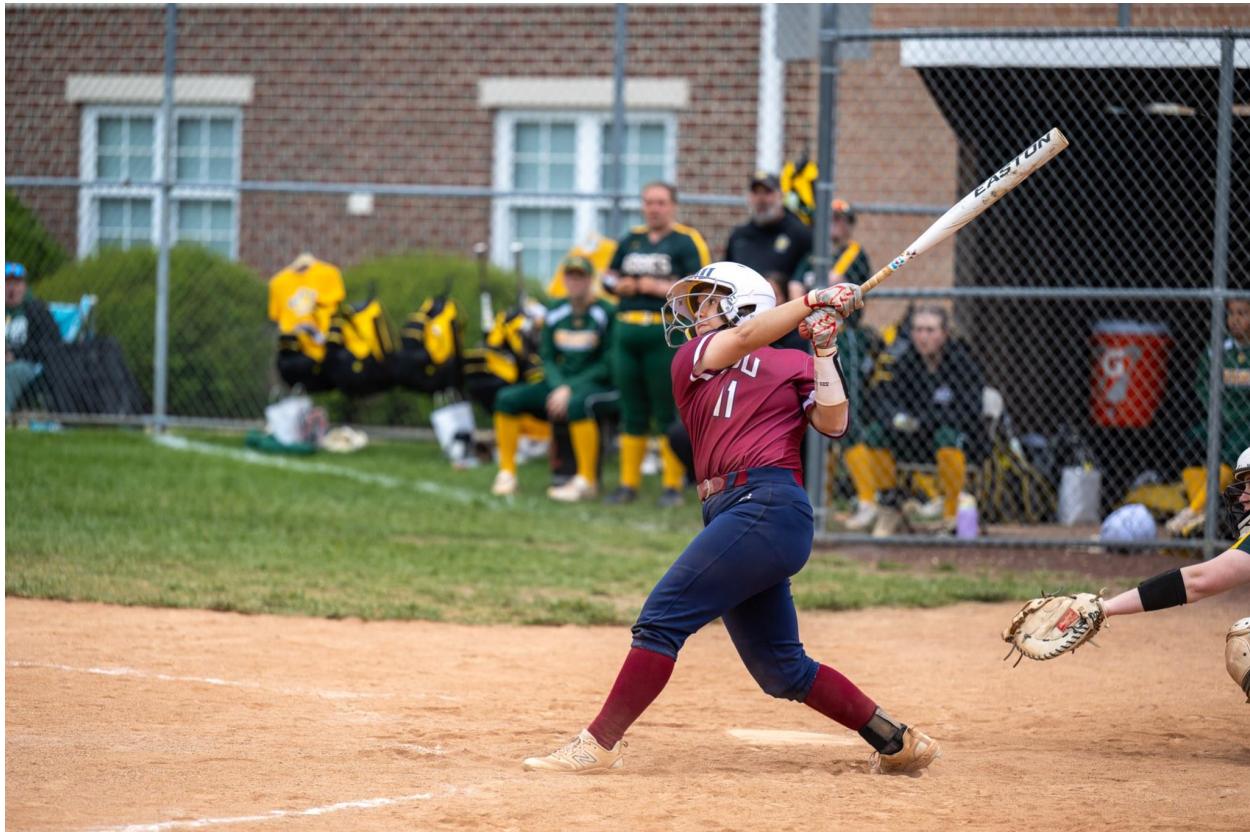
In the Crease with FDU Men's Lacrosse



The coaching staff, led by Head Coach Alex Stone, emphasized development and resilience, guiding the team through a season of growth and laying the foundation for future success. The Fairleigh Dickinson University-Florham Campus (FDU-Florham) men's lacrosse team concluded their 2024 season with an overall record of 6-10 and a conference record of 3-5 in the Middle Atlantic Conference (MAC) Freedom division.

