



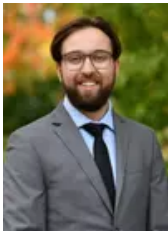





St. Lawrence University Athletics

Staff Directory

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|--|---|---|----------------|
| ATHLETIC ADMINISTRATION | | | | |
|  | <u>Franco Bari</u> | Director of Intercollegiate Athletics | <u>athleticdirector@stlawu.edu</u> | (315) 229-5790 |
|  | <u>Randy LaBrake</u> | Senior Associate Director of Athletics (<i>D-I Compliance</i>) | <u>rlabrake@stlawu.edu</u> | (315) 229-5466 |
|  | <u>Fran Grembowicz</u> | Associate Athletic Director/SWA/Coordinator of Academic Programs/Head Field Hockey Coach | <u>fgrembowicz@stlawu.edu</u> | (315) 229-5780 |
|  | <u>Brian Atkins</u> | Associate Athletic Director for Health, Performance and Wellness (<i>D-III Compliance</i>) | <u>batkins@stlawu.edu</u> | (315) 229-5835 |
|  | <u>Mike Nellis</u> | Assistant Athletic Director for Communications and Marketing (<i>FH, VB, M/WXC, M/WBB, M/WSWIM, M/WT&F, SB</i>) | <u>mnellis@stlawu.edu</u> | (315) 229-5588 |
|  | <u>Mike Mahoney</u> | Assistant Athletic Director for External Relations/Head Men's Lacrosse Coach | <u>mmahoney@stlawu.edu</u> | (315) 229-5786 |
| | <u>Mike Gugin</u> | Assistant Athletic Director for Internal Operations, Facilities and Events | <u>mgugin@stlawu.edu</u> | (315) 229-1849 |

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|------|-------|---------------|-------|
|  | | | | |


COMPLIANCE



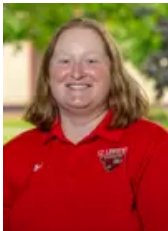
| | | | | |
|--|--------------------------------------|--|---|---------------------------------------|
|  | <u>Randy LaBrake</u> | Senior Associate Director of Athletics (<i>D-I Compliance</i>) | <u>rlabrake@stlawu.edu</u> | <u>(315) 229-5466</u> |
|  | <u>Brian Atkins</u> | Associate Athletic Director for Health, Performance and Wellness (<i>D-III Compliance</i>) | <u>batkins@stlawu.edu</u> | <u>(315) 229-5835</u> |

SPORTS INFORMATION



| | | | | |
|--|--|---|---|---------------------------------------|
|  | <u>Mike Nellis</u> | Assistant Athletic Director for Communications and Marketing (<i>FH, VB, M/WXC, M/WBB, M/WSWIM, M/WT&F, SB</i>) | <u>mnellis@stlawu.edu</u> | <u>(315) 229-5588</u> |
|  | <u>Meghan Nichols</u> | Assistant Sports Information Director (<i>WHKY, FB, M/WGOLF, M/WROW, ESPORTS, RIDING, M/WSKI, M/WLAX</i>) | <u>mnichols@stlawu.edu</u> | <u>(315) 229-5986</u> |
|  | <u>Isaac Beckstead</u> | Assistant Sports Information Director (<i>MHKY, M/WSOC, M/WSQ, M/WTEN, BSB</i>) | <u>ibeckstead@stlawu.edu</u> | <u>(315) 229-5566</u> |

SPORTS MEDICINE






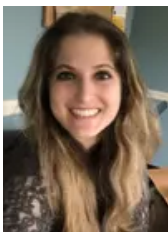

| | | | | |
|--|-------------------------------------|--|---|---------------------------------------|
|  | <u>Brian Atkins</u> | Associate Athletic Director for Health, Performance and Wellness (<i>D-III Compliance</i>) | <u>batkins@stlawu.edu</u> | <u>(315) 229-5835</u> |
|--|-------------------------------------|--|---|---------------------------------------|

