



ST. LAWRENCE MEN'S SOCCER - 2010

Overall Record: 17-3-2

Liberty League Record: 6-0-1

Goals For: 44

Goals Against: 15

Liberty League: Regular Season Champions

Liberty League: Tournament Champions

Post Season: NCAA Second Round

Final Regular Season NSCAA Northeast Regional Poll: Ranked #1

Final Regular Season NSCAA National Ranking: Ranked #7

Final Post-Season NSCAA National Ranking: Ranked #22

Team Records Set in 2010 - **Most games played in a season (22) (Tied with the 1999 National Championship Team)**

Senior Accomplishments: Class of 2011

Emmanuel Mbong

In 2006: As a freshman, Mbong made an immediate impact in the Saints offense, as the Norman, Oklahoma native scored in his first collegiate game on September 1st against John Carroll University. The rookie played in 19 of the Saints 20 contests in 2006, finishing with six points on three goals.

In 2007: Due to injury, Mbong was only able to play in 12 of the Saints' 18 games this season. Mbong had 10 shots and one on goal throughout the 2007 campaign.

In 2008: In his junior season, Mbong was one of the Saints' offensive leaders, tallying 15 points in just 14 games and was named to the Lotto Classic All-Tournament Team for his efforts in the Scarlet and Brown's opening weekend. Mbong scored five goals and five assists before enduring a season-ending injury in St. Lawrence's contest against Trinity (TX), who was ranked first in the country at the time. Despite his injury, Mbong received postseason accolades, as he was an All-Conference Second Team selection.

In 2009: Emmanuel missed the entire 2009 season due to injury and red shirted the year.

In 2010: Astonishingly, Mbong recovered from last season and chose to come back one more semester! His play this year has helped the Saints earn the 2010 Liberty League Regular Season Title!

Mbong played in 66 games for the scarlet and brown. He has amassed 11 goals, 7 assists for a total of 29 points. Mbong, aka "Eman" has demonstrated unbelievable perseverance amidst a number of injuries that would deter other athletes from returning to competition and he will be missed dearly!

James Stewart

In 2007: The St. Davids, ONT native tallied two goals and two assists in his rookie season. His first career goal was against the University of Rochester on September 7th, while his other goal tied the game against SUNY Brockport on October 27th.

In 2008: In his sophomore campaign, Stewart played the center back position, anchoring the St. Lawrence defense. He played and started in each of St. Lawrence's 21 games, and used his offensive tactics to score three goals and tally two





assists the 2008 campaign. He was named Defensive Performer of the Week after the first weekend of action and was later named to the Liberty League First Team. Stewart also earned a spot on the All-Region Third Team for his efforts.

In 2009: The Saint Captain played the entire 2009 season with a torn ACL, wearing a brace during the entire season despite the injury! He scored a goal in a 3-2 win at RIT and had two assist games in a 2-1 win at Skidmore and a 4-2 win at Houghton.

In 2010: Stewart, making a full recovery after a successful surgery has helped the Saints to the 2010 Liberty League Regular Season Title.

Currently, Stewart, aka “Stewy”, played in 69 games for the Saints. He scored 9 goals, and helped his teammates score 11 others, for a total of 29 points. His jovial personality and his competitiveness has been a tremendous asset to his Saints teams.

CLASS OF 2011 CAREER STATS

<u>Name</u>	<u>Games</u>	<u>Goals</u>	<u>Assists</u>	<u>Points</u>
James Stewart	69	9	11	29
Emmanuel Mbong	66	11	7	29

2010 Saints Individual Awards:

NSCAA National All-American

First Team

Brendan Gorman (Fwd) Jr. St. Matthews; Ottawa, Ontario

Second Team

Sam DeMello (Mid) So. Easthampton, Mass.

NSCAA Regional All-American

First Team

James Stewart (Def) Sr. St. Davids, Ontario

Sam DeMello (Mid) So. Easthampton, Mass.