Despite facing challenges, the Devils showcased resilience and competitiveness throughout the season. Zachary Van Zile (Midfielder) demonstrated his prowess in ground ball pickups, notably securing possession during critical faceoffs against Misericordia University on April 27, 2024. Jarrett Dugenio (Defense) played a pivotal role in the defensive lineup, consistently recovering ground balls and contributing to the team's transition play. The Devils are optimistic about the upcoming 2025 season. With a blend of experienced players and promising newcomers, FDU-Florham's men's lacrosse team is poised for a competitive 2025 season, striving to improve upon their previous record and make a significant impact in the MAC Freedom conference.

Grand Slammer with FDU Softball



The Fairleigh Dickinson University-Florham Campus (FDU-Florham) softball team concluded the 2024 season with an overall record of 18-18 and a conference record of 6-8. The team demonstrated resilience and competitiveness throughout the season. The Devils maintained a balanced record, reflecting their ability to compete effectively both at home and on the road. Kristen Tigar (Left Field) consistently contributed at the plate, exemplified by her 2-for-3 performance against Stevens Institute of Technology, where she scored a run and recorded an RBI. Abigail Rodriguez (Center Field) showcased her offensive expertise with a standout performance against Stevens, going 3-for-4, including two home runs, and driving in five runs.

On the other hand, memorable victory from the team was a standout moment was the extra-inning win against Misericordia University, where FDU-Florham's offense delivered crucial hits to secure a 7-6 victory. The coaching staff played a pivotal role in guiding the team through a challenging season, fostering a competitive spirit and resilience that culminated in the team's strong finish.

What are some goals that you want to have during the season?

"Our team's biggest goal this season is to win the MAC Freedom Championship and achieve as many victories as possible. Personally, my goal is to improve my batting skills and make meaningful contributions both on and off the field to help ensure our team's success."

- Junior Centerfield #6 Abby Rodriguez

Aces with FDU Men's and Women's Tennis



The Fairleigh Dickinson University-Florham Campus (FDU-Florham) men's tennis team (2024 season) encountered several tough matches throughout the 2024 season. In their season opener on October 5, 2024, they narrowly fell to Baruch College with a final score of 4-3. Graduate student Matthew Emery competed at the #1 singles position in matches against Farmingdale State College and Pratt Institute. Under the leadership of Head Coach David DeVries, the team has been working to develop their skills and competitiveness. Looking ahead to the 2025 season, the men's team remains optimistic about building on their experiences and striving for greater success.

How does the team support one another on and off the court?

"We are a small team which makes supporting each other even more important. The team is basically just a friend group. Whether it's pushing each other at practice or supporting each other off the court, we are there for each other."

-Senior Matt Emery

What are some changes in training or strategies that the team has been doing vs. Last season?

"I believe our training has definitely changed for the better, despite having to rapidly adjust to our new coach last year. This pre-season, our coach has thoughtfully implemented training that involves an integrated approach towards focusing on our individual abilities, as a result from creating more personalized practice groups. Additionally, when we shift into the season, he will practice with the male and women teams separately alongside assistant coaches with the expectation that it will offer an increase in individualized attention and tailored training for each one of us. Improvements have already been made, and I can't wait to see the additional progress that we will all make when we get back on the campus courts regularly!"

-Junior Marilu



Starting Blocks with Men's & Women's Indoor/ Outdoor Track



The 2024 season marked a significant period of growth and achievement for the Fairleigh Dickinson University-Florham Campus (FDU-Florham) men's and women's track and field teams. Both squads demonstrated remarkable progress, setting new records and establishing a strong foundation for future success. The men's team participated in various meets throughout the 2024 season, showcasing their commitment to improvement and competitiveness. A key athlete on the team is Nathaniel Evely who is a Sophomore, Sprinter. Evely specialized in short-distance events, including the 60-meter and 200-meter dashes. His consistent performances positioned him as a key contributor to the team's sprinting events. On the other hand, a record breaking performance was at the Middle Atlantic Conference (MAC) Indoor Championships, the men's 4000m Distance Medley Relay team—comprising Emmanuel Torode, Nathaniel Perrelli, Luke Passarelli, and Evan McGinnity—set a new program record with a time of 11:37.83, finishing 13th overall.

