



**FOR IMMEDIATE RELEASE**

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**Top Seeded Mount Ida Downs Second Seeded Castleton State for Third Straight NAC Tournament Title, 16-3**

NEWTON, Mass. (April 29, 2006) - The top seeded Mount Ida College men's lacrosse team won its third straight North Atlantic Conference Tournament Championship by defeating second seeded Castleton State College 16-3 this afternoon at the Mount Ida Athletic Stadium. The Mustangs, who have never fallen in 22 games versus league opponents in their history, improved their record to 14-3. Castleton State fell to 10-5 on the year.

In a dominant performance, Mount Ida took a 6-1 advantage into the intermission and outscored the Spartans 10-2 in the second half to seal things. Led by Tournament Most Valuable Player Tom Kennedy (Marshfield, Mass./Marshfield) the Mustangs defensive unit held Castleton State scoreless for a span of 40:06 between the first and fourth quarters. Meanwhile, the offense exploded for 12 consecutive goals over that span to open up an insurmountable cushion.

Mount Ida received a magnificent effort from freshman Brett Conley (Fairfield, Conn./Fairfield). The NAC Rookie and Player of the Year racked up season-highs of nine points, five goals and four helpers. Classmate Leo Shidler (Peabody, Mass./Peabody) found the net four times, and sophomore Johnathan Lightbown (Melrose, Mass./Malden Catholic) chipped in with three assists and a pair of tallies.

Freshmen Robbie Scanlon (Jericho, Vt./Mount Mansfield Union) and Matt Varney (Rutland, Vt./Rutland), along with junior Matt VanDerKar (Manchester, Vt./Burr and Burton Academy) accounted for the three Spartan goals.

Mount Ida came out on top despite losing 15 of the games 23 face-offs. The Mustangs out-shot Castleton State 48-33 and picked up six more ground balls. They also converted on two of their 13 extra-man opportunities and succeeded on 31 of their 35 clear attempts.

Junior goaltender Kyle Bowler (Glastonbury, Conn./Glastonbury) stopped a season-high 16 shots to earn his ninth win of the year for the Mustangs. Castleton State junior netminder Avram Feld (Bridport, Vt./Middlebury Union) made 13 saves in a losing effort.

**North Atlantic Conference Men's Lacrosse Tournament Championship All-Tournament Team  
Tournament MVP: Tom Kennedy**, Kyle Bowler - Mount Ida, Leo Shidler - Mount Ida, Craig Heintzelman - Mount Ida, Steve DeLeon - Mount Ida, Robbie Scanlon - Castleton State, Matt VanDerKar - Castleton State, Avram Feld - Castleton State, Brandon Bell - Daniel Webster, Brian Abrahamson - Daniel Webster, Brandon Hamilton - Maine Maritime, John Coffey - Maine Maritime

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