

Mustang Lacrosse

MORRISVILLE STATE COLLEGE

State University of New York
College of Agriculture and Technology



About Morrisville

Morrisville State College, located in Central New York, offers bachelor degrees and a wide variety of associate degrees and options. Considered to be one of the most technologically advanced colleges in the nation for its ThinkPad University program and wireless technology initiative, the college was the first in the nation to comprehensively replace telephones in residence halls with individual cellular phones for students. Morrisville State College was also chosen as one of the top five colleges in the nation for campus activities by Campus Activities magazine. The Morrisville State College Norwich Campus offers programs in business, technologies, liberal arts/education transfer, and nursing to Chenango County area residents and employers.

To be eligible for NCAA competition, all student-athletes must be enrolled in a program leading to a baccalaureate degree and have taken the SAT exam.

MSC Facts & Stats

Students in all majors: 3,338
Percent male students: 60
Percent female students: 40
Number of active clubs and organizations: 40+
Outstanding athletic facilities including three gymnasiums, fitness center, IcePlex ice hockey rink, recreation center.
Full-time on-staff athletic trainers.
Several intramural athletic leagues, tournaments and events and over 70 hours of informal open athletic recreation time is scheduled weekly.
Six on-campus dining areas and a variety of meal plan options.
Nextel cellular phones for resident students.

Academic Majors

Baccalaureate degree programs are listed, followed by related associate degree programs.

Agricultural Business Development

Related Associate Degree: *A wide range in agricultural fields*

Automotive Technology

Related Associate Degree: *Automotive Technology*

Automotive Technology Management

Related Associate Degree: *Automotive Technology*

Business Administration

Related Associate Degree: *Any Associate Degree*

Criminal Justice

Related Associate Degree: *Criminal Justice*

Dairy Management

Related Associate Degrees: *Animal Science—Dairy, Agricultural Business, Agricultural Science*

Entrepreneurship and Small Business Management

Related Associate Degrees: *Any Associate Degree*

Equine Science

Related Associate Degrees: *Equine Science and Management, Equine Racing Management*

Horticulture Business Management

Related Associate Degree: *Horticulture*

Human Performance and Health Promotion

Related Associate Degree: *Sports, Nutrition and Fitness Management*

Information Technology—

Applications Software Development

Electronic Marketing and Publishing

End-User Support

Information Technology—Technology Management

Network Administration

Web Development

Related Associate Degrees: *Computer Information Systems, Computer Systems Technology, Office Technology, Business Administration, Accounting (relate to all Information Technology degrees above)*

Journalism & Communication Online Media

Related Associate Degree: *Journalism Technology*

Nursing

Related Associate Degree: *Nursing*

Renewable Resources

Related Associate Degrees: *Natural Resources Conservation, Aquaculture and Aquatic Science*

Resort and Recreation Service Management:

Related Associate Degrees: *Food Service Administration, Gaming and Casino Management, Restaurant Management, Travel and Tourism: Hospitality Management*

Science, Technology and Society:

Related Associate Degrees: *Any Associate Degree*



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Morrisville State Mustangs

Morrisville State College, a residential college located approximately 30 miles between the cities of Syracuse and Utica in Central New York, offers the total college experience. The college allows students to experience the availability of a balance of activities both in and out of the classroom. The athletic program at Morrisville State administers 16 intercollegiate athletic teams and a full schedule of intramural athletic opportunities.

Our athletes have contributed to our long-standing success as an institution and have brought home a number of regional and national titles. Many of the college's athletes have been named All-Americans.

At Morrisville State College, athletes will find outstanding facilities and equipment. A dedicated staff of coaches and trainers act as mentors. The college also offers free tutoring for all students.

The strength of the college's athletic program and its previous success in NJCAA competition has laid a foundation for a smooth transition to the NCAA.

Women's Lacrosse

In 2009, Morrisville State College became an active Division III member of the National Collegiate Athletic Association (NCAA).

Morrisville State College began membership with the North Eastern Athletic Conference (NEAC) in 2009. Current conference members include Cazenovia College, Gallaudet University, Keuka College, Penn State - Abington, Penn State - Berks, Penn State - Harrisburg, SUNY Cobleskill, SUNY Institute of Technology, and Wells College. In 2010, the NEAC partnered with the North Atlantic Conference (NAC) to begin the process towards having an automatic bid to the NCAA tournament in 2012.