The coaching staff of the men's track and field team benefited from the leadership of their coaching staff, who emphasized athlete development and team cohesion. Their guidance was instrumental in navigating the challenges of the 2024 season and preparing the team for future competitions.



The women's team demonstrated resilience and determination throughout the 2024 season. Some key athletes are Bianca Burke and Briana Flatt who is a junior, sprinter. As a junior sprinter, Bianca Burke brought experience and leadership to the team. Her performances in sprinting events contributed to the team's overall competitiveness. On the other hand, Briana Flatt a sophomore, middle-distance. Flatt specialized in middle-distance events, providing depth to the team's track events. Her consistent performances were vital to the team's success. The coaching staff for the women's track and field team thrived under the mentorship of their coaching staff, who focused on fostering individual growth and team unity. Their strategic approach played a crucial role in the team's development during the 2024 season.

When we look ahead into the 2025 season, both the men's and women's teams entered the 2025 season with renewed vigor and clear objectives. The men's team, for instance, competed in the Middle Atlantic Conference (MAC) Indoor Track and Field Championships, participating in events such as the 60-meter dash, the 4000 Distance Medley Relay, and the 4x200 relay. Some goals for the 2025 season for Men's Team is to aim to improve their standing in the MAC Indoor Championships, building on the experiences and lessons from the previous season. As for the women's team we want to focus on enhancing individual performances and achieving personal bests, contributing to the team's overall success in various competitions. With a blend of experienced athletes and emerging talents, both FDU-Florham's men's and women's track and field teams are poised for a promising 2025 season. The foundation laid in 2024, combined with strategic goals and dedicated coaching, positions them well for future achievements.

Swinging Easy with Women's Golf



Reflecting on the women's golf team's season, they secured eighth place out of ten teams in the MAC Championship with a team score of .431. The final match of the season resulted in a loss to Misericordia. Emma Letizia had an impressive performance, finishing fifth with a score of 108 (+36), while Kylie Miralles followed closely in sixth place with a 114 (+42). Shannon Flatt recorded a 117 (+45), placing eighth in the dual match, and Lily Hodgson with a 127 (+55) securing tenth place.

Head Women's Golf Coach and Assistant Women's Soccer Coach Katy Gallagher enters her fifth season with extensive knowledge and passion for the game. She holds an E coaching license and earned a degree in integrative media with a minor in art. At Wilkes University, Gallagher had a standout career as a five-season starter. She served as a three-year captain, earned All-Conference team honors for four consecutive years, and graduated cum laude. The start of the season approaching women's golf is ready to face Lebanon Valley. Emma Letizia, a junior from North Haledon, NJ competed in all seven matches, recorded a career low score of 108 against Wilkes and King's, along with two rounds of 110, one against Wilkes and another in a quad match, and achieved 2024 CSC Academic All District Team and 2024 All MAC Sportsmanship Team.

Swinging easy, the FDU Devils women's golf team teed off the 2025 season with a 0-2 record and strong start, putting up a team score of 464 and finishing in a tie for eighth place out of ten teams. Dominique Rodriguez led the way with a score of 109 (+37), earning 30th place. Kylie Miralles and Shannon Flatt followed closely, placing 36th and 37th with scores of 117 (+45) and 118 (+46). In a second match against the Cougars, the Devils came up short. The Devils returned with matchups against the Cougars and Lock Haven Bald Eagles, finishing third with a score of 450 (+162). On the road in Pennsylvania, they tied for 11th place at the Susquehanna Spring Invitational, finishing the event with a score of 463 (+183). Women's golf now looks ahead as they swing into the MAC Conference.

Leaving It All on the Field: Women's Lacrosse



Leading women's lacrosse Head Coach Rosamaria Riccobono, an Eastern Connecticut State graduate, previously served as an assistant coach at Ramapo College in 2023. During her time there, she played a key role in scouting and game planning while improving team statistics in ground balls, caused turnovers, clears, and save percentage. From 2021 to 2023, Riccobono was the Director of Girls North for the Building Blocks Lacrosse Club. In this role, she expanded travel team rosters, guided families through the collegiate recruitment process, and managed seven teams that went on to win championships. Committed to her players' mental well-being,

Coach Riccobono also implemented a sports psychology program to support overall development.