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|--|---------------------------------|---|----------------|
|  | <u>Nikki Williams</u> | Associate Head Athletic Trainer | <u>nwilliams@stlawu.edu</u> | (315) 229-5759 |
|  | <u>Abigail Hampson</u> | Athletic Trainer | <u>ahampson@stlawu.edu</u> | (315) 229-5878 |
|  | <u>Emily Miller</u> | Athletic Trainer | <u>emiller@stlawu.edu</u> | (315) 229-5838 |
|  | <u>Scott Howard</u> | Athletic Trainer | <u>showard@stlawu.edu</u> | (315) 229-1843 |
|  | <u>Becca Rohrer</u> | Athletic Trainer | <u>rrohrer@stlawu.edu</u> | (315) 229-5411 |

STAFFORD FITNESS CENTER / STRENGTH AND CONDITIONING



| | | | | |
|--|-----------------------------------|--|---|----------------|
|  | <u>Jon Lynch</u> | Stafford Fitness Center Director / Strength & Conditioning Coach | <u>jlynch@stlawu.edu</u> | (315) 229-5415 |
|  | <u>Jared Hatz</u> | Head Strength and Conditioning Coach | <u>jhatz@stlawu.edu</u> | (315) 229-5874 |

ATHLETIC SUPPORT STAFF



| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|--|---|---|----------------|
|  | <u>Cheryl Canfield</u> | Specialist, Athletics | <u>ccanfield@stlawu.edu</u> | (315) 229-5418 |
|  | <u>Jamie Whalen</u> | Administrative Secretary II, Athletics | <u>jwhalen@stlawu.edu</u> | (315) 229-5423 |
|  | <u>Bill Bascom</u> | Equipment Operations Manager | <u>wbascom@stlawu.edu</u> | (315) 229-5886 |
|  | <u>Troy Holloway</u> | Equipment Manager | <u>tholloway@stlawu.edu</u> | (315) 229-5796 |
|  | <u>Bill DeCoteau</u> | Faculty Athletics Representative | <u>bdecoteau@stlawu.edu</u> | (315) 229-5110 |
|  | <u>Lindsey Tropper</u> | Title IX Coordinator | <u>ltropper@stlawu.edu</u> | (315) 229-5334 |
|  | <u>Aram Gomez</u> | Athletic Health Counselor | <u>agomez@stlawu.edu</u> | (315) 229-1859 |
| | <u>Aaron Todd</u> | Assistant Director - Center for Career Excellence | <u>atodd@stlawu.edu</u> | (315) 229-5201 |

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|-------------------------------------|--------------------------------|---|----------------|
|  | | | | |
|  | <u>Laura Lavoie</u> | Director of Wellness Education | <u>llavoie@stlawu.edu</u> | (315) 229-5866 |

ALPINE SKIING

| | | | | |
|---|--|-------------------------------|---|----------------|
|  | <u>Willi Steinrotter</u> | Head Alpine Skiing Coach | <u>wsteinrotter@stlawu.edu</u> | (315) 229-5885 |
|  | <u>Helen Hume</u> | Assistant Alpine Skiing Coach | <u>hhume@stlawu.edu</u> | |

BASEBALL




| | | | | |
|--|--------------------------------------|--------------------------|---|----------------|
|  | <u>Kenny Collins</u> | Head Baseball Coach | <u>kccollins@stlawu.edu</u> | (315) 229-5882 |
|  | <u>Eamonn Andre</u> | Assistant Baseball Coach | <u>eandre@stlawu.edu</u> | (315)-229-5933 |

MEN'S BASKETBALL


| | | | | |
|--|------------------------------------|-----------------------------|---|----------------|
| | <u>Chris Downs</u> | Head Men's Basketball Coach | <u>cdowns@stlawu.edu</u> | (315) 229-5836 |
|--|------------------------------------|-----------------------------|---|----------------|

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|---|----------------------------------|---|-------|
|  | | | | |
|  | <u>Mark Bickelhaupt</u> | Assistant Men's Basketball Coach | | |
|  | <u>Kaleb Cook</u> | Assistant Men's Basketball Coach | <u>kcook@stlawu.edu</u> | |

WOMEN'S BASKETBALL



| | | | | |
|--|---|------------------------------------|---|---------------------------------------|
|  | <u>Dan Roiger</u> | Head Women's Basketball Coach | <u>droiger@stlawu.edu</u> | <u>(315) 229-5839</u> |
|  | <u>Erin Kumler</u> | Assistant Women's Basketball Coach | <u>ekumler@stlawu.edu</u> | |
|  | <u>Dr. Elisa Van Kirk</u> | Faculty Mentor | <u>evankirk@stlawu.edu</u> | |

