

Stevens Institute of Technology
DUCKS

2010-11 Media Guide

Women's Tennis



Senior Kendra Appleheimer

Stevens Institute of Technology

Founded in 1870 as the first American college to devote itself exclusively to engineering education based on scientific principles, Stevens Institute of Technology is a prestigious independent university dedicated to research, innovation, and entrepreneurship. A leading national university according to *U.S. News & World Report*, Stevens was, in 2004, ranked by *The Princeton Review* as one of the nation's "Most Entrepreneurial Campuses" and among the nation's "25 most connected campuses" by *The Princeton Review* and *Forbes.com* in 2006.

Stevens' broad-based education will lead you to prestigious degrees and rewarding careers in engineering, business, the sciences, computer science, and the humanities. With 30 majors and three degrees awarded — B.A., B.S., and the prestigious Bachelor of Engineering (B.E.) — Stevens undergraduate students have a wide range of educational options. In addition, Stevens boasts outstanding access to hands-on, real-world experience through cooperative education, internship, and research opportunities which may begin as early as your freshman year.

Master's and doctoral degrees are awarded in a variety of areas within the sciences, computer and information sciences/systems, engineering, management, and technology management. Research is vital to the university's educational mission; thus Stevens attracts world-renowned faculty to complement its exceptional on-campus facilities. That commitment to research and innovation

comes alive through *Technogenesis*, the educational frontier pioneered by Stevens where faculty, students, and industry jointly nurture research concepts to commercialization and back to the classroom. Simply put, groundbreaking research conducted in our facilities has a tangible impact on our daily lives — our partnerships with government and industry are creating innovative solutions to society's most pressing problems.

Located in Hoboken, New Jersey, a quaint one-mile-square town with Victorian brownstones and tree-lined streets dotted with great restaurants and trendy shops, Stevens sits on a high bank of the majestic Hudson River. The 55-acre campus, with stretches of deep green lawns, old-growth elms and maples, and historic classroom buildings, offers the best view of the New York City skyline.

For more information about Stevens, please contact the Office of Undergraduate Admissions at (800) 458-5323, e-mail admissions@stevens.edu, or visit www.stevens.edu.

STEVENS HIGHLIGHTS

Degrees offered: B.S., B.E., B.A., M.S., M.B.A., M.Eng., M.E., Ph.D.

Pre-Professional Programs: Dentistry, Law, Medicine

Number of undergraduate students: 2,234

QUICK FACTS

Nickname Ducks
 Colors Cardinal & Gray
 Affiliation NCAA Division III
 Conference Empire 8
 Home Field De Baun Athletic Complex
 Athletic Director Russell Rogers
 Athletics Phone (201) 216-8040
 Athletics Fax (201) 216-8244
 Soccer Phone (201) 216-8203
 Web Site www.stevensducks.com
 Sports Info Director Rob Kulish
 SID Phone (201) 216-5078
 SID email robert.kulish@stevens.edu
 Assistant SID Ben Badua
 Asst. SID Email bbadua@stevens.edu

Student-to-faculty ratio: 7:1

Stevens aid awarded in 2007-08: \$35 million

Students who receive grant aid: 96 percent

Freshmen who receive merit aid: 83 percent

SAT range of Stevens students: 1180-1350

Average starting salary for Class of 2008: \$61,050

Representation of Stevens student population:
41 states, 28+ countries



Academic Majors

Art and Technology
 Bioanalytical Chemistry
 Bioinformatics
 Biomedical Engineering
 Business and Technology
 Chemical Biology
 Chemical Engineering
 Chemistry
 Civil Engineering
 Computational Science
 Computer Engineering
 Computer Science
 Cybersecurity
 Electrical Engineering
 Engineering Management
 Engineering Physics
 English and American Literature
 Environmental Engineering
 History
 Information Systems
 Information Systems Engineering
 Mathematical Sciences
 Mechanical Engineering
 Music and Technology
 Naval Engineering
 Philosophy
 Physics
 Quantitative Finance
 Science and Law
 Science and Technology Studies

Coaching Staff

Head Coach * Sixth Season * The College of New Jersey '02

Steve Gachko will be entering his sixth season as head coach of the Stevens Institute of Technology men's and women's tennis programs in the fall of 2010. In four years at Stevens, Gachko has led the teams to a combined record of 133-60.