The women's lacrosse team has a successful athletic history at Morrisville. The women's team has appeared in the Regional Championship Tournament in each season of competition and in 2004 they were the Region III runner-ups, producing six NJCAA All-Region selections, six NJCAA Coaches Association Academic All-Americans, three NJCAA Academic All-Americans, two NJCAA Distinguished Academic All-Americans and two of the programs four NJCAA All-Americans.

In their first season of NCAA competition in 2007 the women posted a 6-9 overall record and followed with a 4-10 record in 2008, rebounding to a 6-10 overall record in 2009. In 2010, they finished third overall in the NEAC with a 5-8 record, appearing in the conference semi-finals.

In all, Morrisville State women's lacrosse has produced several All-Region and All-American team selections, several academic All-Region



and All-American selections. Most recently, earning SUNYAC All-Academic Team honors as well as All-SUNYAC First Team and ECAC Division III Upstate Women's Lacrosse First Team honors.

In 2010, Morrisville State earned its first conference Player of the Year award, had several earn NEAC Scholar-Athlete awards, along with five all-conference selections.

Morrisville's main competitive lacrosse season is in the spring semester. At Morrisville, student-athletes are able to enhance their skills in the fall season by participating in non-traditional season training.

Spring trips to Florida, Colorado and Oregon have allowed our student-athletes to train and compete in early spring, while having fun and forming strong team bonds.

The Morrisville State women's lacrosse team is active in the college's Community Service efforts, and was most recently involved with volunteer activities at the Boys and Girls Club in Utica.



For more information visit www.morrisville.edu or call 800.258.0111
an equal-opportunity institution



Coaching Staff

Amanda Nobis enters her third season at the helm of the women's lacrosse program as head coach at Morrisville State College in the fall of 2010.

In two seasons with the Mustangs, Nobis has posted 11 wins and 19 losses, while coaching an All-SUNYAC First Team and ECAC First Team selection (Jennifer Caffarelli), and most recently the North Eastern Athletic Conference (NEAC) Player of the Year (Carmen Velazquez), along with several NEAC All-Conference Team selections.

Last season she guided the Mustangs to a semi-final appearance at the NEAC Conference Championship.

Prior to arriving at Morrisville, Nobis served as an assistant coach for the women's soccer and lacrosse programs at Hamilton College and assisted in guiding the lacrosse team to its second straight Liberty League Championship and first ever NCAA Division III Championship with an overall record of 21-1-0 in 2008.

After enjoying a stellar playing career for LeMoyne College in women's soccer and lacrosse, Nobis joined the coaching staff for the Division I Dolphins in 2004, where she helped guide the team to a 12-5 record and to the finals of the Metro Atlantic Athletic Conference (MAAC) tournament.

As a midfielder for LeMoyne's women's lacrosse program, Nobis was a four-time all-Conference First Team selection while leading her team to back-to-back MAAC Tournament Championships in 2002 and 2003. In her final season with the Dolphins, Nobis served as captain. LeMoyne also appeared in the NCAA Division I Tournament in 2002 and 2003.

Nobis earned a bachelor's of arts degree in English and communications in 2003 from LeMoyne and earned her master's of science degree in new media from Syracuse University's SI Newhouse School of Communications in 2004.

Aside from coaching lacrosse, Nobis also serves as the assistant director for intramural and open recreation activities at Morrisville State College.

Prospective Students

Prospective student-athletes are encouraged to contact Coach Nobis in the women's lacrosse office.