MEN'S CROSS COUNTRY



| | | | | |
|--|--|--|---|---------------------------------------|
|  | <u>John Newman</u> | Head Men's Cross Country and Track and Field Coach | <u>jnewman@stlawu.edu</u> | <u>(315) 229-5779</u> |
| | <u>Christopher O'Donnell</u> | Assistant Cross Country and Track and Field Coach | <u>codonnell@stlawu.edu</u> | |

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|------|-------|---------------|-------|
|  | | | | |



WOMEN'S CROSS COUNTRY


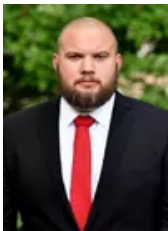


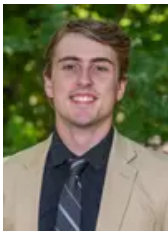

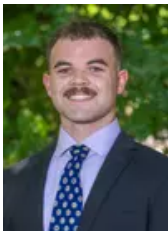
| | | | | |
|--|--|--|---|---|
|  | <u>Kate Howard</u> | Head Women's Cross Country and Track and Field Coach | <u>mkhoward@stlawu.edu</u> | <u>(315) 229-5813</u> |
|  | <u>Christopher O'Donnell</u> | Assistant Cross Country and Track and Field Coach | <u>codonnell@stlawu.edu</u> | |

ESPORTS

| | | | | |
|--|--|---------------------------------|---|---|
|  | <u>Kadin deRuijter</u> | Esports Coordinator, Head Coach | <u>kderuijter@stlawu.edu</u> | <u>(315) 229-5143</u> |
|  | <u>Eric Shinnick</u> | League of Legends Coach | <u>eshinnick@stlawu.edu</u> | <u>(315) 229-5880</u> |



FIELD HOCKEY

| | | | | |
|--|---|--|---|---|
|  | <u>Fran Grembowicz</u> | Associate Athletic Director/SWA/Coordinator of Academic Programs/Head Field Hockey Coach | <u>fgrembowicz@stlawu.edu</u> | <u>(315) 229-5780</u> |
|  | <u>Oliver Bikhazi-Green</u> | Assistant Field Hockey Coach | <u>obikhazigreen@stlawu.edu</u> | |





| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|---|---|---|----------------|
| FOOTBALL | | | | |
|  | <u>Dan Puckhaber</u> | Stephen P. Munn '64 Head Football Coach | <u>dpuckhaber@stlawu.edu</u> | (315) 229-5980 |
|  | <u>Austin Coleman</u> | Offensive Coordinator | <u>jacoleman@stlawu.edu</u> | (315) 229-5760 |
|  | <u>Zach Mallard</u> | Defensive Coordinator | <u>zmallard@stlawu.edu</u> | (315) 229-5939 |
|  | <u>Dominic Centofanti</u> | Recruiting Coordinator, Special Teams Coordinator | <u>dcentofanti@stlawu.edu</u> | (315) 229-5785 |
|  | <u>Daniel Lawther</u> | Assistant Football Coach, Quarterbacks, Offensive Assistant | <u>dlawther@stlawu.edu</u> | |
|  | <u>Trey Everson</u> | Assistant Football Coach, Cornerbacks, Defensive Assistant | <u>teverson@stlawu.edu</u> | |
|  | <u>Josh Larson</u> | Assistant Football Coach, Statistics, Defensive Assistant | <u>jmlarson@stlawu.edu</u> | |
| | <u>Teaghin Andre</u> | Assistant Football Coach, Offensive Assistant | <u>tandre@stlawu.edu</u> | |

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|------|-------|---------------|-------|
|  | | | | |





GOLF

| | | | | |
|--|-------------------------------------|--|---|--|
|  | <u>Dave Clausen</u> | Mary A. Lawrence Head Coach for Men's and Women's Golf | <u>dclausen@stlawu.edu</u> | |
|  | <u>Maren Aikens</u> | Assistant Golf Coach | <u>meaikens@stlawu.edu</u> | |