Last season, Stevens enjoyed one of its best seasons to date, posting an 18-4 overall mark and 7-1 conference record en route to a conference title and NCAA Tournament berth, with six student-athletes earning all-conference honors. The Ducks, who earned a first round bye for the first time in program history, were ranked as high as 10th in the Intercollegiate Tennis Association's (ITA) Northeast Region – the highest-ever ranking for the program.

The Stevens women went 13-6 in 2009-10, falling to five-time Empire 8 champion Ithaca College in the conference's championship match. Under Gachko's guidance, four Ducks earned all-conference recognition as Stevens continued its tradition of excellence at Castle Point.

Under Gachko's tutelage the Stevens men posted an overall record of 14-5 and an 8-1 mark in the Empire 8 in 2008-09, advancing to the conference finals before falling to Ithaca. The women's program finished with an overall record of 12-6 and a 5-3 league ledger. Between both programs, Gachko helped develop 10 all-conference selections, including four first-team honorees.

In 2007-08 as the men's team finished with a flawless Empire 8 record of 8-0. The Ducks



defeated perennial powerhouse Ithaca College during an exciting come-from-behind 5-4 victory to claim its first-ever Empire 8 Championship en route to its second-straight appearance at the NCAA Tournament where they defeated Neumann College in the first round.

Gachko was named the E8 Coach of the Year as he helped to establish five league first-team all-stars; two of which received first-team accolades in both doubles and singles play. The squad closed out the season with a combined record of 16-7.

The women's team made its fifth-straight postseason tournament appearance as it finished the year with an overall record of 14-7. Gachko helped to produce the Empire 8 Player of the Year and first-team recipient in Dana Bacalla. Three other athletes went on to receive first- and second-team accolades for their performances during both doubles and singles action. In addition, two members of the team finished the fall season ranked nationally by the ITA.

In 2006-07, the Stevens women produced a 9-3 record and captured the Skyline regular-season title. They also advanced to the finals of the postseason tournament for the fourth year in a row. Along the way, Gachko helped Dana Bacalla reach the finals of the ITA Northeast Regional Tournament and repeat as the Skyline Player of the Year. All together, Gachko produced two conference first-team all-stars and a pair of second-team selections.

The 2006-07 men's campaign continues to be one of the most successful seasons in the history of the program as Stevens went 16-8 overall and 7-0 in Skyline play. In the process, the Ducks captured their fourth conference title in a row and secured their first-ever bid to the NCAA Tournament. One of only 41 teams to make the national tournament, Stevens lost in the first round to Salve Regina University.

After being hired in July of 2005, Gachko led the women's team to a 7-5 mark during the fall as the Ducks reached the finals of the postseason tournament. In the process, he helped produce the Skyline Player of the Year, a first-team all-star and a pair of second-team selections. Gachko, who is also the Director of the Stevens summer tennis camp, was rewarded for his efforts by being named the conference's coach of the year.

During his first season with the men in 2005-06, Gachko guided the Ducks to a 14-5 ledger, which included a school record-tying 12 consecutive victories at one juncture. The Ducks capped off the



The Gachko File

<u>Season</u>	<u>Overall</u>	<u>Conference</u>
2005-06	7-9	3-1
2006-07	9-3	4-0
2007-08*	14-7	7-1
2008-09	8-4	5-3
2009-10	13-6	7-1
Total:	51-29	26-6
* Empire 8 Transition		

season by winning their third straight Skyline title. Once again, Gachko's players excelled as Stevens produced the conference's player and rookie of the year, two first-team all-stars and one second-team selection. The Ducks also received the Skyline Sportsmanship Award.

Prior to coming to Stevens, Gachko served as an assistant men's and women's tennis coach at The College of New Jersey in 2004 and 2005. During his second year with both programs, the men compiled a 12-3 record while the women recorded an impressive 14-3 mark. While at TCNJ, Gachko helped coach several All-Americans as both teams finished in the top-25 nationally.

A four-year letter-winner with the Lions' tennis program as an undergraduate, Gachko started a co-ed club tennis team from scratch. In 2004, he guided his players to the National Campus Championships in Daytona, Fla. Gachko also steered his club team to a berth in the national event in San Diego in 2005.

Gachko began his coaching career as an instructor at Brunswick Hills Racquet Club in East Brunswick, N.J. where he helped develop and market new tennis programs while training many adults and nationally-ranked juniors.