Last season women's lacrosse finished with a record of 5-9 and 2-5 in the MAC conference. These ladies also recorded 189 goals, 96 assists, and 399 total shots, achieving a .474 shot percentage. Be sure to catch women's lacrosse in action as they take on 14 games, along with 7 MAC Freedom matchups. The Devils will begin their season on the first week of March competing against the University of Hartford. The women's lacrosse top player Midfielder, Alexis Ashton from Blairstown started in all 14 games of the 2024 season. Ashton ended her season as a junior scoring 70 points, 58 goals, and 12 assists be on the lookout for her senior season. With few achievements, Ashton received the 2024 All-MAC Freedom Second Team Midfield and the 2024 All-MAC Freedom Offensive Player of the Week.

Leaving it all on the field, the women's lacrosse team stormed into their season with a tough start going 2-6 overall and 0-1 in the MAC Conference after battling both the rain and a loss to Hartford. In their second game of the season, the Devils took on Transylvania and brought home a 15-12 win. Despite experiencing some setbacks, the team has shown resilience and determination in their last three matchups. Ashton and Julianna each scored five goals, with Claudia Zappia breaking the tie and securing the victory 16-14. With momentum building, the Devils are fired up and ready to take on the challenge as they head into conference play.

Men's Golf Driving Into 2025



The team is coached by Michael Tufaro, who also serves as the offensive coordinator for the FDU football team during the fall semester. This year the team is led by seniors Aiden Newman and Ryan Mylod with other key performers including Connor Dillon who is continuing his junior season and a duo of sophomores Joseph O'Leary and Mario Lamperti. FDU men's golf is looking to continue a streak of solid performances going into the spring season. This fall they hosted an Invitational located at Mendham golf and Tennis Club. The devils finished in an impressive second place out of seven teams that were participating. They also had an impressive victory against conference foe Delaware Valley University. With a final team score of 330-339 in favor of the devils.

The senior class has been performing well for the team on and off the course for example Aiden Newman a Gainesville Florida native and communication student made last year's winter and spring academic honor roll for the MAC conference while being a consistent presence appearing in all ten matches. His best performance was when he shot the second lowest score in program history of a 73. He followed this performance at the MAC freedom championship with scores of 81 and 82 over the two days of competition. Ryan Mylod was also a member of the academic honor roll although only playing in two matches his best score came on April 16th of 2024 when he shot a 98 against Delaware valley. The Oakridge New Jersey native majors in accounting and

will be big piece of the team. Here is what senior Aiden Newman had to say about his expectations heading into the team's spring 2025 matches "Me and the team have big expectations for this year. This is the most complete team I've been a part of on FDU golf. I'm expecting big things from us. We have been putting in the work and if we just play our games we will win tournaments."

Here is how they are doing so far this spring. In their first match of the Spring 2025 campaign the Devils placed 8th out of 10 over all teams in the Scarlet Raptor Invitational hosted by Rutgers Camden Monday April 7th at Rancoas Golf Club in Willingboro NJ. The team finished with an overall score of 348 with the most impressive performance by senior Aiden Newman with an individual score of 76 (+5) placing him second on the overall individual leaderboards. Conner Dylon and Aiden Markey both had scores in the high 80's tying them for 26th and 29th respectively. The Devils will continue their spring tournaments Thursday April 10th with a match against William Paterson.

