

EDITORS Catie Harper & Blake Pace

EMAIL breezesports@gmail.com



Dynamic Duke

Cam Smith excels with talents away from basketball



PHOTOS COURTESY OF CAM SMITH

Smith began painting more seriously over the past three years. He got the inspiration to paint Rowe and Driesell when he saw a photo of them online.

By GRAYSON HEFLIN
The Breeze

As the rest of the Dukes gather at midcourt, graduate student forward Cam Smith can't help but smile as JMU men's basketball head coach Louis Rowe tears the wrapping paper off his birthday and Christmas present containing the final product of hours and hours of hard work from the Tallahassee native.

Smith is a man of many talents. Originally from Florida, he started playing college basketball at Tallahassee Community College, spending one season there before playing two years at Florida International University. Rowe knew of Smith's basketball ability and what kind of person he was, but the whole staff and team would soon come to learn of his hidden talents as well as his unique world view.

"If you talk to Cam, you know that he's special, so whatever he does, he's going to have special talents," Rowe said. "He didn't even pick up painting I don't think until his senior year at FIU, but if you talk to him long enough, you know that he's a gifted kid, he has a special way of looking at the world."

Smith's talents don't stop at painting: He also loves to cut hair, draw, cook and fish. Unlike cooking or fishing, painting was something Smith picked up seriously more

recently. But it's something he loves and is passionate about just the same.

"The art thing kind of took off like three years ago, but I've always been able to do it," Smith said. "I just found peace in it. I found a lot of relaxation and I eventually started getting better, so I started getting a lot more feedback, good feedback."

Special is exactly what he is. Smith is now the barber for many of the players on the team, including his roommate, redshirt senior guard Stuckey Mosley, who has more of a glimpse into Smith's life. It was Mosley who helped start the trend of Smith cutting the team's hair.

"Last year I saw him, he was cutting his own hair," Mosley said. "And then basically, after that I just asked him to cut my hair, and he just started cutting everyone's hair and it became a thing."

With recent campaigns like LeBron James' "Shut up and dribble" and "More than an athlete," there's a larger focus on athletes exploring different areas of life and expressing themselves in ways that aren't constricted to the basketball court or gym. Rowe and the rest of the coaching staff couldn't agree more. The staff hopes its players' other talents can last a lifetime, opening doors and providing guidance for them in their lives both during and after basketball.

"You hope that they have some other

special talents and you can bring those talents out of them and they find direction in life," Rowe said.

Smith's paintings have received a lot of attention lately after a video emerged online of Rowe unwrapping his gift from Smith. The present was a painting of Rowe — inspired by a photo Smith saw on Twitter — back when he played at JMU alongside his former coach, the legendary Naismith Memorial Basketball Hall of Fame coach Charles "Lefty" Driesell.

"I thought [the photo] was a legendary moment because you see your coach when he used to play here, and him being coached by a hall of fame coach," Smith said. "It's kind of dope just to see that image and to recreate it. I knew he'd appreciate it, just trying to thank him for supporting me and always believing in me."

Smith contributes a great deal of attention and care in his artwork. He gives ample time to make the works as powerful and impressive as they can be. Like many of Smith's pieces, this one took time. However, after hours of hard work, it turned out exactly how he wanted it.

"Some of them take months to do, it's over intervals of time and it eventually comes out," Smith said. "That painting took my whole winter break, my whole week, and I was working seven or eight hours a day on it, so it was definitely time consuming, but I had the

time on my hands, so I used it wisely."

Smith's other art has benefited from the recent exposure from shares and retweets on social media. While that painting was specifically for his coach, others saw his impressive talent and began to pay more attention to his other works, as well as request work done for themselves personally.

"I'm getting a lot of people asking me for commissions and I'm like, 'I can't do it right now.' Not only is it compliance issues, but it's just I don't have enough time to satisfy everybody," Smith said. "I get a lot, like I mean a lot, like meaning two, three Instagram DM's per day, and I'm like, 'Yeah, maybe once I finish basketball I'll be able to help you.' But right now it's just too much, too little time on my hands to work with that."

With all the interest and compliments given to Smith as of late, he's begun thinking about possibilities with art after college. However, since selling art and making his passion more of a profession isn't exactly possible right now, his focus is on the task at hand: winning games and helping his team throughout the remainder of the season.

CONTACT Grayson Heflin at heflingt@dukes.jmu.edu. For more basketball coverage, follow the sports desk on Twitter @TheBreezeSports.

@thebreesports

@TheBreezeSports

The Breeze

f

breezejmu.org

Thursday, January 24, 2019

BREEZE FILE PHOTO

Her own name

JMU volleyball's Briley Brind'Amour cements her legacy as a Duke

Briley Brind'Amour has 215 kills in her senior season.

By **MADISON HRICIK**
The Breeze

JMU volleyball's senior class has had a large impact on its program throughout the last four years, going 81-31. In particular, senior outside hitter Briley Brind'Amour has been a great asset to the team ever since her recruitment.

Brind'Amour grew up in a sports family; her dad is the current head coach of the Carolina Hurricanes NHL team, and her brothers are athletes as well. Her bond with her dad has been one of her bigger motivations while playing volleyball, both throughout grade school and into college.

"He didn't really know much about volleyball when I started, and he knows a lot more now," Brind'Amour said. "But, it was always from the athlete side, working hard. Nothing is going to beat hard work, and you gotta give it 100%. Staying strong mentally is also really important, so he really helped me in that aspect throughout

my time playing."

When she first started volleyball in fifth grade, Brind'Amour found her love for the sport through her close friends. She quickly became dedicated and joined the Triangle Volleyball Club in Wake Forest, North Carolina.

"She has such an incredible work ethic," head coach Laura Steinbrecher said. "With that, she's consistent. She set the standard for the team over the last several years as a leader for what is expected at practice and on the court."

