



Sauk Valley
Community College

2019 FALL SPORTS

SKYHAWK



SKYHAWKS
ATHLETICS

CROSS COUNTRY • GOLF • WOMEN'S TENNIS • WOMEN'S VOLLEYBALL

SVCC.EDU/ATHLETICS



Skyhawk Athletics Booster Club

Membership Form 2019-20

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Athlete's Name: _____ Sport: _____
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Membership Options

- _____ Punch Card — \$12 (5 punches/card)
 - _____ Student Pass* — \$15 (K-College)
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- *Admission to all SVCC regular season home games and annual pizza party.*

Additional Donation

If you would like to make a donation to a specific program, please indicate which program (s) you would like your donation to benefit. Amounts may be split in any increment.
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Please contact Mike Stevenson in the Athletic Department for details.

Your Sauk Story (optional):

Contact Information:
Athletic Office
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Email: skyhawk@svcc.edu



Go Skyhawks!

**Thank you for your contribution
to the SVCC Athletics Program**

WELCOME

Hello Skyhawk Faithful!

Thank you for your continued support of Skyhawk Athletics. We are excited about this year's athletic endeavors and are proud of every one of our student-athletes. We look forward to an exciting and challenging fall campaign for our sports teams. Each program has great coaches and leadership, and we are hopeful that more successes are on the horizon for fall.

We kick the year off with four sports in action: Men's Golf, Women's Tennis, Men's and Women's Cross Country, and Women's Volleyball. Last season, the Women's Cross Country team and the Women's Volleyball team competed in the national championships. This year looks to be equally exciting. We have many new student-athletes in our mix with many veterans returning and it should be an exciting year for each team. Check out a few of our accomplishments below.

We compete in the Arrowhead Conference and the NJCAA Region IV. We always stack up well with our rivals, and the thing that can always help to push any team over the top is great fan support like yours. We encourage you to get out to as many contests as you can and consider the purchase of season tickets. Our squads feature a ton of local talent, and these hard working student-athletes would love to have the support of the community.

So come out and support your Skyhawk Athletics. We are sure that you will be glad you did. Again, thank you for all of your support.

GO SKYHAWKS!

MICHAEL STEVENSON
Skyhawk Director of Athletics



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CROSS COUNTRY

2019 OUTLOOK

The 2019 Skyhawk Cross Country teams will have 4 women and 4 men. The women's team returns two from last year's Region IV championship team, and they were the top two runners on the team. We have two new runners who hope to push the team to challenge again for the Region IV championship. On the men's side, we have 4 new team members. They have a lot of potential and a great work ethic to make things competitive.

The challenge of the sophomores will be to show leadership and guidance in molding the group into a successful team. This should be achievable since, as freshmen, they worked hard and were also successful in area high school programs.

The 2019 season consists of seven meets, including the 16th Annual Skyhawk Invitational, to be held at Sauk on October 19. Last year, the women's team and one individual on the men's side advanced to Nationals. This year, we hope to have qualifiers again for the National Meet.

It will be an exciting season as we train, improve, and set and achieve high goals for the 2019 cross country season.

GO SKYHAWKS!

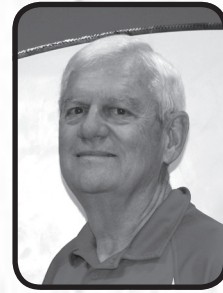


HEAD COACH, NICK HARTZ

In his fourth season as a coach, Nick Hartz looks to add his experience and knowledge to the very successful Cross Country program. Nick was an assistant cross country coach and head track coach

at Bureau Valley High School. He helped guide multiple athletes to medal at the state meets, and is a United States Track and Field Level I certified coach and USATF Level II Coach in Endurance and Sprints, Hurdles, and Relays.

Coach Hartz is a 1996 graduate of Bureau Valley High School. He graduated with a Bachelor of Arts in History from Monmouth College in 2000 and a Master's of Education in Educational Psychology from the University of Illinois in 2007. He is currently a teacher at Bureau Valley North Junior High School.



