

### 2025 Award Winners

MVP – Overall	Wade Nguyen
MVP – Sprints	Eric Grimm
MVP – Distance	Caleb Hamilton
MVP – Jumper	Zach Salata
MVP – Throws	Kodey Kish
Frank Pozuc Unsung Warrior	AJ Setzkorn
Jim Stevens	Michael Heaberlin
Most Improved	Sean Murphey, Matt Zsembik
Rookie of the Year	AJ Skinner
Captains	Eric Grimm, Kodey Kish, Luke Massary, Wade Nguyen, Connor Pittinger, Jerry Rosati, AJ Setzkorn

### 2024 Award Winners

MVP – Overall	John Keough
MVP – Sprints	Drew Fouche
MVP – Distance	Jerry Rosati, Lucas Rey
MVP – Jumper	Eric Grimm
MVP – Throws	Brayden Piersall
Frank Pozuc Unsung Warrior	AJ Setzkorn
Jim Stevens	Logan Hill, Kodey Kish
Most Improved	Riley Cook, Nico Pascarella, Michael Heaberlin
Rookie of the Year	Caleb Hamilton
Captains	Logan Hill, Kodey Kish, Chas Pawlikowski, Connor Pittinger, Joe Sitarz, Jerry Rosati, Chase Verderico

### 2023 Award Winners

MVP – Overall	Dom Bernard, John Keough
MVP – Sprints	John Keough
MVP – Distance	Jerry Rosati
MVP – Jumper	Kyle Marchant
MVP – Throws	Dom Bernard
Frank Pozuc Unsung Warrior	Rocco Grguric
Jim Stevens	Lou LaGuardia
Most Improved	Eric Grimm
Rookie of the Year	Justin Bell
Captains	TJ Biery, Dom Bernard, Jordan Brunson, Rocco Grguric, Cameron Kelly, Rob McFarren, Charlie Shaw

### 2022 Award Winners

MVP – Overall	Olin Frank, Luke Ondracek
MVP – Sprints	Dennis Butts, Drew Fouche
MVP – Distance	Luke Ondracek
MVP – Jumper	Bryan Blackwell, Olin Frank
MVP – Throws	Dom Bernard
Frank Pozuc Unsung Warrior	Jacob Zahler
Jim Stevens	Charlie Klug
Most Improved	Jack Meermans
Rookie of the Year	Jerry Rosati
Captains	Olin Frank, Charlie Klug, Luke Ondracek, Jacob Zahler

### 2021 Award Winners

MVP – Overall	Olin Frank
MVP – Sprints	Dom Grguric, Christian Ochei
MVP – Distance	Luke Ondracek
MVP – Jumper	Bryan Blackwell
MVP – Throws	Bailey Russ
Frank Pozuc Unsung Warrior	Gavin Carr
Jim Stevens	Gavin McHale
Most Improved	Michael Siegrist, Jacob Zahler
Rookie of the Year	Drew Fouche
Captains	Robert Brennan, Tyler Capron, Gavin Carr, Alec Gorman, Dom Grguric, Jeremy Grimm, Bailey Russ, Billy Thompson, Alex Tucci

### 2020 Award Winners

Captains	Seth Carr, Ryan Crombie, Nick Garro, Michael Oziomek, Jason Sagun, Carter Verderico
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### 2019 Award Winners

MVP – Overall	Nathaniel Ondracek
MVP – Sprints	Dom Audino, John Sitarz
MVP – Distance	Nathaniel Ondracek
MVP – Jumper	Anthony Rosa
MVP – Throws	Colin Norton
Frank Pozuc Unsung Warrior	Adam Shah
Jim Stevens	Charlie Klug
Most Improved	Steven Musso
Rookie of the Year	Christian Ochei, Luke Ondracek, David Thompson
Coaches' Award	Tevin Watkins
Captains	Justin Cottrell, Ryan Crombie, Steven Musso, Michael Oziomek, Anthony Rosa, Adam Shah, John Sitarz, Tevin Watkins

### 2018 Award Winners

MVP – Overall	Garrett Clark
MVP – Sprints	Cole Rico
MVP – Distance	Nathaniel Ondracek
MVP – Jumper	Alex Geldart
MVP – Throws	Dann Friedman
Frank Pozuc Unsung Warrior	Alex Davessar, Adam Shah
Jim Stevens	Gabe Kornick, Ben Miller
Most Improved	Josh Fouche, Elliott Bailey
Rookie of the Year	John Sitarz
Coaches' Award	Kareem Muakkassa
Captains	Garrett Clark, Alex Davessar, Dann Friedman, Derek Friend, Mitch McGreal, Ben Miller, Nathaniel Ondracek, Cole Rico, Adam Shah