During Brind'Amour's high school years, she received high honors, including being named the MVP of the 2014 State Championship, being named to the All-American Volleyball team from 2012-2014, receiving a 2015 Under Armour Honorable Mention and being a four-time state champion with her high school varsity team.

Brind'Amour's work ethic has been widely recognized since her arrival to JMU in 2016. Steinbrecher has coached Brind'Amour all four years and was the one who recruited

Briley during her high school years. Her attitude in practices and matches has made her a great role model for the younger members of the team, including freshman outside hitter Danielle Nathan, who's been playing in the same position as Brind'Amour throughout this season.

"I have really learned a lot from Briley," Nathan said. "Her experience and the ups and downs she's been through that have made her stronger — I have really been able to grow and learn from that."

Playing alongside Brind'Amour since freshman year, senior middle hitter M'Kaela White has been a great friend both on the court and off. The two have held similar career stats, with both girls currently having over 300 kills each over all four years on the team together.

"We just kinda gravitated toward each other freshman year," White said. "We've been almost inseparable, we have a lot of commonalities and we really enjoy the small things we share with each other. It's what makes our relationship so strong. She's always been my go-to girl."

Steinbrecher has been able to watch Brind'Amour for many years, and she said connection between the coach and the player is a joyous one.

"She's just a great person," Steinbrecher said. "Everything her coaches had said about her was super positive, and she won four state championships and was a winner. And I think that's what attracted us to her, and she's been everything we expected and more."

JMU volleyball will have its senior night on Sunday against William & Mary at 3 p.m., in which it will honor Brind'Amour, White, senior setter Sarah Martin and graduate defensive specialist/outside hitter Karis Beasley. The Dukes are currently 15-7 with a 9-3 CAA record heading into their last four games of the regular season.

CONTACT Madison Hricik at hricikmnt@dukes.jmu.edu. For more volleyball coverage, follow the sports desk on Twitter @TheBreezeSports.



Exceptional Sandwiches served on House-made Sourdough

made-from-scratch salads, soups, sides, and sweets

local, seasonal food & finely curated market

delivery available

540.217.2494 // www.grayjayprovisions.com

MON – FRI: 11AM – 7PM // SAT – SUN: CLOSED

1311 SOUTH HIGH STREET, HARRISONBURG, VA, 22801



@thebreesports



@TheBreezeSports



The Breeze



BreezeVideo

breezejmu.org

Thursday, November 7, 2019

Caught in transition

By **BLAKE PACE**
The Breeze

every game last season — and all three team captains, the 2019 JMU lacrosse team is in the early stages of finding its newest voices.

A stray shot misses wide of the lacrosse post on a cold winter morning, and JMU lacrosse practice comes to a halt. Head coach Shelley Klaes-Bawcombe screams out instructions, resets the drill and, after a brief silence, play resumes.

“I think that we have to understand and respect the leadership and the seniors that we lost,” redshirt sophomore goalkeeper Molly Dougherty said. “Now, having new leadership, it’s really awesome to know that you’re not having someone hold your hand anymore. You’re going to be the person that needs to step in and help someone else out.”

In a matter of weeks, that dead time will be filled with encouraging talk from various teammates and a healthy discussion on what to improve upon. For now, the team is searching for who’ll be leading the conversation among its peers.

Two seniors the Dukes have quickly turned to are defender Caroline Sdanowich and attacker Hanna Haven — two of the team’s newest captains. Both started all 23 contests in 2018 and were named Second Team All-CAA selections a year ago.

“Right now, we’re really still focused on figuring out who we are as a team,” Klaes-Bawcombe said. “[We’re] re-establishing who we are and figuring out what the vision of this group is. And that takes time.”

Coming back to practice this year was a weird experience for the two, as they became the seasoned vets they used to look up to over the last three years. But both have taken on that role with pride, and each offers different approaches to making her impact heard.

It’s hard to imagine a team fresh off its first national championship in program history seeking vocal leadership. But after the Dukes graduated eight seniors — six of whom started



PHOTOS BY TREVOR COCKBURN / THE BREEZE

Natalie Fuccillo (top) and Hanna Haven are two of seven seniors on JMU lacrosse this year.

@thebreesports

@TheBreezeSports

The Breeze

breezejmu.org

Thursday, January 24, 2019

JOIN US AT

El Rancho



Authentic Mexican Restaurant

815 E Market Street, Harrisonburg, VA 22801

JMU FOOD & DRINK SPECIALS

Wednesday and Thursday 4-9:30 pm

(540) 209-8936

follow us!



Vegetarian Options!
Private Party Room Available!
We Do Carryout - Call Today!

JMU discount!

JMU lacrosse spends preseason searching for new player leadership after eight seniors graduated

"Hanna's the fiery, vocal leader and plays with a lot of passion and energy, and Caroline is the workhorse behind the scenes that is doing everything right, so she's a leader by example," Klaes-Bawcombe said. "So we just need each of them to be the best version of themselves and that, as a group, they offer up what this team needs."

For Haven, it's not just leadership she'll be relied on for — it's production as well. Although she was the second-highest Duke in total points last year with 79 off 47 goals and 32 assists, five of the remaining top six athletes in that category have since graduated. While she won't be left alone on the attack — a handful of young players will fill the offensive rotation — Haven is ready to be the leader on offense.

"A goal's a goal," Haven said. "What's really great about our team is we brought in a lot of new freshmen and they're all super dynamic, they're different in their own ways and because of that we're scoring different goals."

Haven admits that the offensive group has lost a little bit of height but has made up for that with an improvement in dodging. While the offense will feature Haven and a batch of younger talents, the defensive rotation will have a little more experience. They'll feature a number of seniors and other upperclassmen, but its most profound voice may come from the last wall of defense.

Goalkeeper Molly Dougherty is coming off a remarkable freshman campaign that saw her take home First Team All-CAA Honors and VaSID Rookie of the Year. She's garnered attention from the national women's lacrosse team and is even heading to California this weekend to compete for Team USA in the Spring Premiere at Stanford University.