Meet the Ducks

<u>Name</u>	<u>Cl.</u>	<u>Ht.</u>	<u>Hometown/High School</u>
Kendra Appleheimer	Sr.	5-6	Brick, N.J./Brick Township
Mine Bese	Jr.	5-4	Secaucus, N.J./Secaucus
Elena Cocineva-Lenge	Fr.	5-6	Chester, N.J./West Morris-Mendham
Alexandra Handel	So.	5-8	Sparta, N.J./Sparta
Allyson Kingman	Sr.	5-6	Hamilton, N.J./Hamilton East
Nicole Portner	Jr.	5-8	Shamong, N.J./Seneca
Morgan Scalzi	Jr.	5-6	Doylestown, Pa./Central Bucks East
Lisa Tessitore	Fr.	5-8	Dobbs Ferry, N.Y./Dobbs Ferry
Victoria Tran	So.	5-4	South Plainfield, N.J./South Plainfield



Allyson Kingman - Senior

Major — Chemical Biology

Set single-season singles win mark (18) as a freshman
Two-time All-Empire 8 singles & doubles honoree
Team MVP during sophomore & junior seasons



Kendra Appleheimer - Senior

Major — Mechanical Engineering

Posted 8-6 singles and 13-5 doubles mark last season
Second-team All-Empire 8 doubles honoree in 2008
Two-time Presidents' List awardee



Nicole Portner - Junior

Major — Business & Technology

Second-team All-Empire 8 singles & doubles as a freshman
Second-team all-conference singles honoree in 2009
2009-10 Stevens Coach's award winner



Season Preview

The Stevens Institute of Technology women's tennis team enters the 2010 season with hopes of capturing its first-ever Empire 8 title under sixth-year head coach Steve Gachko. The Ducks finished last season with a 13-6 overall record and a 7-1 conference mark, falling to five-time league champion Ithaca College in the Empire 8 Championship match.

"I think last year went a long way toward helping us really believe in ourselves and our abilities as a team. I think heading into this season our student-athletes really believe they can compete with Ithaca and the top teams in the conference," said Gachko. "While it's early, I already see a lot of competitiveness in this group and that's something you like to see as a coach. They have high expectations for themselves. It's something that isn't new to them. There's a hunger and tenacity there and it's one of our strengths."

Returning to the fold this year are a trio of all-conference honorees from a year ago in the form of senior **Allyson Kingman** and juniors **Nicole Portner** and **Morgan Scalzi**. Kingman notched 10 No. 1 singles wins en route to first-team singles accolades last season, while Portner tallied nine No. 2 singles victories as a second-team singles all-conference honoree. Scalzi, a second-team doubles awardee, enjoyed a tremendous year in doubles, going 16-3 to lead the Ducks in doubles victories as a sophomore.

"Allyson (Kingman) has always been a rock (for us). She's always going to push whoever she is playing," Gachko said. "We also expect big things from Morgan (Scalzi). You can definitely see more confidence in her game as well."

Also returning this season are senior **Kendra Appleheimer**, junior **Mine Bese** and sophomores **Alexandra Handel** and **Victoria Tran**. Appleheimer finished 8-6 in third to third singles last season, while racking up a 13-5 mark in doubles play. Bese scored eight wins in singles action a year ago, while Handel and Tran combined for 10 singles victories and nine doubles wins.

"Kendra (Appleheimer) is coming off a strong spring. We're already getting the sense that she's got much more confidence in her game this year. I definitely see her having an impact, while Nicole (Portner) has definitely emerged as one of our leaders. I see her being a really tough competitor this season in both singles and doubles," said Gachko. "Mine (Bese) has a good tennis background. She has all the shots. It's just a matter of putting it all together, while Victoria (Tran) put in a lot of work over the summer and it shows. She has a lot of promising upside and if she continues to improve, I can definitely see her putting



Senior Allyson Kingman

some pressure on her teammates that may be above her. Lexie (Handel) has also put in a lot of work in the offseason and will be fighting for a starting spot this year."

As a team, Stevens finished 2009-10 with a 67-57 singles mark (.540), going 31-14 (.689) in conference play, while its doubles teams sported a 37-20 (.649) overall mark with a 19-5 (.792) record against Empire 8 opponents.

"I expect a lot of our returnees to pick up right where they left off and I feel like I've already seen that in the preseason practices. All of our returnees came back stronger and more importantly came back with a lot more confidence," Gachko said. "We have a lot of depth this year that will allow us to be more versatile. We have a lot of options and I think that will really help to push everyone to be stronger."