### 2017 Award Winners

MVP – Overall	Jack Francetic
MVP – Sprints	Jordan Williams
MVP – Distance	Nathaniel Ondracek
MVP – Jumper	Jack Francetic
MVP – Throws	Javon Colvin-Hatchet
Frank Pozuc Unsung Warrior	Keith Kish, Ethan Schieve
Jim Stevens	Chris Lindsay, Steve Walko
Most Improved	P.J. Calleri
Rookie of the Year	Garrett Clark
Captains	Nick Calaiacovo, Javon Colvin-Hatchet, Anthony Doljac, Jack Francetic, Matthew Kunas, Chris Lindsay, Sam Miller, Nicholas Reimund, Ethan Schieve

### 2016 Award Winners

MVP – Overall	Javon Colvin-Hatchet
MVP – Sprints	Cole Rico
MVP – Distance	Nicholas Reimund
MVP – Jumper	Jack Francetic
MVP – Throws	Javon Colvin-Hatchet
Frank Pozuc Unsung Warrior	Jack Titgemeier
Jim Stevens	Ben Miller
Most Improved	Derek Friend
Rookie of the Year	Joey Kyner
Captains	Anthony Doljac, Matthew Kunas, Kyle Neff, Daniel Solomon-Stone

### 2015 Award Winners

MVP – Overall	Connor Murphy
MVP – Sprints	Ty Bryant
MVP – Distance	Alexander Reimund
MVP – Jumper	Jack Dowling
MVP – Throws	Javon Colvin-Hatchet
Frank Pozuc Unsung Warrior	Simon Padanilam
Jim Stevens	Kyle Pawuk
Most Improved	Jake Sinopoli
Rookie of the Year	Cole Rico
Captains	Ty Bryant, Ryan Harrison, Connor Murphy, Simon Padanilam, Alex Reimund

### 2014 Award Winners

MVP – Overall	Alex Rodriguez
MVP – Sprints	Chris Lawhorn
MVP – Distance	Connor Murphy
MVP – Jumper	Alex Rodriguez
MVP – Throws	Ryan Murphy
Frank Pozuc Unsung Warrior	James Hager, Michael Redmond
Jim Stevens	Nick Ondracek
Most Improved	Simon Padanilam
Rookie of the Year	Kyle Pawuk
Coaches' Award	Blair Bakula, Andy Dowdell
Captains	Andy Dowdell; Ryan Murphy; Nick Ondracek; Alexander Reimund; Alex Rodriguez

### 2013 Award Winners

MVP – Overall	Russell Platt III
MVP – Sprints	Russell Platt III
MVP – Distance	Jordan Shepherd
MVP – Jumper	Alex Csorba, Cole Francetic
MVP – Throws	Ryan Budny
Frank Pozuc Unsung Warrior	Peter Graves
Jim Stevens	Nick Doljac, Nick Ondracek
Most Improved	Connor Murphy
Rookie of the Year	Alex Rodriguez
Coaches' Award	Evan Freeman, Will Nouse
Captains	Brian Brennan, Ryan Budny, Nick Doljac, Cole Francetic, Evan Freeman, Gabe Heydinger, Russell Platt III, Jordan Shepherd

### 2012 Award Winners

MVP – Overall	Russell Platt III
MVP – Sprints	Russell Platt III
MVP – Distance	Tony Howkins
MVP – Jumper	Brian DiCillo, Cole Francetic
MVP – Throws	Gabe Heydinger
Frank Pozuc Unsung Warrior	Alex Csorba, Matt Krakora
Jim Stevens	Brian Brennan, Kellen Donnelly, Jordon Shepherd
Most Improved	Evan Freeman, Sam Sojda
Rookie of the Year	Jeff Berghoff, Andy Dowdell, Chris Lawhorn
Coaches' Award	Kevin Enright
Captains	Kellen Donnelly, Kevin Enright, Gabe Heydinger, Tony Howkins, Matt Krakora

### 2011 Award Winners

MVP – Overall	Tony Howkins
MVP – Sprints	Kellen Donnelly
MVP – Distance	Tony Howkins
MVP – Jumper	Bryan DiCillo
MVP – Throws	Adam Redmond
Frank Pozuc Unsung Warrior	Matt Krakora, Tim Shovlin
Jim Stevens	Brian Brennan
Most Improved	Cole Francetic, Gabe Heydinger
Rookie of the Year	Bryan DiCillo
Coaches' Award	Paul Amodio, Adam Novak
Captains	Paul Amodio, David Dugan, Adam Redmond, Matt Sweet, Michael Testa