ASSISTANT COACH, MIKE SULLIVAN

Now in his 18th year as a coach of the Skyhawk Cross Country program, Mike Sullivan continues to build a running program with over 30 years of experience to his credit.

Coach Sullivan was nominated for the Women's National 2015 Cross Country Coach of the Year. He also officiates area IHSA track meets each spring and was the Honorary Referee for the 2016 IHSA State Meet.

As Head Cross Country coach for Sterling High School (1972-96, 2001), Coach Sullivan led teams to six conference championships, two regional titles, one sectional title, an 8th place finish at State in 1984, and a 10th place finish in State in 1979.

Sullivan, who retired from SHS in 2002 as a full-time instructor, served as Athletics Director from 1996-1999 and taught Cooperative Work Training from 1999-2002. He was an instructor of Auto Mechanics and Cooperative Work Training at the Whiteside Area Career Center from 1968-1996.

Sullivan holds a Bachelor of Science in Occupational Education from SIU and currently resides in Sterling with his wife, Pat. They have three children, five grandchildren, and one great granddaughter.



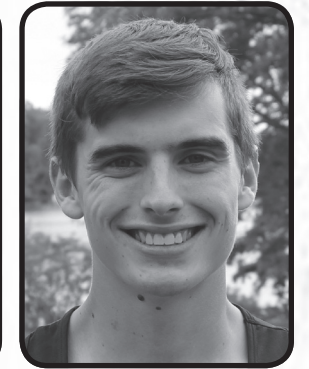
DILLION FORBECK
Freshman
Princeton High School



CAMERON GONZALEZ
Freshman
Rock Falls High School



RUBEN LEAL
Freshman
Sterling High School



DYLAN PAVLAK
Sophomore
Winnebago High School



XHENETA BEQIRI
Freshman
Rock Falls High School



KELLYNN BOYLE
Freshman
Amboy High School



NATALEIGH NUGENT
Sophomore
Bureau Valley High School



HALEY WEIDNER
Sophomore
Bureau Valley High School

2019 MEN'S CROSS COUNTRY ROSTER

NAME	YR.	HIGH SCHOOL
Dillion Forbeck	Fr.	Princeton
Cameron Gonzalez	Fr.	Rock Falls
Ruben Leal	Fr.	Sterling
Dylan Pavlak	So.	Winnebago

2019 WOMEN'S CROSS COUNTRY ROSTER

NAME	YR.	HIGH SCHOOL
Xheneta Beqiri	Fr.	Rock Falls
Kelynn Boyle	Fr.	Amboy
Nataleigh Nugent	So.	Bureau Valley
Haley Weidner	So.	Bureau Valley



CROSS COUNTRY 2019-20 SCHEDULE

DATE	OPPONENT	TIME	LOCATION	DATE	OPPONENT	TIME	LOCATION
8/24/19	@SVCC (Start of the Season Meet)	10:30 AM	Dixon, IL	10/5/19	@Old English Classic	12:00 PM	Beloit, WI
8/24/19	@SVCC (Start of the Season Meet)	11:15 AM	Dixon, IL	10/12/19	@Fighting Bee Invitational	10:30 AM	Bettendorf, IA
9/6/19	@NIU Huskie Challenge	5:30 PM	Dekalb, IL	10/12/19	@Fighting Bee Invitational	11:15 AM	Bettendorf, IA
9/6/19	@NIU Huskie Challenge	6:15 PM	Dekalb, IL	10/19/19	@Skyhawk Invitational	10:30 AM	Dixon, IL
9/13/19	@Spartan Classic	5:00 PM	Aurora, IL	10/19/19	@Skyhawk Invitational	11:15 AM	Dixon, IL
9/13/19	@Spartan Classic	5:45 PM	Aurora, IL	10/26/19	@NJCAA Region IV Meet	TBA	Galesburg, IL
10/5/19	@Old English Classic	11:00 AM	Beloit, WI	10/26/19	@NJCAA Region IV Meet	TBA	Galesburg, IL
				11/9/19	@NJCAA National Championship	TBA	Albuquerque, NM



MEN'S GOLF

2019 OUTLOOK

Led by Sophomore, Colton Guy, the Skyhawks return 5 golfers to the 2019-2020 squad. The only addition to the team was Jacob Rude, an outstanding freshman from Newman High School. Colton and Jacob, along with teammates Cael Sanders, Jaden Taylor, Lukas Wedekind, and Carter O'Brien, look to build on the 3rd place finish at the Regional last season.