Once she returns from the warm weather out West, she'll promptly place herself right in front of the net like nothing ever happened. Dougherty is all business, and ready to bring on an expanded role in 2019 despite just 14 appearances in 2018.

"I'm excited to go for a whole season," Dougherty said. "It might not seem like a huge focus, but I think it's really important to just be a consistent part of the defensive unit and to hone in on the relationship aspect. Instead of coming in halfway through the season, I want to start it off the best way we possibly can."

So, yes, with the 2019 season just weeks away and the time between today's 8 a.m. practice and

the first game against UNC winding down, the Dukes are still working things out. But multiple players reiterated they felt just the same as they did last winter, and we all know how well that worked out for JMU lacrosse.

CONTACT Blake Pace at breezesports@gmail.com. For more lacrosse coverage, follow the sports desk on Twitter @TheBreezeSports.



Morgan Hardt

- 2018 team captain
- 30 goals off the bench in 2018
- Scored seven goals in NCAA tournament
- 41 career points in 60 games

Kristen Gaudian

- 2018 Tewaaraton Award Finalist
- 2018 CAA Player of the Year
- 80 goals and 16 assists last year
- 170 career points in 76 games

Elena Romesburg

- Two-time First Team All-CAA
- 2018 NCAA Elite 90 Winner
- 66 goals on 126 shots last year
- 153 career points in 75 games

Katie Kerrigan

- Two-time Second Team All-CAA
- Ranked 3rd at JMU in career assists (107)
- JMU single-season record for assists (60-2018)

Who was lost?



HAVE A BALL WITH

DRIVING RANGE COSMIC

FOLLOW US!



LAKEVIEW GOLF CLUB

Harrisonburg, VA
(540) 434-8937



@thebreezesports



@TheBreezeSports



The Breeze

breezejmu.org

Thursday, January 24, 2019

EDITORS Catie Harper & Noah Ziegler EMAIL breezesports@gmail.com

MEGAN BRADSHAW / THE BREEZE



Another Saturday in the CAA

JMU football players highlight what it's like to play in conference

By CATIE HARPER
The Breeze

While JMU football's 38-24 victory over conference foe Villanova on Saturday wasn't an upset, the events in the rest of the CAA didn't play out as expected.

No. 9 Towson fell at home to unranked Albany, Elon steamrolled No. 15 Delaware, No. 18 Maine remained winless in conference place as it fell to Richmond and No. 22 Stony Brook lost for a second straight week, this time to New Hampshire.

Through seven weeks of college football, one thing's clear — anything can happen when two CAA teams come face-to-face.

"It's probably the most competitive league in FCS," senior defensive lineman John Daka said. "It's probably the most unpredictable league in all D-I football to be honest with you, because day in, day out, somebody can get beat."

The players who suit up for the purple and gold have come to expect it: It's not about which team is ranked higher or had the better season in the year prior. It's all about that Saturday on the football field.

Over the past few seasons, especially since head coach Curt Cignetti arrived in December, JMU football has taken a "one game at a time" mentality. It's never about what CAA opponents lie ahead in three weeks, a possible playoff push or the team the Dukes played the week prior.

"We try not to make it bigger than what it really is — Saturday is just another game," redshirt senior quarterback Ben DiNucci said ahead of JMU's game against Villanova.

Before the 2019 season kicked off, teams like Towson, Maine and Elon were picked to finish No. 2-5 in the CAA standings. But

through the first half of CAA play, that's not how games have planned out.

Elon currently sits the highest out of the three with a .500 record in CAA play — good for sixth in the conference. Towson and Maine, though, haven't fully lived up to preseason expectations. Towson sits at 1-2 in the CAA, while Maine has yet to pick up a conference win through three games.

While some teams struggle, others, like Albany, have flown up the CAA standings, exceeding preseason expectations. Picked to finish at the bottom of the conference at No. 12, Albany has picked up two CAA wins, including one against a ranked Towson team this past weekend.

"It's fun," junior offensive lineman Liam Fornadel said on playing in the CAA. "Everybody brings their all every week ... and nobody's gonna let up, no matter what the score is. If it's [a] tight game or ... the outcome is pretty much determined — it doesn't matter. They're going to come, and they're to compete."

Last weekend's games weren't short of fun. Losses were suffered, big wins were earned and the national standings were shaken. Heading into Week 7 of the college football season, the CAA had six teams ranked inside the top-25 in the country.

Towson and Delaware both slipped nine spots following their respective losses, Stony Brook and Maine fell out of the standings and Albany, Elon and Richmond all picked up votes. The inability to predict what an outcome may be in the CAA has helped to create the enjoyment of playing environment Fornadel mentioned. But, it also helps bring an element of surprise to the players

who play in the conference when they pick up their phones to check the weekly scores.

"It's crazy sometimes, looking at the scores after the games and seeing, like, who beat who," Daka said. "I've been saying this the whole time, I know a lot of my teammates have been saying it, coaches have been saying it — every week in the CAA, you got to bring your 'A' game."

Even with the unpredictable gameplay the CAA brings and the constant number of teams ranked in the top 25, there are fans who won't place the CAA as the top conference in the FCS. Some will argue that North Dakota State's home of the Missouri Valley Conference is the pinnacle of the FCS, just ask Daka. The Upper Marlboro, Maryland, native even said that if someone doesn't believe the CAA is the top conference, "they might be from Missouri Valley Conference ... the CAA got the best football — it's been like that for a while."

To most, that's understandable. The Bison have claimed every single FCS National Title since 2011, excluding 2016 when the Dukes took it all. But to the players on JMU's roster, they believe they're currently playing in the top conference.

"They obviously haven't kept up in the last couple years," Fornadel said on people who say the CAA isn't the best conference. "Just watch a couple games. I guess that's what I'd have to say [to them]."