MEN'S HOCKEY

| | | | | |
|--|---|--|---|---|
|  | <u>Brent Brekke</u> | Charles W. Appleton II Head Men's Hockey Coach | <u>bbrekke@stlawu.edu</u> | <u>(315) 229-5841</u> |
|  | <u>Tommy Hill</u> | Associate Head Men's Hockey Coach | <u>tmhill@stlawu.edu</u> | <u>(315) 229-1832</u> |
|  | <u>Kyle Flanagan</u> | Assistant Men's Hockey Coach | | |
|  | <u>Brendan Flanagan</u> | Coordinator of Hockey Operations | | |



WOMEN'S HOCKEY

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|---|---|--|---|----------------|
|  | <u>Chris Wells</u> | Head Women's Hockey Coach | <u>cwells@stlawu.edu</u> | (315) 229-5740 |
|  | <u>Ted Wisner</u> | Associate Head Women's Hockey Coach | <u>twisner@stlawu.edu</u> | (315) 229-5850 |
|  | <u>Mare MacDougall Bari</u> | Athletics Instructor / Associate Head Women's Hockey Coach | <u>mmacdougall@stlawu.edu</u> | (315) 229-5739 |
|  | <u>Brittney Gout</u> | Instructor / Assistant Women's Hockey Coach | <u>bgout@stlawu.edu</u> | (315) 229-5751 |


MEN'S LACROSSE

| | | | | |
|--|--------------------------------------|--|---|----------------|
|  | <u>Mike Mahoney</u> | Assistant Athletic Director for External Relations/Head Men's Lacrosse Coach | <u>mmahoney@stlawu.edu</u> | (315) 229-5786 |
|  | <u>John O'Connor</u> | Assistant Men's Lacrosse Coach | <u>jpoconnor@stlawu.edu</u> | |
|  | <u>Peter Koch</u> | Assistant Men's Lacrosse Coach | | |



WOMEN'S LACROSSE

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|------------------------------------|----------------------------------|---|----------------|
|  | <u>Tom Ryan</u> | Head Women's Lacrosse Coach | <u>tryan@stlawu.edu</u> | (315) 229-5876 |
|  | <u>Laura Wells</u> | Women's Lacrosse Assistant Coach | <u>lwells@stlawu.edu</u> | |



NORDIC SKIING


| | | | | |
|--|---------------------------------------|--|---|----------------|
|  | <u>Ethan Townsend</u> | Head Men's and Women's Nordic Skiing Coach | <u>etownsend@stlawu.edu</u> | (315) 229-5530 |
|--|---------------------------------------|--|---|----------------|

RIDING

| | | | | |
|--|--------------------------------------|------------------------|---|----------------|
|  | <u>Mary Drueding</u> | Head Riding Coach | <u>mdrueding@stlawu.edu</u> | (315) 229-5300 |
|  | <u>Cate Wagner</u> | Assistant Riding Coach | <u>cwagner@stlawu.edu</u> | (315) 229-5300 |

ROWING




| | | | | |
|--|---------------------------------------|---|---|----------------|
|  | <u>Nick Hughes</u> | Director of Rowing, Head Women's Rowing Coach | <u>nhughes@stlawu.edu</u> | (315) 229-5782 |
|  | <u>George Repicky</u> | Associate Director of Rowing, Head Men's Rowing Coach | <u>grepicky@stlawu.edu</u> | (315) 229-5941 |

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|--------------------------------------|--|---------------|-------|
|  | <u>Kathryn Brown</u> | Assistant Men's & Women's Rowing Coach | | |


MEN'S SOCCER

| | | | | |
|---|--------------------------------------|------------------------------|---|---|
|  | <u>Mike Toshack</u> | Head Men's Soccer Coach | <u>mtoshack@stlawu.edu</u> | <u>(315) 229-5784</u> |
|  | <u>Nate Hanna</u> | Assistant Men's Soccer Coach | <u>nhanna@stlawu.edu</u> | |
|  | <u>Eric Shinnick</u> | League of Legends Coach | <u>eshinnick@stlawu.edu</u> | <u>(315) 229-5880</u> |



WOMEN'S SOCCER

| | | | | |
|--|--|--------------------------------|---|---|
|  | <u>Dima Kaliakin</u> | Head Women's Soccer Coach | <u>dkaliakin@stlawu.edu</u> | |
|  | <u>Simone Neivel</u> | Assistant Women's Soccer Coach | <u>sneivel@stlawu.edu</u> | |
|  | <u>Willi Steinrotter</u> | Assistant Soccer Coach | <u>wsteinrotter@stlawu.edu</u> | <u>(315) 229-5885</u> |