"We were competitive last season in many of the fall invites, and played really well at Regionals. The 5 that returned worked really hard over the summer and so far in practice they have played really well. Losing a national qualifier in Cole Ruckman is a big loss, but I feel like the addition of Jake is a big key for this team. I have seen some major improvement in all of them and I am looking forward to having a successful season." - Coach Wade.

The Skyhawks will compete in the Highland 36, the Charger Invite, the Duane Chaney Invite, Skyhawk Classic, and the IVCC Invite before heading into post season play at Prairie View in Byron October 3-5.

GO SKYHAWKS!



HEAD COACH, CHRISTOPHER J. WADE

C.J. Wade enters his third season with the Skyhawks. After coaching for 10 years between Newman and SHS, Coach Wade joined the Skyhawk Golf coaching staff in

August of 2017. Wade has his PGA Certification which makes him only one of two coaches in Region IV with that credential.

Wade played two years of golf at SVCC under Coach Dave Williams and Assistant Coach Walt Clevenger. After Sauk, he earned his Bachelor in Business (BA) from Northern Illinois University. He is married to his wife, Kara, they have two children, and reside in Sterling.



ASSISTANT COACH, WALT CLEVENGER

Walt Clevenger enters his 14th season as Skyhawk's Assistant Golf Coach. Coach Clevenger brings experience to the Skyhawk's golf program as both a competitive golfer and former coach.

Clevenger has more than 45 years of competitive golf experience. He will again work with the team members on all aspects of the game, especially course management.

As a collegiate athlete, he played golf at Northern Illinois University during his junior and senior year. He continues to compete in golf tournaments throughout Central Illinois. Clevenger coached Sauk's golf program for two years from 1970-1972.

Clevenger was also an administrator and teacher in the College's computer information systems for more than 30 years. He and his wife, Wendy, reside in Dixon. They have a son and four grandchildren.

2019 MEN'S GOLF ROSTER



COLTON GUY
Sophomore
DeKalb High School



JADEN TAYLOR
Freshman
Prophetstown High School



CAEL SANDERS
Sophomore
Newman High School



LUKAS WEDEKIND
Freshman
Dixon High School



CARTER O'BRIEN
Freshman
Rock Falls High School



JACOB RUDE
Freshman
Newman High School

MEN'S GOLF TEAM

NAME	YR.	HIGH SCHOOL
Colton Guy	So.	DeKalb
Jaden Taylor	Fr.	Prophetstown
Cael Sanders	So.	Newman
Lukas Wedekind	Fr.	Dixon
Carter O'Brien	Fr.	Rock Falls
Jacob Rude	Fr.	Newman