Phone: 315-684-6825
 Fax: 315-684-6252
 E-mail: nobisam@morrisville.edu

2011 Schedule

March 5	ELMIRA COLLEGE	3:30PM
March 8	CLARKSON	4 PM
March 17	@ Pacific (Oregon)	4:30 PM PT
March 18	@ Puget Sound	12 PM PT
March 26	@ Alfred University	3 PM
March 30	@ SUNY Potsdam	4 PM
April 2	@ St. Elizabeth *	1 PM
April 3	@ Penn State Abington *	1 PM
April 9	@ Medaille College	12 PM
April 10	WILSON COLLEGE *	1 PM
April 14	@ Oswego State	4 PM
April 15	WELLS COLLEGE *	7 PM
April 17	KEUKA COLLEGE *	1 PM
April 21	CAZENOVIA *	4 PM
April 30	NAC Divisional Playoffs	TBA
May 1	NAC Divisional Playoffs	TBA
May 7	NEAC/NAC Championship (held at Morrisville State)	TBA

* denotes NAC West opponent

^ Spring break training in Oregon



About Morrisville State

Students at Morrisville State College choose from bachelor and associate degrees in more than 70 majors and options in the Schools of Agriculture and Natural Resources, Business, Liberal Arts and Science and Technology. Approximately 50 degree programs are ThinkPad University curricula where the use of laptop computers is fully integrated into academic life.

With 3,338 students, Morrisville offers an environment which encourages class participation and exploration and provides students with the opportunity to grow intellectually and personally. The student-to-faculty ratio at Morrisville is low, providing students with an opportune learning environment. Morrisville State College's academic programs include general education electives as well as courses in students' field of concentration.

Admission

Morrisville State College accepts students on a rolling admission basis. Requirements for admission to academic programs vary. SAT and ACT exams are required for students applying to bachelor degree programs. On-campus interviews are recommended.

Financial Aid

Morrisville State awards financial aid on the basis of need. More than 85 percent of the student body receives financial aid in the form of scholarships, grants, loans or an on-campus job. Many students participate in state and federal programs such as Pell and TAP grants.

Residential Life

Eleven residence halls offer a variety of living arrangements for students and a variety of dining facilities provide different meal options. Residence halls provide an opportunity for autonomy and affiliation in a supportive environment and serve as centers for organized social, cultural and educational activities.

Each residence hall offers study and recreational lounges, laundry facilities, wired and wireless computer access and a variety of vending machines. Each room is furnished with desks and chairs, beds, dressers, floor lamps and cable hookup.

There is always something to do on campus with more than 40 clubs and organizations, campus social activities as well as dramatic and musical productions.

Athletic Facilities

Morrisville State College has a variety of excellent athletic facilities designed to cultivate physical achievement and well-being, both among intercollegiate athletes and the campus community.

The Morrisville State College IcePlex houses two regulation-sized rinks and serves as home ice for the men's hockey team. Several community organizations also call the IcePlex home. Within the twin-rink ice complex are classrooms that provide hands-on training, a first-aid room, 11 locker rooms, offices, a game room, pizza and sub shop and a pro shop.

The college's outdoor facilities include a synthetic 400-meter track, six outdoor tennis courts, and athletic fields for football, field hockey, soccer, softball and lacrosse.



Full-time athletic trainers are available to athletes for care and prevention of athletic injuries. An orthopedic doctor reports to campus once a week to evaluate athletes' injuries. The trainer is associated with the Hamilton Orthopaedic Office located 10 minutes from Morrisville State College.

A \$2 million renovation and expansion of the college's Recreation Center was completed in January 2007, brought an artificial surfaced field house to campus. The renovated Recreation Center also features a new athletic training room, which will have the ability to serve athletes' daily needs as well as rehabilitative needs following injury. It is equipped with a variety of whirlpools and strength equipment and machines. The facility also contains a new laundry and equipment room, wrestling room, locker rooms for men and women and several Athletic Department staff/support offices. The Recreation Center also provides an indoor 200m track.



Future plans are to renovate and expand the college's fitness and wellness center located in the STUAC. The fitness center currently features a variety of weight training machines, treadmills, steppers, elliptical trainers and other aerobic machines. The current fitness center also contains a hardwood aerobics room. STUAC houses the main gymnasium (seated capacity 1,200), an auxiliary equipment/laundry room, Athletic Department staff offices, and additional men's and women's locker rooms.



The new multi-purpose stadium features an artificial turf surface, lights, new scoreboard, locker rooms, press box and stadium seating for 1,500 spectators for field hockey, football, men's and women's soccer, and men's and women's lacrosse.