Brendan Gorman (Fwd) Jr. St. Matthews; Ottawa, Ontario

Third Team

Mike Manfredi (Def) Jr. Unionville, Conn.

Sean Scott (Fwd) Jr. Brooklyn, NY

ECAC DIVISION III METRO/UPSTATE MEN'S SOCCER

Offensive Player of the Year: (Fwd.) Jr. Brendan Gorman

First Team

Brendan Gorman (Fwd.) Jr. St. Matthews; Ottawa, Ontario

Sam DeMello (Mid) So. Easthampton, Mass





Liberty League All-Academic Team

Brian Gilloran	Sophomore	undeclared	(Guilford, CT)
Brendon Gorman	Junior	math	(Ottawa, ONT)

Liberty League Offensive Performer of the Year

Brendan Gorman (Fwd) JR St. Matthews; Ottawa, Ontario

The Liberty League Rookie of the Year as a freshman and first team All League, 1st team All ECAC and Regional All America as a sophomore, Gorman was twice Liberty League Offensive Player of the Week as a junior. He ranks fourth in the league in both goals (7) and points (19).

All Liberty League

First Team

Brendan Gorman	(Fwd) JR	St. Matthews; Ottawa, Ontario
Sam DeMello	(Mid) SO	Williston Northampton School; Easthampton, MA

Second Team

Michael Manfredi	(Back) JR	Farmington; Unionville, CT
James Stewart	(Back) SR	Sir Winston Churchill; St. Davids, ONT
Nate Goss-Woliner	(GK) SO	Kimball Union; Waitsfield, VT

Honorable Mention

Dan Marvin	(Fwd) JR	Holderness School; Bow, NH
Sean Scott	(Fwd) JR	Poly Prep; Brooklyn, NY

Coaching

Liberty League Coaching Staff of the Year – Bob Durocher, Charlie Bour, Willi Steinrotter
NSCAA Regional Coach of the Year – Bob Durocher

2010 Men's Soccer - Performers of the Week

Liberty League Offensive Performer of the Week

September 20: Sam DeMello - Sam DeMello scored the game-winning goal, his second of the year, in a 2-0 win over previously unbeaten RIT on Friday and picked up his third game winner on Saturday as the Saints beat Elmira 5-1.

September 27: Sam DeMello - Sam DeMello scored one goal on an outstanding individual effort and set up the overtime game winner in a 2-1 road win over Vassar and also turned in an outstanding two-way performance in a 0-0 tie at RPI

October 4: Alex Laird - In addition to helping the Saint Defense limit Potsdam to four total shot attempts and just one on goal, Laird jumped into the offense, scoring two goals including the game winner and assisting on a third in a 6-1 win in the Saints lone game of the week.





October 11: Brendan Gorman - Brendan Gorman led the Saints to a weekend sweep of Liberty League rivals Skidmore and Union. He scored a goal in the Skidmore game and set up the overtime game winner against Union as the Saints came out of the weekend with the league lead in the standings.

October 18: Brendan Gorman - Brendan Gorman scored four goals including two game winners, as the Saints went 2-0-1 in three games. He had two goals including the game winner in a 3-1 win over St. John Fisher, scored the game winner in overtime in a non-league 2-1 win at Union and had the tying goal in a 1-1 draw with Ithaca.

November 1: Emmanuel Mbong - Emmanuel Mbong scored one goal and set up another as St. Lawrence completed an unbeaten Liberty League season with a 3-0 win over arch-rival Clarkson on Saturday.

November 8: Sam DeMello - Sam DeMello scored a goal in the Saints 3-2 overtime win over Hamilton in the Liberty League semifinals and assisted on a goal in the Saint championship win over RPI

November 15: Sam DeMello - Sam DeMello set up all four goals for St. Lawrence in their NCAA tournament games, assisting on both in a 2-0 win over SUNY IT and doing the same in a 3-2 loss to Amherst.