CONTACT Catie Harper at breezesports@gmail.com. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.

Current CAA standings:

JMU:	6-1, 3-0 CAA
UNH:	4-2, 3-0 CAA
VU:	6-1, 3-1 CAA
UAlbany:	4-3, 2-1 CAA
UR:	3-3, 2-1 CAA
Elon:	3-4, 2-2 CAA
UD:	3-3, 1-1 CAA
SBU:	4-3, 1-2 CAA
TU:	3-3, 1-2 CAA
W&M:	2-4, 0-2 CAA
Maine:	2-4, 0-3 CAA
RI:	1-5, 0-3 CAA

@thebreezesports

@TheBreezeSports

The Breeze

BreezeVideo

breezejmu.org

Thursday, October 17, 2019

Close together

JMU men's soccer translates team chemistry to on-field results

By **MADIE HRICIK**
The Breeze

JMU men's soccer (9-4-1, 4-0-1 CAA) has been one of the strongest teams in the CAA this fall. The team's recent eight-game winning streak and perfect home record makes it clear that the Dukes are a strong contender for the conference title.

Like any team, chemistry between the athletes is vital for a successful season. Whether it's during team-building activities or staying in hotels for away games, a team often becomes family. Men's soccer at JMU is no exception; the Dukes are proof that strong team chemistry pays off.

"From the minute we step on the field, we know we are a family," senior midfielder Manuel Ferriol said. "Every time we step on the field, we have handshakes we do and huddle, and the captains get us ready to go for the game."

The Dukes are currently unbeaten in CAA play, as well as being undefeated at Sentara Park (6-0-0). After making the Elite Eight last season, JMU has made a statement this season: It's determined to make it to the NCAA College Cup. JMU defeated Wake Forest on Sept. 17, and by looking at how the team celebrated, the team's chemistry is evident.

"A lot of it is just spending time with each other," head coach Paul Zazenski said. "On the road trips, we try to design specific pairings for the hotels. We try to have them eat together and not use cell phones."

The teams at JMU can have a strong connection and passion for the game, and the

members of the soccer team are no different. It's common to see the soccer team messing around and having fun before games by jumping on each other's backs or dancing to the music playing. With the help of sports psychology departments and planning from the coaching staff, the team creates strong relationships.

"We have Dr. Bob in the sports psychology department that works with our team on a consistent basis," Zazenski said. "He tries to formulate those bonds within the team, and he does a great job to help the program with that. I think, overall, our staff just makes a conscious effort to have them become brothers, to understand that there's a bigger picture other than just playing sports."

Something the men's soccer team values is gameday traditions. The team has a dance party inside the locker room before Zazenski talks to the players prior to games at Sentara Park.

"It helps us all get in the zone and feel ready and all to win and, hopefully, go into the NCAA tournament," freshman forward Dennis Mensah said.

The Dukes are continuing to improve as they prepare for the rest of their season. They're currently in the midst of CAA play, with their most recent win against Delaware on Saturday. JMU will take on University of North Carolina Wilmington on Saturday at 7 p.m. in Sentara Park.

CONTACT Madie Hricik at hricikmn@dukes.jmu.edu. For more soccer coverage, follow the sports desk on Twitter @TheBreezeSports.



JMU men's soccer players celebrate senior midfielder Manuel Ferriol's goal vs. Wake Forest

TRISTAN LOREI / THE BREEZE



@thebreesports



@TheBreezeSports



The Breeze



BreezeVideo

breezejmu.org

Thursday, October 17, 2019

Fear Forest

WHERE ONLY THE TREES CAN HEAR YOU SCREAM

THREE HAUNTED ATTRACTIONS IN ONE LOCATION!

Fear Factory
MANUFACTURING YOUR WORST FEARS!

Fear Forest Fear Crops

HAUNTED WOODS TRAIL SHOOT ZOMBIES, THEN ESCAPE!

Oak Shade Road, Harrisonburg, VA

www.FearForest.net

SEARCH "FEAR FOREST"

SUN	MON	TUE	WED	THU	FRI	SAT
EVERY FRIDAY & SATURDAY						3
OCT. 4-26: OPEN 7PM-11PM						4 5
OCTOBER 17, 24, 28-31				OPEN 7PM-10PM		10 11 12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Ticket booth will stop selling tickets 1/2 hour prior to closing



PHOTOS BY SAMANTHA LINCZYC / THE BREEZE

4! DOWNNS

By **NOAH ZIEGLER**
The Breeze

In the midst of CAA football, JMU travels to face a revamped William & Mary team playing its homecoming game. The Dukes have already taken down a team on its homecoming, defeating Stony Brook 45-38 in overtime.

1. On the rise: Preview of W&M

This isn't the same William & Mary team the Dukes have faced in recent years. The Tribe haven't posted a winning season since 2015, which was also the last time they defeated JMU.

William & Mary went 11-21 from 2016-18 and currently sits at 2-4 (0-2 CAA). However, two of those losses came to FBS opponents: a 52-17 loss to Virginia and 19-7 decision to East Carolina. Another loss came to then-No. 5 Villanova, where the Wildcats got a touchdown with 1:59 left in the game to down William & Mary, 35-28.

It's clear the Tribe are trending in the right direction. Following former head coach Jimmye Laycock's retirement, William & Mary hired Mike London. London — who won a national championship at Richmond in 2008 — made stops at Virginia and Maryland before returning to the FCS level. The former U. Va. head coach knows what it takes to bring a program to national prominence as he seeks to build a successful program.

Coming off a bye week, the Tribe will have had two weeks to prepare

for a strong JMU team. London says the Tribe will have to prepare for a tenacious defense that stifles many running games, something that William & Mary has prided itself on. The Tribe rank fifth in the CAA in rushing offense, averaging 161.7 yards per game.

"We see how special their entire defense is," London said on the weekly CAA teleconference. "They do a great job with their coverage skills ... What jumps out is their athleticism and their ability to challenge receivers. It's a very good unit."