Touching base with the FDU Devils



FDU Devil's baseball is looking to rebound again After an under whelming 2024 campaign where the team finished 14-26 a slight improvement from 2023 where they finished 8-32 The team will

be led by seniors OF Jack Giovenco C Mark Geist, RHP Colby Craig and INF Aaron Santos. Jamie Quinn is entering his 7th season at the helm of the program as Head Coach in 2025. The most successful season of his tenor so far was 2022 on and off the field. 2022 was the inaugural season for baseballs state of the art facility in which he was instrumental in making happen. Outside of Vincent J and Lenda F Naimoli Ballpark, the Devils were also successful in the classroom. The Devils earned the ABCA team academic excellence award while being productive on the field as well as earning 22 wins, their most in a season since 2014 which resulted in an ECAC championship, the programs first since 2012. He is assisted by Gino Mirabella who is a member of the Union County baseball hall of fame and came to FDU after a successful stint as head coach of New Brunswick high school. Assistant coach Bobby Sheppard rejoins the coaching staff after one season as the video coordinator for the Atlanta Braves. Prior to FDU he spent one year as the director of baseball operations at Seton Hall .

In the MAC Freedom 2025 preseason polls assessed by fellow MAC coaches the Devils were picked to place 6th overall. the reigning division 3 champion in the Misericordia Cougars were unanimously selected into the first-place position. The Devils started the season with a split weekend as they began their season with the battle of Madison Ave tournament with a 6-1 victory over Drew university on February 22. Unfortunately, the devils couldn't continue their positive momentum as they were defeated at the hands of the St. Elizabeth Eagles 8-4 the following morning. They finished out their first string of Exabition's with a 3-10 loss against New Jersey City University. To end the month of February the Devils were defeated by New Paltz on Friday February 28th by a score of 18-5. However, the losing streak didn't last long as the team started the month of March of a good note against the CCNY Beavers. The Devils outscored the beavers during a Saturday double header by a whopping 35-4 between both games. With a 10-2 victory in the first game and a 25-2 route of the Beavers in the second game. To finish off their prespring break slate the Devils defeated the Rutgers Newark Scarlett raiders by a score of 5-3. The Devils now stand 4-3 on the season heading into their spring break tournament in myrtle beach South Carolina. Even though the devils are only 7 games into the season they have already had a player named the MAC freedom player of the week, Jack Giovenco for his performances against NJCU New Paltz and CCNY. During those four games he had a batting average of .600 scoring ten runs and 4 RBIs. After spring break the devils will open conference play on Saturday March 15th against the King's College Monarchs.

As of today April 9th, the Devils currently stand with a record of 12-16 over all and 4-8 of their first 12 conference games. After an underwhelming spring break trip in which the devils finished 1-4 with their lone victory coming against Wilmington whom they defeated 8-1. The Devils opened conference play against the King's college monarchs. Winning 2 of the 3 games throughout the series. They would then go on to a 4-game losing streak losing in a Exhibition to Merchant Marine academy and a conference series sweep by Arcadia. They continued to

perform well against non-conference opponents with a 10-5 win again Baruch and a 13-3 victory against St Josephs. The Devils would flip their momentum in conference play by defeating Desales university in 2 games of the 3-game set. Most recently the Devils held their annual first responders Exabition game on April 8th against John Jay. They would triumph 17-7. This weekend they will continue conference play against the reigning division 3 champions Misericordia Cougars.

Alumni Spotlight



Joseph Nigro, a former guard/forward for the FDU-Florham men's basketball team, exemplifies resilience and determination. As a forward, Nigro brought a physical presence and relentless hustle, becoming a key contributor and a leader within the team. His passion for the game and commitment to improvement made him a respected figure among teammates and coaches alike. Whether it was diving for loose balls or bringing intensity to every practice, Nigro's impact extended far beyond the stat sheet, he embodied the heart and bravery of a true Devil.

During a game in 2020, he experienced a significant chest injury that led to a diagnosis of Stage 2B Hodgkin's Lymphoma on May 1, 2021. Despite this life-altering challenge, Nigro underwent rigorous treatment and emerged cancer-free, though his playing career ended prematurely.

Channeling his experience into advocacy, Nigro founded the Fightstrong Foundation in May 2022. This nonprofit organization is dedicated to supporting individuals currently battling cancer, providing both tangible items to aid in daily life and emotional assistance. Under his leadership, the foundation has significantly impacted numerous families and contributed to the Pediatric Unit of Rutgers Cancer Institute of New Jersey, where Nigro received his treatments. His unwavering commitment to the cancer community has earned him accolades, including the 2023 Florham Pinnacle Award and the MAC Giant Steps Award. His strength, both as an athlete and a survivor, continues to inspire the FDU community and beyond.