MEN'S GOLF 2019-20 SCHEDULE

DATE	OPPONENT	GOLF COURSE	TIME	LOCATION
8/23/19	Highland "36" Golf Invitational	Park Hills G.C.	8:00AM	Freeport, IL
8/28/19	Carl Sandburg	Lake Bracken G.C.	1:30PM	Galesburg, IL
8/30/19	Kewanee Dunes Classic	Kewanee Dunes G.C.	1:30PM	Kewanee, IL
9/6/19	Duane Chaney Invite	Byron Hills Golf Course	1:30PM	Port Byron, IL
9/20/19	IVCC Fall Invite	Senica's Oak Ridge G.C.	12:30PM	LaSalle, IL
9/21/19	IVCC Fall Invite	Senica's Deer Park C.C.	8:00AM	Oglesby, IL
9/27/19	PrairieView Classic	PrairieView G.C.	12:00PM	Byron, IL
10/3/19	District C DII & Reg. IV DIII Tourn.	PrairieView G.C.	11AM	Byron, IL
10/4/19	District C DII & Reg. IV DIII Tourn.	PrairieView G.C.	10AM	Byron, IL
10/5/19	District C DII & Reg. IV DIII Tourn.	PrairieView G.C.	10AM	Byron, IL
4/7/20	Sauk Valley Conf.	Rock River G.C.	1:30PM	Dixon, IL
4/14/20	Carl Sandburg Conf.	Lake Bracken G.C.	1:30PM	Galesburg, IL
4/21/20	Illinois Valley Conf.	Senica Oak Ridge	1:30PM	LaSalle, IL
4/28/20	Highland Conf.	Park Hills G.C.	1:30PM	Freeport, IL
5/6/20	Black Hawk Conf.	Byron Hills G.C.	1:30PM	Port Byron, IL
5/8/20	-----RAIN DATE-----			
5/17-5/22/20	NJCAA Tourney	Twin Hills G.C.	TBA	Joplin, MO

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Good Luck Skyhawks!



WOMEN'S TENNIS

2019 OUTLOOK

Our women's tennis team has new and returning faces this year, ready for competition and success. The Skyhawks will have three returning players from last season. Including: Hanneh Chromek, Natalie Ramos from Sterling and Adela Bajramoska from Dixon. These girls did an outstanding job for the Skyhawks last season. They have gained the experience and skills to help them be competitive this year.

Fans will see several new faces this year. Madaline Jacobs, Chloe Klein, and Kaitlyn McGinn from Newman, and Sonia Chino and Alyssa Marquez, from Sterling. These girls were outstanding doubles players on their teams. This year they will be challenged to play both singles and doubles as the NJCAA plays 6 singles and 3 doubles format for our meets. These girls have talent, competitive instincts, general skills and love for the game of tennis that will help them compete at the collegiate level.

Each girl will have their own personal goal that will also help us to achieve the team goal; to have a winning season and place in the top three at Regionals to qualify for Nationals in May in Tuscon, AZ.

We are also very excited to have the new resurfaced tennis courts this season!!

GO SKYHAWKS!



HEAD COACH, SARA KIPPING

This season marks Sara Kipping's 27th year as the Skyhawk Women's tennis coach. Kipping was inducted into the NJCAA Coaches Region IV Hall of Fame in 2013 and coached the women's tennis program to two National Junior College Association (NJCAA) Region IV titles.

Kipping received the Region IV Coach of the Year Award in 2002 and 2003, and coached teams that have qualified for the NJCAA National Tournament seven times. Her teams also boasted runner-up finishes in 1996, 1997 & 2014 Region IV Tournament, and third place finishes in 1994, 1995, 2004, and 2008. Her 2001 team was named NJCAA's Spring Academic Team of the Year for its 3.20 GPA.

A Sauk graduate with an A.S. in Education, and former tennis player, Kipping placed second at Regionals and was a member of Sauk's first National Qualifying team in 1983. She works for Dixon Public Schools as a Reading Paraprofessional and resides in Dixon with her husband Bob. Kipping is proud to have coached both her children, and their spouses, at Sauk. Her son, Matthew, is a state trooper and spouse, Korissa, is an RN at CGH. Daughter Katie Dempsey, married to Dilan Dempsey, is also an RN at CGH. All are Sauk alumni and reside in Dixon. She also has one granddaughter, Karley Kipping.

A Sauk graduate with an A.S. in Education, and former tennis player, Kipping placed second at Regionals and was a member of Sauk's first National Qualifying team in 1983. She works for Dixon Public Schools as a Reading Paraprofessional and resides in Dixon with her husband Bob. Kipping is proud to have coached both her children, and their spouses, at Sauk. Her son, Matthew, is a state trooper and spouse, Korissa, is an RN at CGH. Daughter Katie Dempsey, married to Dilan Dempsey, is also an RN at CGH. All are Sauk alumni and reside in Dixon. She also has one granddaughter, Karley Kipping.