Against Villanova, JMU's secondary struggled against the deep ball. Luckily for the Dukes, William & Mary is last in the conference in pass offense, only averaging 178.2 yards.

While the stats may not favor London's team, it has found success in previous homecoming games. The Tribe have won three of its last four homecoming games and took down then-No. 16 and eventual CAA champion Maine, 27-20 in 2018.

For the Tribe, the main question is the availability of freshman quarterback Hollis Mathis. Mathis sustained an injury against ECU and split time with senior Kilton Anderson against Albany but sat out against Villanova. London says his status against JMU remains in question, but he praised the Pittsburgh native's toughness.

"He's such a competitive young man," London said. "I know he'll be back and have an opportunity to get better from a football IQ standpoint ... There's no quit in this team, and now having the chance to play homecoming

here for our fans will be exciting."

2. Coach's corner: Different team

JMU head coach Curt Cignetti knows this isn't the same William & Mary team he's faced in recent years. He stated his team would have to have a good week of practice before it enters a tough environment at Zable Stadium.

The past few weeks have been brutal for JMU. A tough travel schedule on top of playing multiple ranked teams will take a toll on any team. However, JMU's schedule has been exceptionally tough. Following its trip to Williamsburg, Virginia, JMU will have traveled over 2,500 miles in four weeks.

"We play nine straight games before we're off. That's not easy to do; it's hard. It's not easy to go on the road three straight times against quality opponents, then come back and play the fifth-ranked team in America," Cignetti said. "Hey, it's football. We've got to strap 'er up and get 'er done."

Luckily for the Dukes, after they take on the Tribe, they have three consecutive home games before ending the season with a trip to Rhode Island. With adversity caused by a difficult schedule, it'll prepare JMU when postseason play comes around.

For the Tribe, Mathis' capabilities as a running quarterback emulates the play of JMU redshirt senior quarterback Ben DiNucci. When

JMU travels to face in-state rival William & Mary on the Tribe's homecoming

Anderson comes in, it allows the Tribe offense to be multi-dimensional, which could cause trouble for the Dukes' defense.

"It's a different kind of offense. They really stress you, stretch the field and stretch your perimeter," Cignetti said. "We're going to have to do a really good job on defense."

In Cignetti's early looks at William & Mary, he noted that the Tribe use bubble screens to get the ball toward the sidelines and spread the defense, paving the way to attack the middle of the field. With JMU boasting a stout rush defense, the QB duo of Anderson and Mathis will have to rely on the aerial game to compete with JMU.

3. Player's perspective: Preparing for another test

William & Mary's offense doesn't light up the scoreboard, but its diverse style makes opposing defenders stay mentally prepared. For senior defensive lineman John Daka and the rest of the defense, they're preparing for a few trick plays that could catch the Dukes off guard.

"They do a lot of gimmick plays. They do a lot of plays that has the defense thinking a lot," Daka said. "We're gonna be on our toes a lot; we just have to be sharp with everything we see we got to trust our eyes and our trust our teammates."

In the last two games, the Dukes have defeated the Tribe by a combined score of 97-14. Under a new offensive scheme,

JMU will have to prepare for a brand-new playbook presented by London and his coaching staff.

On top of the fact it's William & Mary's homecoming, it's an in-state rivalry that has seen competitive contests in the past. JMU leads the all-time series 24-17 and hasn't lost to the Tribe since 2015. However, with a revitalized program, the Tribe are ready to rejuvenate the rivalry.

"They're gonna bring everything they've got because it's a big rivalry game," junior offensive lineman Liam Fornadel said. "They're not going to let up. I think we all know that it's just going to be another heartfelt game."

4. Editors' input: Another homecoming heartbreak

The game will be closer than many expect. As Cignetti mentioned at O'Neill's Grill on Monday, if one looks at the scores from William & Mary this season, there's a significant improvement from past years. However, it won't be enough.

JMU's offense is finding its stride through the air and still boasts a powerful run game. The Tribe will keep it close for the first two quarters but eventually be worn out and unable to compete. The Dukes will leave Zable Stadium victorious, fending off William & Mary 31-14.

CONTACT Noah Ziegler at breezesports@gmail.com. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.

EDITORS [Catie Harper & Noah Ziegler](#) EMAIL breezesports@gmail.com

PHOTOS BY TREVOR COCKBURN / THE BREEZE



**"Bend,
don't
break"**



JMU football keeps focus on game ahead and continues to limit opponents

By **CATIE HARPER**
The Breeze

JMU football has seen its fair share of tough opponents on its road to an 8-1 (5-0 CAA) overall record in 2019.

There was the Oct. 5 matchup against Stony Brook that required an overtime period for the Dukes to claim the win and the top-5 contest a week later when Villanova came to Harrisonburg.

The Dukes have been pushed throughout the season. They've had their backs right up against their own endzone. But each time, JMU finds a way out.

"We're just making sure that we understand that they're going to have big plays — we're also gonna have big plays as well," senior safety Adam Smith said. "When they have the big play, [head coach Curt] Cignetti talks about keeping your composure and moving on to the next play."

That mantra was on full display two weeks ago when the Dukes faced Towson for their homecoming game. Led by redshirt senior quarterback Tom Flacco, the Tigers drove down

the field with one of the top defenses in the FCS struggling to get them off the field.

As Towson neared the red zone for the first time in the contest, it was Smith that got the Dukes off the field, recording his fourth interception of the season — a team-high.

"We have a 'bend, don't break' mentality," redshirt senior cornerback Rashad Robinson said. "They're going to make plays, but to be able to hold them to three or get a turnover plays a big, big role. And three is better than seven, the way we preach it."

The Dukes' "bend, don't break" starts well before the team steps onto the turf. It forms in the locker room among the players or as they sit in meeting rooms while reviewing tape, and it extends onto the turf each week.