### 2010 Award Winners

MVP – Overall	Tony Howkins
MVP – Sprints	Cameron Kimble
MVP – Distance	Tony Howkins
MVP – Jumper	Russell Platt III
MVP – Throws	Adam Redmond
Frank Pozuc Unsung Warrior	Jay Young
Jim Stevens	Jordan Shepherd
Most Improved	Kellen Donnelly
Rookie of the Year	Brian Brennan, Alex Csorba
Captains	Joe Bachmann, Shawn Cooper, Philip Lutz, Adam Redmond, Joe Stuchal, Jay Young

### 2009 Award Winners

MVP – Overall	Armand Dehaney
MVP – Sprints	Kyle Snyder
MVP – Distance	Noah Howkins
MVP – Jumper	Bryan Dowdell
MVP – Throws	Mitch Supan
Frank Pozuc Unsung Warrior	Michael Niese
Jim Stevens	Joe Asfoura
Most Improved	Adam Redmond, Jay Young
Rookie of the Year	Tony Howkins, Joe Lostoski
Coaches' Award	Billy Helbling, Keith Johnson
Captains	Armand Dehaney, Bryan Dowdell, Billy Helbling, Noah Howkins, Kyle Kelleher, Michael Niese, Kyle Snyder, Mitch Supan

### 2008 Award Winners

MVP – Overall	Andrew Illig, Steven Testa
MVP – Sprints	Kyle Snyder
MVP – Distance	Steven Testa
MVP – Jumper	Armand Dehaney
MVP – Throws	Andrew Illig
Frank Pozuc Unsung Warrior	Andrew Burns
Jim Stevens	Noah Howkins
Most Improved	Joe Asfoura, Bryan Dowdell
Rookie of the Year	Conor Bury, Jon Haught
Coaches' Award	Kyle Kelleher
Captains	Armand Dehaney, Sean Drennan, Andrew Illig, Jeffrey Sigmund, Kyle Snyder, Steven Testa

### 2007 Award Winners

MVP – Overall	Michael McCarty
MVP – Sprints	Chris Barton
MVP – Distance	Steven Testa
MVP – Jumper	Armand Dehaney
MVP – Throws	Andrew Illig
Jim Stevens	Dan Henry, Joseph Santin
Most Improved	Jonathan Shepherd
Rookie of the Year	Noah Howkins, Billy Helbling, Mitch Supan
Coaches' Award	Joe Asfoura
Frank Pozuc Unsung Warrior	Kyle Snyder
Captains	Thomas Caston, Dan Henry, Andrew Illig, Matt Lewis, Mike McCarty, Zach Zielinski

### 2006 Award Winners

MVP – Overall	Tony Dipre
MVP – Sprints	Chris Barton
MVP – Distance	Tony Dipre
MVP – Jumper	Mike McCarty
MVP – Throws	Rob Budny
Frank Pozuc Unsung Warrior	Matt Greene, Dan Henry
Jim Stevens	Jonathan Shepherd, Steven Testa
Most Improved	Andrew Illig, Jeffery Sigmund
Rookie of the Year	Kyle Snyder
Coaches' Award	Zach Zielinski, Lanny Berlingieri
Captains	Rob Budny, Tony Dipre, Chris Feitl, Matt Greene, Matt Mrak, Brandon Tripp

### 2005 Award Winners

MVP – Overall	Tony Dipre
MVP – Sprints	Joe Vecchio
MVP – Distance	Tony Dipre
MVP – Jumper	Rick Niese
MVP – Throws	Scott Beigie
Frank Pozuc Unsung Warrior	Thomas Adam
Jim Stevens	Andy Zanin
Most Improved	Mike McCarty
Rookie of the Year	Steven Testa
Coaches' Award	John Harvan
Captains	Thomas Adam, Scott Beigie, Matt Gaumer, Rick Niese, Joe Vecchio, Andy Zanin

### 2004 Award Winners

MVP – Overall	Mike Spittler
MVP – Sprints	Brian Poludniak
MVP – Distance	Mike Spittler
MVP – Jumper	Rick Niese
MVP – Throws	Scott Beigie
Frank Pozuc Unsung Warrior	Kyle Tulisniak
Jim Stevens	Tony Dipre
Most Improved	Brian Poludniak
Rookie of the Year	Dan Pastor
Coaches' Award	Scott Beigie
Captains	Scott Beigie, Scott Beigie, Mike Spittler, Kyle Tulisniak