WOMEN'S TENNIS 2019-20 SCHEDULE

DATE	OPPONENT	TIME	LOCATION
8/31/19	Milwaukee Area Tech. College	11:30 AM	Away
9/7/19	McHenry	11:00 AM	Away
9/14/19	Bryant & Stratton	11:00 AM	Home
9/24/19	College of Lake County	3:00 PM	Home
9/28/19	Moraine Valley	11:00 AM	Away
10/4/19	Waubensee	3:45 PM	Away

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2019 WOMEN'S TENNIS ROSTER

WOMEN'S TENNIS TEAM

NAME	YR	HIGH SCHOOL
Adela Bajramoska	So.	Dixon
Sonia Chino	Fr.	Sterling
Maddy Jacobs	Fr.	Newman
Hanneh Cromek	So.	Sterling
Natalie Ramos	So.	Sterling
Chloe Klein	Fr.	Newman
Kaitlynn McGinn	Fr.	Newman
Alyssa Marquez	Fr.	Sterling

VOLUNTEER COACHES:
 Frannie Jacobs, Bob Kipping



ADELA BAJRAMOSKA
 Sophomore
 Dixon



SONIA CHINO
 Freshman
 Sterling



MADDY JACOBS
 Freshman
 Newman



HANNEH CROMEK
 Sophomore
 Sterling



NATALIE RAMOS
 Sophomore
 Sterling



CHLOE KLEIN
 Freshman
 Newman



KAITLYNN MCGINN
 Freshman
 Newman



ALYSSA MARQUEZ
 Freshman
 Sterling

WOMEN'S VOLLEYBALL

2019 OUTLOOK

With four straight Arrowhead Conference titles, Regional titles, and National tournament appearances, expectations are high for the Skyhawk Volleyball program.

The Skyhawks returned three heavily relied upon players from last year's 8th place National team.

They include: Paige Conner (Ohio) setter; Olivia Pilgrim (Sterling) defensive specialist; and Baylee Tillman (Mendota) right side hitter.

Newcomers include two transfer students: Kassidee Church, a middle hitter from Morrison who transferred from Loras College, and Aubree Schmitt, an outside hitter/setter from Sterling Newman who received her Bachelor's degree from the University of Iowa.

Freshmen joining the 2019 Skyhawks are Macie Good (Sterling), Honorable Mention All-State right side hitter; Emily Shrimplin (A-FC), 1st Team All-Conference setter; Hannah Wilson (Newman), 1st Team All-Conference middle hitter; Jaida Dean (Rock Falls), outside hitter; Taylor Toepfer (Byron), defensive specialist; and Riley Peterson (Polo), all-conference outside hitter.

The 2019 Skyhawks face a tough schedule as they will face top-20 National teams at the Waubensee, Kirkwood, Lincoln Land, and Parkland tournaments.



HEAD COACH, JAY HOWELL

Jay Howell is in his tenth season at the helm of the Skyhawk Volleyball program, compiling a record of 236-126 in his first nine seasons. After being NJCAA Region IV runner-up three times, the Skyhawks finally broke through as region champions and national qualifiers in 2014.

2017 saw the Skyhawks post their fourth straight 30-win season, fourth straight Arrowhead Conference and Region IV titles, and fourth straight appearance at the national tournament. In 2016, the Skyhawks finished in sixth place in the country and backed that up with an eighth place national finish in 2017.

Prior to coming to the Skyhawks, Howell coached volleyball for eleven years at Newman Central Catholic High School and Excess Volleyball Club. Howell holds a BS in Civil Engineering from the University of Illinois, and is employed by American Surveying and Engineering as Vice President of Engineering. Jay resides in Dixon with his wife, Sue. They have seven children and six grandchildren.



ASST. COACH, MARYSSA ALBERT

This is Maryssa Albert's fourth season as the Skyhawk Assistant Volleyball Coach. A former Sauk student-athlete, Maryssa played volleyball for the Skyhawks in 2009-2011. She is a graduate of Newman Central Catholic High School where she was an all-conference performer in volleyball.