Even when it seems like an opposing offense is about to crack the JMU defense, the Dukes completely lock down and keep teams out of their end zone. In nine weeks of action, the JMU defense has allowed 22 red zone attempts — tied for fifth-best in the FCS — and are only forfeiting an average of 16.10 points a game — the fifth-fewest by any team in the nation.

Since Cignetti's arrival in Harrisonburg almost a year ago, he's made a few ideals clear — his team is going to lead the CAA in rushing, and the men he coaches need to "play every down like it's nothing-nothing." Through the bye week, the argument can easily be made that the team has played just like that.

"Just knowing that if you look too far ahead, then you're not focused on the game that's coming up," redshirt senior linebacker Dimitri Holloway said. "If we're worried about the playoffs right now, we're not necessarily all the way focused on New Hampshire ... If we don't handle New Hampshire, then we don't need to worry about the playoffs."

While the JMU offense isn't tasked with limiting an opponent's scoring chances, the Dukes have seen growth on the offensive side of the ball through the opening portion of the season. In all but one conference matchup this year, JMU has found itself trailing at some point in the game.

During its game on Oct. 12, JMU was trailing then-No. 5 Villanova heading into the fourth quarter. It was the latest into the game the Dukes

had trailed since their Week 1 meeting with West Virginia, and the offense hadn't found a way to separate itself from the Wildcats through the opening three quarters.

"I definitely think that we can create our own momentum," junior running back Percy Agyei-Obese said. "Everyone backs each other up, and when it's time to go, everyone's focused and we trust in each other, so that allows us to make plays when it's needed."

There are three games left until the postseason gets underway, and as JMU fans eagerly await another playoff push, the team will continue on with its ideals. There won't be any eyes straying to next weekend's game against Richmond or where the Dukes may rank heading into the postseason.

For now, it's all about New Hampshire and making sure the team stays focused and continues to live by "bend, don't break."

CONTACT [Catie Harper](mailto:CatieHarper@breezesports@gmail.com) at breezesports@gmail.com. For more football coverage, follow the sports desk on Twitter [@TheBreezeSports](https://twitter.com/TheBreezeSports).

[@thebreezesports](https://www.instagram.com/thebreezesports)

[@TheBreezeSports](https://www.facebook.com/TheBreezeSports)

The Breeze

BreezeVideo

breezejmu.org

Thursday, November 7, 2019

BREEZE FILE PHOTO

Her own name

JMU volleyball's Briley Brind'Amour cements her legacy as a Duke

Briley Brind'Amour has 215 kills in her senior season.

By **MADISON HRICIK**
The Breeze

JMU volleyball's senior class has had a large impact on its program throughout the last four years, going 81-31. In particular, senior outside hitter Briley Brind'Amour has been a great asset to the team ever since her recruitment.

Brind'Amour grew up in a sports family; her dad is the current head coach of the Carolina Hurricanes NHL team, and her brothers are athletes as well. Her bond with her dad has been one of her bigger motivations while playing volleyball, both throughout grade school and into college.

"He didn't really know much about volleyball when I started, and he knows a lot more now," Brind'Amour said. "But, it was always from the athlete side, working hard. Nothing is going to beat hard work, and you gotta give it 100%. Staying strong mentally is also really important, so he really helped me in that aspect throughout

my time playing."

When she first started volleyball in fifth grade, Brind'Amour found her love for the sport through her close friends. She quickly became dedicated and joined the Triangle Volleyball Club in Wake Forest, North Carolina.

"She has such an incredible work ethic," head coach Laura Steinbrecher said. "With that, she's consistent. She set the standard for the team over the last several years as a leader for what is expected at practice and on the court."

During Brind'Amour's high school years, she received high honors, including being named the MVP of the 2014 State Championship, being named to the All-American Volleyball team from 2012-2014, receiving a 2015 Under Armour Honorable Mention and being a four-time state champion with her high school varsity team.

Brind'Amour's work ethic has been widely recognized since her arrival to JMU in 2016. Steinbrecher has coached Brind'Amour all four years and was the one who recruited

Briley during her high school years. Her attitude in practices and matches has made her a great role model for the younger members of the team, including freshman outside hitter Danielle Nathan, who's been playing in the same position as Brind'Amour throughout this season.

"I have really learned a lot from Briley," Nathan said. "Her experience and the ups and downs she's been through that have made her stronger — I have really been able to grow and learn from that."

Playing alongside Brind'Amour since freshman year, senior middle hitter M'Kaela White has been a great friend both on the court and off. The two have held similar career stats, with both girls currently having over 300 kills each over all four years on the team together.

"We just kinda gravitated toward each other freshman year," White said. "We've been almost inseparable, we have a lot of commonalities and we really enjoy the small things we share with each other. It's what makes our relationship so strong. She's always been my go-to girl."

Steinbrecher has been able to watch Brind'Amour for many years, and she said connection between the coach and the player is a joyous one.

"She's just a great person," Steinbrecher said. "Everything her coaches had said about her was super positive, and she won four state championships and was a winner. And I think that's what attracted us to her, and she's been everything we expected and more."

JMU volleyball will have its senior night on Sunday against William & Mary at 3 p.m., in which it will honor Brind'Amour, White, senior setter Sarah Martin and graduate defensive specialist/outside hitter Karis Beasley. The Dukes are currently 15-7 with a 9-3 CAA record heading into their last four games of the regular season.

CONTACT Madison Hricik at hricikmnt@dukes.jmu.edu. For more volleyball coverage, follow the sports desk on Twitter @TheBreezeSports.