Rounding out the Ducks roster this season are a pair of talented freshmen in **Lisa Tessitore** and **Elena Cocineva-Lenge**.

"I see both of our freshmen coming right in and having an immediate impact. Lisa (Tessitore) is smart and athletic. She has good footwork and is a competitor who loves pressure situations, while Elena (Cocineva-Lenge) is someone I can also see having an impact this year," Gachko said. "Elena continues to improve everyday and I believe that she will step up and become stronger as the season progresses and we get into conference play."

With five upperclassmen, including a pair of seniors, Gachko expects the veterans of this year's squad to take on a more active leadership role.

"We're also excited about the leadership qualities our veterans have shown so far this preseason. Allyson (Kingman) has really taken some of the less experienced players under her wing, as has Morgan (Scalzi) – especially with the doubles (teams). They are really embracing some of our younger student-athletes and really helping them to improve and play better on a daily basis," explained Gachko. "One thing I'm really stressing to our student-athletes this season is to focus on performance goals rather than achievement goals. Everyone has different aspects they want to improve upon – whether it be individual or team stuff – and we're looking at ways to achieve those. All of our student-athletes keep a journal, so everything is going to be recorded and assessed, and the goal is to have them push each other: every practice, every match."

Stevens opens its season on September 1 when it plays host to Ramapo College before hitting the road for a pair of conference matches against Rochester Institute of Technology and Nazareth College on September 4-5. The Ducks return home to face Rutgers-Newark on September 8 before taking on Drew University in Florham, N.J. on September 15.

The Ducks begin a five match homestand on September 18 against Alfred University, culminating in back-to-back matches against league rivals Utica College and Hartwick College on October 2-3. Stevens concludes its season on the road against Elmira College, Ithaca College, and Division I Princeton University on October 9, 10, and 13, respectively.

"We definitely have the competitiveness, talent, and ability to compete for a conference championship. It's a matter of just learning from our past shortcomings and building upon our success," said Gachko. "We're just excited to start the season. It's a fun group to work with and while they're a fairly young group, they're taking in all the information we've thrown at them and are looking to apply it each and every day."

Helping the Ducks navigate their challenging schedule are assistant coaches **Dana Bacalla**, **Francisco Gomez**, and **Jill Konowich**.

Bacalla enters her third season with Stevens after a decorated four-year playing career with the Ducks. Last season, she helped Stevens to a 13-6 overall mark en route to an Empire 8 Championship Match berth.

Gomez, a former standout at Ferris State University, enters his fourth season as an assistant coach on Gachko's staff, while Konowich a four-year letterwinner at MIT enters her second year.

Records & Honors

A LOOK BACK

Since Steve Gachko took over as head coach of the Stevens Institute of Technology women's tennis team in the fall of 2005, the Ducks have accomplished a number of impressive feats. Here is a quick look at some of the more successful players of recent memory:

Dana Bacalla

2004 All-Skyline Conference first-team
 2005 Skyline Conference Player of the Year
 2005 All-Skyline Conference first-team
 2006 Skyline Conference Player of the Year
 2006 All-Skyline Conference first-team
 2006 Wilson/ITA Northeast Regional Singles Championship Finalist
 2007 Empire 8 Player of the Year
 2007 All-Empire 8 first-team (singles & doubles)
 2007 ITA All-Academic Team

Whitney Bender

2005 All-Skyline Conference second-team
 2006 All-Skyline Conference first-team
 2007 All-Empire 8 first-team (singles)
 2007 All-Empire 8 second-team (doubles)
 2008 All-Empire 8 first-team (doubles)

Allyson Kingman

2007 All-Empire 8 second-team (singles)
 2007 All-Empire 8 first-team (doubles)
 2007 Empire 8 Sportswoman of the Year
 2008 All-Empire 8 First-Team (Doubles)
 2008 All-Empire 8 Second-Team (Singles)
 2008 Empire 8 Sportswoman of the Year
 2009 All-Empire 8 First-Team (Singles)
 2009 All-Empire 8 Second-Team (Doubles)
 2009 Empire 8 Sportswoman of the Year

Team

2005 Skyline Conference Tournament Runner-up
 2006 Skyline Conference Regular Season Champions
 2006 Skyline Conference Tournament Runner-up
 2007 Empire 8 Tournament Runner-up
 2008 ITA All-Academic Team