Prior to coming to Sauk, Albert coached volleyball at Newman and Excess Volleyball Club. Marissa resides in Dixon with her husband Shane and daughters Lucy and Stella.

WOMEN'S VOLLEYBALL 2019-20 SCHEDULE

DATE	OPPONENT	LOCATION	TIME	DATE	OPPONENT	LOCATION	TIME
8/20/19	Sauk Scrimmage	Home	6PM	9/25/19	Spoon River	Home	6PM
8/23-24/19	McHenry Invite (Fri. 2:30 Henry Ford, 6:00Mott; Sat. 11:45 Coll. of DuPage, 1:30 Owens)	Rockford		10/1/19	IVCC	Home	6PM
8/28/19	@ Rock Valley	Rockford	6PM	10/3/19	@ Black Hawk*	Moline	6:30PM
9/4/19	Black Hawk*	Home	6PM	10/4-5/19	@ Lincoln Land Invite (Fri. 4P John Logan; Sat. 9A LLCC, 11A Frontier; 5P Columbus)	Springfield	
9/6-7/19	@ Kirkwood Invite (Fri. 4p LLCC, 8p Kirkwood; Sat. 11a Parkland, 3p Illinois Central)	Cedar Rapids, IA		10/8/19	@ Carl Sandburg*	Galesburg	6PM
9/10/19	Carl Sandburg	Home	6PM	10/10/19	@ Illinois Central	East Peoria	6PM
9/13-15/19	@ Waubensee Region 4 Invite (Fri 1P MCC, 3P Kank.; Sat 11A CLC, 3P Waub.; Sun. 9A Moraine, 3P S. Sub.)	Sugar Grove		10/16/19	Highland*	Home	6PM
9/17/19	@ Highland*	Freeport	6PM	10/18/19	Rock Valley Triangular (12P Glen Oaks; 6P Rock Valley)	Rockford	
9/20/19	St. Ambrose Invite (3P St. Ambrose JV, 7P Hawkeye CC)	Davenport, IA		10/22/19	Kishwaukee*	Home	6PM
9/24/19	@ Kishwaukee*	Malta	6PM	10/25-26/19	@ Parkland Tournament (Fri. 2P Wabash Valley, 6P LLCC; Sat. 9A Parkland, 1P Lake Land)	Champaign	
				11/9-10/19	@ Region IV Tournament	College of Lake Co.	
				11/20-22/19	@ NJCAA National Tournament	Charleston, WV	

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2019 WOMEN'S VOLLEYBALL ROSTER



NAME	YR	POS	HIGH SCHOOL	NAME	YR	POS	HIGH SCHOOL
Cassie Bushman	Fr.	DS	Polo	Hannah McCarty	Fr.	OPP/MH	Newman
Madison Craft	Fr.	Setter	Newman	Juliana Rotella	Fr.	OH	Dixon
Jaida Dean	So.	OH	Rock Falls	Emily Shrimplin	So.	Setter	Ashton-Franklin Center
Lexi Greve	Fr.	OH	Seneca	Jacie Sullivan	Fr.	MH/OH	Fieldcrest
Shannon Lytle	Fr.	MH/OPP	Amboy	Aleah Wight	So.	DS/OH	Oregon
				Hannah Wilson	So.	MH	Newman



CASSIE BUSHMAN
Freshman
Polo High School



MADISON CRAFT
Freshman
Newman High School



JAIDA DEAN
Sophomore
Rock Falls High School



LEXI GREVE
Freshman
Seneca High School



SHANNON LYTLE
Freshman
Amboy High School



HANNAH MCCARTY
Freshman
Newman High School



JULIANA ROTELLA
Freshman
Dixon High School



EMILY SHRIMPLIN
Sophomore
Ashton-Franklin Center High School



JACIE SULLIVAN
Freshman
Fieldcrest High School



ALEAH WIGHT
Sophomore
Oregon High School



HANNAH WILSON
Sophomore
Newman High School



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