Exceptional Sandwiches served
on House-made Sourdough

made-from-scratch salads, soups, sides, and sweets

local, seasonal food & finely curated market

delivery available

540.217.2494 // www.grayjayprovisions.com

MON – FRI: 11AM – 7PM // SAT – SUN: CLOSED

1311 SOUTH HIGH STREET, HARRISONBURG, VA, 22801



@thebreesports



@TheBreezeSports



The Breeze



BreezeVideo

breezejmu.org

Thursday, November 7, 2019

SAMANTHA LINCZYC / THE BREEZE



4*i* DOWNS

Preview: JMU football's matchup with New Hampshire

By **CATIE HARPER**
The Breeze

It's another week, and JMU football (8-1, 5-0 CAA) is preparing for yet another top-25 CAA matchup. This week's opponent is New Hampshire (5-3, 4-1 CAA), the same team that knocked off the Dukes a little over a year ago. This season's showdown will have the Dukes at home, coming off their bye week.

New Hampshire comes into this weekend's contest as the No. 23 team in the country and has won five of its last six games. The Wildcats sit only one spot behind the Dukes in the CAA standings with a 4-1 conference record.

1. Containing the Wildcats: preview of New Hampshire

It's been an interesting season so far for the Wildcats. Just days before New Hampshire's season was supposed to get underway, its long-time head coach Sean McDonnell had to step away for health reasons, which passed the reins to Ricky Santos.

Under the interim coach, the Wildcats have exceeded preseason expectations and currently threaten JMU for the top spot in the CAA. This weekend's game in Harrisonburg will prove one of the hardest the Wildcats have faced this season.

When asked on the CAA Football Media Teleconference on Monday, Santos kept his response rather simple to start when asked what stands out about JMU.

"That they have no weaknesses," Santos said. "They're very good; they're very balanced."

New Hampshire has yet to face a defense quite like the one the Dukes present. Behind defensive coordinator Corey Hetherman, the JMU defense has picked up right where it left off a season ago.

JMU currently boasts the No. 2 rush defense in the nation, while being the home of two players ranked in the top-10 for tackles for loss — redshirt senior defensive lineman Ron'Dell Carter and senior defensive lineman John Daka. Carter's 17.5 TFLs not only has him in the No. 1 spot in the FCS but tied for the most in all of Division-I football.

"They can stop the run, they can get to the passer, linebackers are physical and their secondary does a great job of mixing up man and zone," Santos said. "They're very well-coached. Coach Hetherman does a tremendous job."

New Hampshire is currently fourth in the country for interceptions with 13 and will face redshirt senior quarterback Ben DiNucci this weekend, who's taken better care of the ball this season than a year ago. Last season, DiNucci

threw 12 interceptions in 13 games. Through nine games this year, the Wexford, Pennsylvania, native has only been picked off four times.

Santos understands that his team will need to limit an "explosive playmaker at the quarterback position." The Wildcats' defensive line will also need to find its way around one of the best offensive fronts in the nation in order to get to DiNucci.

2. Coach's corner: back in action

It's almost like wash, rinse and repeat with head coach Curt Cignetti's approach to the game. He won't address a game further ahead than the one that weekend, and he keeps his approach to each down the same.

And so far, that philosophy has worked well for the Dukes.

In his first season with the team, Cignetti has put together one of the best records he's seen during his head coaching career. With JMU currently sitting at No. 2 in the country with playoff rankings released Wednesday night, the postseason looks promising, but right now, Cignetti's focus is on New Hampshire.

"I'm sure I'll see it somewhere," Cignetti said on the rankings. "It really don't matter where you are right now; it only matters where you are in the end."

Coming to town is a New Hampshire team looking to knock the Dukes off for a second season in a row and move into the top spot in the CAA. While the Wildcats are only sitting on a 5-3 record, four of those wins have come in conference — three of which are also against teams JMU has already played this season.

New Hampshire's offense hasn't jumped off the stat sheet this year, but the team has still found its way to the win column. The Wildcats are currently at the bottom of the CAA in scoring, averaging only 20.1 points a game, while being fifth in rush offense, 10th in pass offense and ninth in total offense.

"Offensively [they] played their best half [of] football the second half against Villanova," Cignetti said. "They got to be feeling pretty good about themselves the way they played, and the quarterback completing 10 straight passes and running backs really do run hard."

There hasn't been much to complain about for JMU through nine games. The Dukes have their near-perfect record, players are making the right plays and the coaches continue to lead the team to wins. But, as the season continues, the coaches still see room to grow. On the weekly teleconference, Cignetti even said

it's him and his staff's job to build a program where the players can succeed, and he knows his players see their potential to grow.

A prime example of a player continuing to improve as the season goes on is DiNucci. A second-year starter with the program, DiNucci has become one of the top quarterbacks in the country, earning his way onto the College Football Performance Awards FCS Performer of the Year.

"Ben's made a lot of positive plays — a lot of great plays," Cignetti said. "But, he'll also be the first to tell you that there's still improvement in his game that can be made, and that's everybody on the field. As good as some of these guys have played, nobody has really played the perfect game or has played 100% up to their full ability or potential yet."

3. Player's perspective: eager to get back to football

While a bye week provides days of shorter practices and more time to catch up on sleep and homework, the JMU football players are ready to get back onto the field at Bridgeforth Stadium.

"It's always good to be back in Bridgeforth," redshirt senior quarterback Rashad Robinson said. "It's coming down to an end for the regular season, at least ... It's gonna be a packed house Saturday for a big game."

It'll be important that the Dukes don't start slow coming out of the bye. In games that New Hampshire scores first, the Wildcats are 4-1, highlighting the importance of JMU getting on the board first.

"Everyone needs to stay focused," junior running back Percy Agyei-Obese said. "We can't just ease back ... the game. We got to be on point every single day. We got to come out every day this week and practice, work hard and just [pay] attention to detail."

The JMU defense will be going against a true freshman quarterback coming out of the bye in Max Brosmer. While the Roswell, Georgia, native may be in his first collegiate season, he isn't playing like it.

Brosmer is coming off a performance against then-No.11 Villanova that earned him CAA Rookie of the Week while posting career-high stats. He completed 25 of his 32 pass attempts, throwing for 276 yards and three touchdowns.