Q&A

How did being a student-athlete shape your personal or professional life?

Nigro: "Being a student athlete taught me how to manage my time and balance my life. Learning at a young age on how I can manage my time between meetings, class, practice / games, lifts, and more has allowed me to manage my time between work, my own nonprofit, life, and other things I want to do. It also taught me that I always need to work hard to be the best version of myself."

What was your favorite memory as a student at FDU?

Nigro: "My favorite memory as a student at FDU had to be my freshman year when we clinched a spot in the playoffs. It was something that hadn't been done in many years and we were

projected to be last in the conference that year. Being able to be a big part of that team and celebrating with them after everything we had been through that year was super exciting and motivating."

What student-athlete skills have served you well through your career?

Nigro: "Work ethic, time management, listening skills, and leadership skills are all skills that I learned from being a student-athlete. I learned how to really listen to not only my coaches, but also my teammates on what they needed help with or what we needed to do to be successful. It also taught me how to be a vocal leader on and off the court. I learned that to be a good leader, you can't always be liked and that drove me to always do the right thing. All this ended up being extremely useful because I was able to be a trustworthy person for my teammates and coaches to come to, which ultimately helped me on the backend of my career as I became a student-assistant coach."



SAAC

The Student-Athlete Advisory Committee at FDU-Florham is a student-led organization that represents and advocates for student-athletes. SAAC works to enhance the student-athlete experience by promoting leadership, community service, and engagement between athletics and the broader campus community. In 2024, the Student-Athlete Advisory Committee at Fairleigh Dickinson University continued its mission to enhance the student-athlete experience through various initiatives like organizing outreach programs connecting student-athletes with local communities, fostering relationships and promoting positive representation of FDU athletics.

SAAC organized workshops and seminars that were held to cultivate leadership skills among student-athletes, preparing them for roles both within and beyond the university. But not only

that, recognizing the importance of mental well-being, SAAC hosted events aimed at providing resources and support for student-athletes, emphasizing a holistic approach to health.

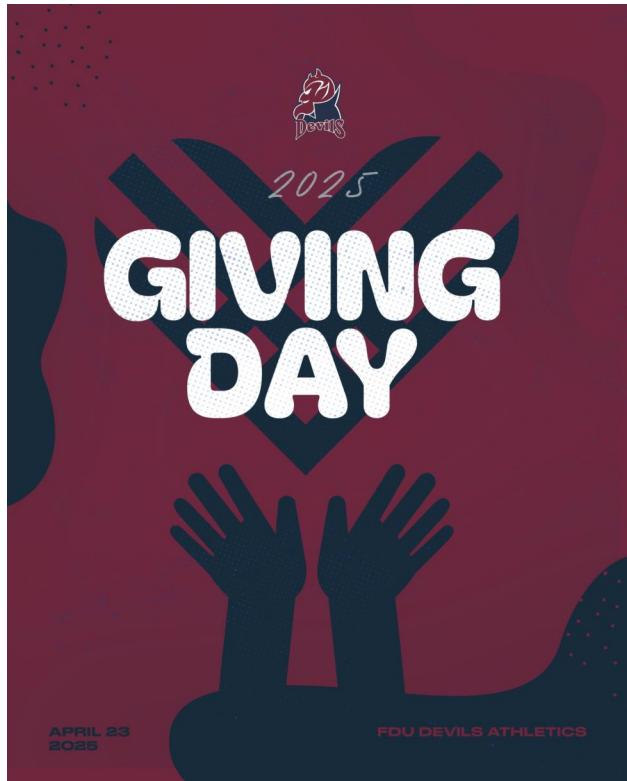


Dedication Games

Spring teams have games to support causes important to them (pictured here)



FDU Giving Day 4/23/25



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