SOFTBALL

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|------------------------|--------------------------|---|-------|
| | <u>To Be Announced</u> | Head Softball Coach | | |
|  | <u>Zola Braswell</u> | Assistant Softball Coach | <u>zbraswell@stlawu.edu</u> | |


SQUASH

| | | | | |
|--|-----------------------|--|---|-----------------------|
|  | <u>David Morrish</u> | Head Men's and Women's Squash Coach | <u>dmorrish@stlawu.edu</u> | <u>(315) 229-5767</u> |
|  | <u>Hannah Guthrie</u> | Assistant Men's and Women's Squash Coach | <u>hguthrie@stlawu.edu</u> | |

SWIMMING AND DIVING

| | | | | |
|--|------------------------|--|---|-----------------------|
|  | <u>Rachel Curtiss</u> | Head Men's and Women's Swimming Coach, Aquatics Director | <u>rcurtiss@stlawu.edu</u> | <u>(315) 229-5884</u> |
|  | <u>Carrie Robinson</u> | Assistant Swimming and Diving Coach | | |

MEN'S TENNIS

| | | | | |
|--|---------------------|--|---|-----------------------|
|  | <u>Noah Murphy</u> | Head Men's and Women's Tennis Coach | <u>nmurphy@stlawu.edu</u> | <u>(315) 229-5936</u> |
| | <u>Ezenna Emuka</u> | Assistant Men's and Women's Tennis Coach | <u>emuka@stlawu.edu</u> | |


| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|------------------------------|--|---|-----------------------|
|  | | | | |
| WOMEN'S TENNIS | | | | |
|  | <u>Noah Murphy</u> | Head Men's and Women's Tennis Coach | <u>nmurphy@stlawu.edu</u> | <u>(315) 229-5936</u> |
|  | <u>Ezenna Emuka</u> | Assistant Men's and Women's Tennis Coach | <u>eemuka@stlawu.edu</u> | |
| MEN'S TRACK AND FIELD | | | | |
|  | <u>John Newman</u> | Head Men's Cross Country and Track and Field Coach | <u>jnewman@stlawu.edu</u> | <u>(315) 229-5779</u> |
|  | <u>Kate Howard</u> | Head Women's Cross Country and Track and Field Coach | <u>mkhoward@stlawu.edu</u> | <u>(315) 229-5813</u> |
|  | <u>Erik Geier</u> | Assistant Track and Field Coach | <u>egeier@stlawu.edu</u> | |
|  | <u>Nancy Putman</u> | Assistant Track and Field Coach | <u>nputman@stlawu.edu</u> | |
| | <u>Christopher O'Donnell</u> | Assistant Cross Country and Track and Field Coach | <u>codonnell@stlawu.edu</u> | |

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|------|-------|---------------|-------|
|  | | | | |

WOMEN'S TRACK AND FIELD

| | | | | |
|--|--|--|---|----------------|
|  | <u>Kate Howard</u> | Head Women's Cross Country and Track and Field Coach | <u>mkhoward@stlawu.edu</u> | (315) 229-5813 |
|  | <u>John Newman</u> | Head Men's Cross Country and Track and Field Coach | <u>jnewman@stlawu.edu</u> | (315) 229-5779 |
|  | <u>Erik Geier</u> | Assistant Track and Field Coach | <u>egeier@stlawu.edu</u> | |
|  | <u>Nancy Putman</u> | Assistant Track and Field Coach | <u>nputman@stlawu.edu</u> | |
|  | <u>Christopher O'Donnell</u> | Assistant Cross Country and Track and Field Coach | <u>codonnell@stlawu.edu</u> | |

VOLLEYBALL

| | | | | |
|--|---------------------------------------|----------------------------|---|----------------|
|  | <u>Shelly Roiger</u> | Head Volleyball Coach | <u>sroiger@stlawu.edu</u> | (315) 229-5875 |
| | <u>Cheyenne Young</u> | Assistant Volleyball Coach | | |

| IMAGE | NAME | TITLE | EMAIL ADDRESS | PHONE |
|--|------|-------|---------------|-------|
|  | | | | |

Copyright © 2025 St. Lawrence University Athletics