"I mean, it's kind of different," Robinson said on preparing for a freshman quarterback. "But the way he's been playing, he doesn't play like a typical freshman. He's very patient with the

ball, and he plays good within their scheme, so we just try to treat him just like every other [quarterback] we scout every week."

For the Dukes' offense, which currently leads the CAA in rushing and is No. 9 in the FCS, it'll be another weekend going up against a defense that's good against the rush. New Hampshire has the fourth-best rush defense in the CAA, allowing only 136.2 yards a game.

This won't be the first time this season JMU faces a good run defense, though. Almost every CAA team has done a good job limiting the rush until having to face the Dukes. With four strong running backs coming out of the backfield for JMU, most opponents have struggled to hinder the Dukes' ground attack.

"Definitely with coach Cignetti, he wants to lead the nation in rushing," Agyei-Obese said. "We're all behind them on that, and we literally take the whole thing to heart. We don't care what stats the other teams have against the rushing, we're going out there and we're going to play our game."

4. Editors' input: start fast after week off

JMU was tasked with battling through a tough nine-game stretch before it got its week off. The extended period of games saw the Dukes battle an FBS opponent and four ranked FCS teams. When JMU finally made it to the bye week, the team had amassed a strong 8-1 record, and it was perfect in conference play.

Now back in action, the Dukes have three more regular-season games — two of which are at home — before they turn their sights on another playoff run. While the playoffs are looming, JMU isn't looking too far ahead. Right now, the focus is on New Hampshire — which it should be.

The Wildcats topped the Dukes just last season, which contributed to the Dukes not getting a share of the CAA title for the first time since 2014. With a week of rest, JMU should be just fine against New Hampshire.

In order to get another win over a ranked opponent, though, the Dukes will need to start fast. There have been a few times this season JMU hasn't come out of the gate quickly, and against the Wildcats, that could be costly — evident in last season's matchup. The Dukes will be fine, though, and should win, 37-10.

CONTACT Catie Harper at breezesports@gmail.com. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.



Catie Harper
Sports Editor



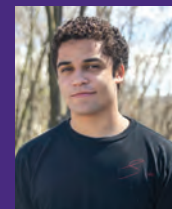
Noah Ziegler
Sports Editor



James Faris
Copy Editor



Shanna Kelly
Managing Editor

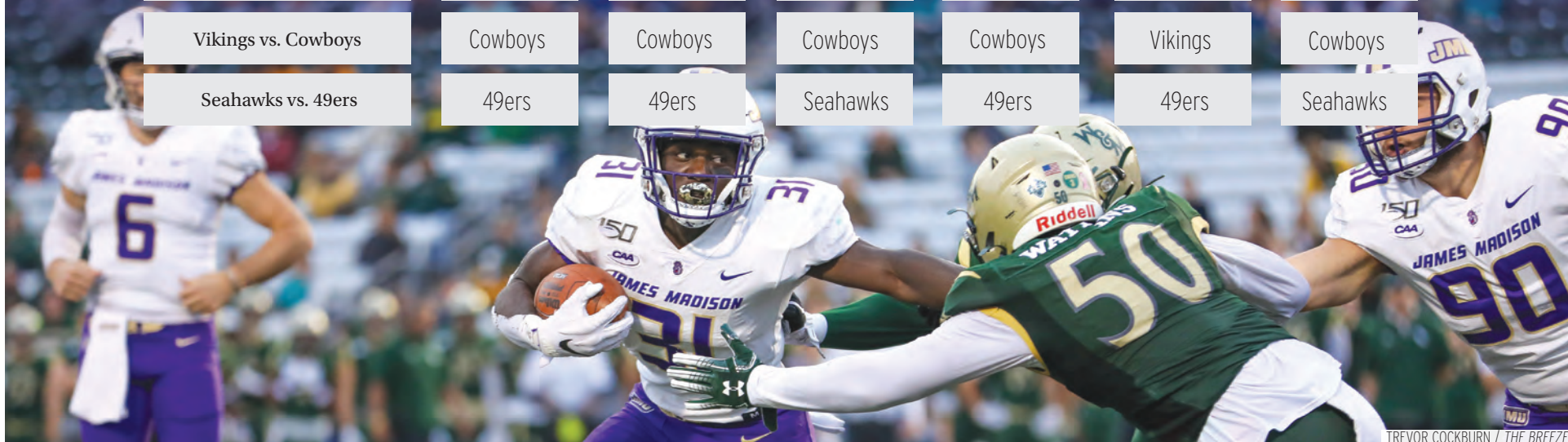


Ivan Jackson
Managing Editor



Abby Church
Editor-in-Chief

Editor's record	38-22	37-23	42-18	34-26	38-22	31-29
New Hampshire vs. JMU	JMU	JMU	JMU	JMU	JMU	JMU
LSU vs. Alabama	Alabama	Alabama	Alabama	LSU	Alabama	Alabama
Iowa vs. Wisconsin	Iowa	Wisconsin	Wisconsin	Iowa	Wisconsin	Iowa
Giants vs. Jets	Giants	Giants	Jets	Giants	Giants	Giants
Vikings vs. Cowboys	Cowboys	Cowboys	Cowboys	Cowboys	Vikings	Cowboys
Seahawks vs. 49ers	49ers	49ers	Seahawks	49ers	49ers	Seahawks



TREVOR COCKBURN / THE BREEZE



@thebreesports



@TheBreezeSports



The Breeze



BreezeVideo

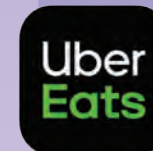
breezejmu.org

Thursday, November 7, 2019

Gluten-Friendly Deli & Bakery · Breakfast ALL DAY!



Cinnamon Bear
COFFEE · DELI · BAKERY



www.cinnbear.com

540.433.2867

600 E. University Blvd. Harrisonburg, VA