Liberty League Defensive Performer of the Week

September 6: Alex Laird - Alex Laird was outstanding defensively and contributed a game winning goal as St. Lawrence won the Lotto Tournament for the fourth straight time. Laird scored the game winner off a corner kick in a 2-0 victory over Roberts Wesleyan and helped the Saints hold Houghton to six total shots and just one on goal in a 1-0 win for the tourney title.

October 11: Mike Manfredi - Mike Manfredi was a standout defensively and assisted on the game winning goal in overtime against Union as the Saints swept Skidmore (3-0) and Union (1-0) to take the Liberty League lead. Manfredi helped the Saint defense hold the two teams to a total of 6 shots on goal in the two shutouts.

October 25: Mike Manfredi - Mike Manfredi turned in a trio of outstanding defensive performances as the Saints went 3-0 for the week, allowing one goal in the three games. He played a key role in the Saints success as they clinched the top seed in the Liberty League tournament at Hamilton with a 1-0 win despite playing shorthanded for the final 18 minutes.

November 1: Mike Manfredi - Mike Manfredi set up the game-winning goal on a corner kick and helped limit Clarkson to a total of 10 shots, only 3 on goal, in a 3-0 win on Saturday.





November 8: James Stewart - James Stewart earned MVP honors in the Liberty League tournament as his play in the middle of the backfield helped hold Hamilton and RPI to a combined six shots on goal in their games against the Saints. Stewart also had an assist on breakout passes in each game.

November 15: James Stewart - James Stewart was a key contributor at both ends of the field in the Saints' two NCAA games. He helped key a 2-0 shutout of SUNYIT in which the Saints allowed just six total shots and scored the game winning goal on a restart, moving up from the back. He scored the first goal of the game on another restart in the 3-2 loss to Amherst.

Liberty League Rookie of the Week

October 18: Andrew Bednarsky - Andrew Bednarsky had an assist on the game winning goal in a 3-1 win over St. John Fisher and helped the Saints to a 2-0-1 week with outstanding defensive play and passing from the midfield.

November 8: Adrian Bucksam - Adrian Bucksam assisted on the game winning goal in a 3-2 overtime win over Hamilton in the Liberty League semifinals and scored the game winning goal in the Saints championship game win over RPI.

November 15: Andrew Bednarsky - Andrew Bednarsky was outstanding at midfield in the two St. Lawrence NCAA games, helping to start the attack as well as enabling the Saints to run their possession game in a 2-0 win over SUNYIT and a 3-2 loss to Amherst.

2010 SAINTS TEAM AWARDS:

National Student-Athlete Day Award: In recognition of valuable contributions in academic, athletic, and community service achievements, posting a 1st semester GPA of **3.785 Ryley Webb**

- 1. 1 v 1 Champion – Shaka Pilgrim**
- 2. 1 v 1 Most Goals Scored – Brian Gilloran**
- 3. 1 v 1 Least Goals Allowed – Sam DeMello**
- 4. Most Valuable Player – James Stewart, & Sam DeMello**
- 5. Matt Dennett Rookie of the Year – Andrew Bednarsky**
- 6. Bob Goodwin Most Consistent Player(s) of the Year – Tyler McCune & Sam Demello
(repeat winners)**