Junior Nicole Portner



Attila the Duck

Top Win Totals in Team History

Season	Record	Head Coach
2000	17-0	Doug Brickel
2007-08	13-3	Steve Gachko
2009-10	13-6	Steve Gachko
1985	9-1-1	Rich Morell
1999	9-2	Doug Brickel
1986	9-2	Rich Morell
2006-07	9-3	Steve Gachko
1989	9-3	Rich Morell
2002	9-5	Doug Brickel

All-Time Career Leaders in Victories

Singles: Dana Bacalla - 81 (2004-08)

Doubles: Dana Bacalla - 57 (2004-08)

Combined: Dana Bacalla - 138 (2004-08)

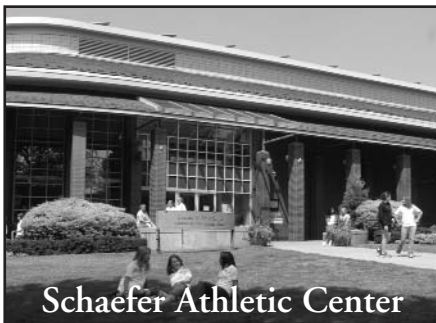


Senior Kendra Appleheimer



Dana Bacalla - Ducks' All-Time Leader in Combined Victories

Stevens Athletic Facilities



Schaefer Athletic Center

THE STEVENS ADVANTAGE . . .

The Stevens Institute of Technology Athletic Complex is comprised of over \$20 million in facilities and caters to only 1,900 students.

Stevens opened its \$13 million Charles V. Schaefer, Jr. Athletic & Recreation Center in 1994. The Athletic Training Center contains a rubberized flooring which can accommodate soccer, tennis, basketball, volleyball and other activities. The second level contains the six-lane 25-yard De Baun Aquatic Center, a Jacuzzi, showers, locker rooms and an athletic training room. The third level features the Canavan Arena, a multi-purpose arena ideal for basketball, volleyball, fencing and other indoor activities. The top floor houses a fitness center containing cardiovascular and weight-training equipment plus a conference/classroom for video or personal instruction.

Walker Gymnasium re-opened in 2004 with its \$4 million modernizing renovation. The facility has central air conditioning, a state-of-the-art weightlifting facility, coaches' offices, five team locker rooms with showers, a recruiting lounge and many aesthetic upgrades. The main floor continues to house the basketball/volleyball court with a raised running track.

During the summer of 2007, the De Baun Athletic Complex underwent a major renovation as the existing NeXturf surface was replaced with state-of-the-art FieldTurf. This marked a significant upgrade to the surface and provided Stevens with a first-class outdoor facility. The De Baun Athletic Complex is home to a number of varsity teams and is used for intramural sports, physical education classes and recreation.

Furthermore, in 2007, Stevens reached an agreement to share the brand-new Weehawken Recreation Center and Waterfront Park, which is located approximately two miles from campus. This facility will be used by varsity and intramural sports as well as campus recreation.

Stevens is one of few Division III institutions in the nation to establish a private strength and conditioning training facility (4,000 square foot) for exclusive use by its varsity athletes. Year-round strength and conditioning programs for each sport are devised through consultations between the sport's head coach and two full-time strength and conditioning coaches.



Varsity
Locker Room



Strength &
Conditioning



Walker
Gymnasium

2010-11 Schedule

<u>Date</u>	<u>Opponent</u>	<u>Time</u>	<u>Date</u>	<u>Opponent</u>	<u>Time</u>
9/1	Ramapo College	3:30 p.m.	10/9	at Elmira College *	12 p.m.
9/4	at Rochester Institute of Technology *	1 p.m.	10/10	at Ithaca College *	10 a.m.
9/5	at Nazareth College *	11 a.m.	10/23	at Empire 8 Semifinal #	TBA
9/8	Rutgers-Newark	4:30 p.m.	10/24	at Empire 8 Championship #	TBA
9/15	at Drew University	4:30 p.m.	4/6	at New York University	3:30 p.m.
9/18	Alfred University *	12 p.m.	4/10	University of Rochester	12 p.m.
9/19	St. John Fisher College *	12 p.m.	4/13	SUNY New Paltz	3:30 p.m.
9/29	Richard Stockton College	3:30 p.m.	Home Matches in BOLD		
10/2	Utica College *	12 p.m.	* Empire 8 Match		
10/3	Hartwick College *	12 p.m.	# Empire 8 Tournament		