7. Dana Hollingsworth Offensive Player of the Year – Brendan Gorman & Sam DeMello

8. Nick Hillary Defensive Player of the Year – James Stewart,

9. Most Improved Player – Adrian Bucksam

10. Coach's Award – Emmanuel Mbong, & Austin Meeker

2011 Saints Captains:

Dan Marvin'12, Tyler McCune'12, Brendan Gorman'12, Sam Demello'13

2010 Saints Roster

#	Name		Year	Height	Wt.	Pos	Hometown	High School
1	Nate	Goss-Woliner	SO	6'0"	195	GK	Waitfield, CT	Kimball Union
2	Andrew	Chan	FY	5'11"	175	B/MF	Niskayuna, NY	Niskayuna
3	Will	Congdon	SO	5'8"	130	B/MF	Brooklyn, NY	Beacon School
4	Nick	Lincoln	SO	6'3"	195	BK	East Thetford, VT	Kimball Union
5	Mike	Manfredi	JR	5'11"	170	BK	Unionville, CT	Farmington
6	Emmanuel	Mbong	SR	6'0"	155	FW	Norman, OK	Norman
7	Andrew	Bednarsky	FY	5'10"	150	MF	Hackettstown, NJ	Gill St. Bernard's
8	Alex	Laird	SO	6'5"	215	BK	Monroe, NY	Monroe Woodbury
9	Juan	Chang	FY	5'10"	165	FW	Rye, NY	Rye
10	Sam	DeMello	SO	6'0"	160	MF	Easthampton, MA	Williston Northampton School
11	Brendan	Gorman	JR	6'2"	185	FW	Ottawa, ONT	St. Matthews
12	Sean	Scott	JR	5'7"	160	FW	Brooklyn, NY	Poly Prep CDS
13	Tim	Jozwiak	FY	6'2"	195	FW	Boulder, CO	Fairview
14	Tyler	McCune	JR	5'11"	155	MF	Ottawa, ONT	All Saints Catholic
15	Ryley	Webb	FY	5'10"	180	BK	San Diego, CA	Rancho Bernardo
16	Adrian	Bucksam	FY	5'10"	195	BK/F	Mississauga, ONT	St. Francis Xavier
17	James	Stewart	SR	6'0"	165	B/MF	St.Davids, ONT	Sir Winston Churchill
18	Brian	Gilloran	SO	6'2.5"	195	FW	Guilford, CT	Guilford
19	Shaka	Pilgrim	SO	5'10"	145	MF	Trinidad and Tobago	Brewster Academy
20	Craig	Davis	FY	5'9"	150	MF	Richmond Hill, ONT	St. Andrew's College
21	James	May	FY	6'1"	165	BK/MF	Lockport, NY	Lockport
22	Dan	Marvin	JR	6'2"	170	FW	Bow, NH	Holderness School





23	Brenton	Jones	SO	5'11"	160	MF	Kirkwood, NY	Windsor
24	Yanick	Brown	FY	5'10"	160	F/MF	Brampton, ONT	Edmond Campion
25	Pete	Walsh	FY	5'10"	160	MF	Saratoga Springs, NY	Saratoga Springs
27	JJ	Tipton	SO	6'2.5"	185	BK	Lusby, MD	Calverton School
30	Brian	Abernethy	JR	6'2"	225	GK	Saratoga Springs, NY	Saratoga Catholic

2010 SAINTS SOCCER RESULTS

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	17-3-2	8-1-1	6-2-1	3-0-0
LIBERTY LEAGUE	6-0-1	3-0-0	3-0-1	0-0-0
NON-CONFERENCE	11-3-1	5-1-1	3-2-0	3-0-0

DATE	OPPONENT	W/L	SCORE	ATT
Sep 03	Roberts Wesleyan	W	2-0	110
Sep 04	Houghton College	W	1-0	125
Sep 10	at UR	L	0-2	350
Sep 11	at GENESEO	L	0-1	350
Sep 17	RIT	W	2-0	575
Sep 18	Elmira College	W	5-1	435
Sep 24	at Vassar	W 2OT	2-1	304
Sep 25	at RPI	T 2OT	0-0	150
Sep 28	at Potsdam	W	6-1	158
Oct 08	Skidmore	W	3-0	237
Oct 09	Union	W OT	1-0	214
Oct 13	St. John Fisher	W	3-1	99
Oct 16	at Union	W	2-1	N/A
Oct 17	Ithaca	T 2OT	1-1	127
Oct 20	at Plattsburgh	W 2OT	2-1	106
Oct 23	at Hobart	W 2OT	1-0	300
Oct 24	at Hamilton	W	1-0	217





Oct 30	Clarkson	W	3-0	75
Nov 3	Hamilton	W 2OT	3-2	466
Nov 6	RPI	W	2-0	964
Nov 13	SUNY IT	W	2-0	652
Nov 14	Amherst	L	2-3	645