### 2003 Award Winners

MVP – Overall	Howard Harris
MVP – Sprints	Howard Harris
MVP – Distance	Brian Reid
MVP – Jumper	Rick Niese, Cam Schron
MVP – Throws	Brian Collingwood
Frank Pozuc Unsung Warrior	Joe Rich
Jim Stevens	Scott Hoffmann
Most Improved	Thomas Adam, Rick Niese
Rookie of the Year	Tony Dipre
Captains	John Mackey, Brian Reid, Joe Rich, Matt Riley, Paul Yoo

### 2002 Award Winners

MVP – Overall	Chris Caine, Howard Harris
MVP – Sprints	Howard Harris
MVP – Distance	Jason Sigmund
MVP – Jumper	Chris Caine
MVP – Throws	Dennis Basch
Frank Pozuc Unsung Warrior	Joe Rich
Jim Stevens	Jason Sigmund
Most Improved	Chris Williams
Rookie of the Year	Brent Williams
Captains	Chris Caine, Mike Mittiga, Rob Negrelli, Jason Sigmund, Paul Yoo

### 2001 Award Winners

MVP – Overall	Mike Kukurza
MVP – Sprints	Chris Caine
MVP – Distance	Mike Kukurza
MVP – Jumper	Dennis Basch
MVP – Throws	Frank Tupta
Frank Pozuc Unsung Warrior	Will Makin
Jim Stevens	Jason Sigmund
Most Improved	Howard Harris
Rookie of the Year	Charlie Bernhart, John Mackey
Captains	Paul Cruickshank, Ed Krystosik, Mike Kukurza, Will Makin

### 2000 Award Winners

MVP – Overall	Mike Kukurza
MVP – Sprints	Ed Krystosik
MVP – Distance	Mike Kukurza
MVP – Jumper	Chris Caine
MVP – Throws	Frank Tupta
Frank Pozuc Unsung Warrior	Will Makin
Jim Stevens	Steve Lloyd
Most Improved	Jason Sigmund
Rookie of the Year	Dennis Basch
Captains	Shuaghn Gillihan, Mike Kukurza, Will Makin, Steve Lloyd

### 1999 Award Winners

MVP – Overall	Scott Trahey
MVP – Sprints	Scott Trahey
MVP – Distance	Joe Eby
MVP – Jumper	Shuaghn Gillihan
MVP – Throws	Sam Ruhe
Frank Pozuc Unsung Warrior	Joe Eby
Jim Stevens	Jack Michael
Most Improved	Ed Krystosik, John Zilly
Rookie of the Year	Jordan Brent, Chris Caine, Christopher Tonkin
Captains	Don Basch, Mark Bechtel, Jack Michael, Andrew Nelson, Joe Reed, Scott Trahey

### 1998 Award Winners

MVP – Running Events	Scott Trahey
MVP – Field Events	Sam Ruhe
Frank Pozuc Unsung Warrior	Don Basch, Mike Copeland
Jim Stevens	Eric Brandle, Kirt Yant
Most Improved	Joe Eby
Rookie of the Year	Jeff Woll
Captains	Mark Bechtel, Eric Brandle, Phi Clarke

### 1997 Award Winners

MVP – Running Events	Scott Trahey
MVP – Field Events	Vince Marsh, Mike Swartz
Frank Pozuc Unsung Warrior	Don Basch, Pat Mulcahy
Jim Stevens	Bob Capanna
Most Improved	Eric Brandle, Jason Fink
Rookie of the Year	Jack Michael
Captains	Bob Capanna, Vince Marsh, Pat Mulcahy, Brian Young

### 1996 Award Winners

MVP – Running Events	Sam Gaston, Pat Shanahan, Brian Young
MVP – Field Events	Ryan Smerek, Mike Swartz
Frank Pozuc Unsung Warrior	Austin Allen, Marcus Bertin
Jim Stevens	Aaron Oliver
Most Improved	Matt Nelson, Vince Marsh
Rookie of the Year	Scott Trahey
Captains	Sam Gaston, Aaron Oliver, Brian Young

### 1995 Award Winners

MVP – Running Events	Brian Young
MVP – Field Events	Ryan Smerek
Frank Pozuc Unsung Warrior	Rich Fischer, Mike Oliver, Aaron Oliver
Jim Stevens	Sam Gaston
Most Improved	Jeremy DeBenedictis, Pat Shanahan, Mike Saponetti
Rookie of the Year	Pat Mulcahy
Captains	Jeremy DeBenedictis, Rich Fischer, Mike Merle

### 1994 Award Winners

MVP – Running Events	Brock Kreitzburg, Louie Rundo
MVP – Field Events	Justin Demming
Frank Pozuc Unsung Warrior	Tony Holcomb, Scott Paulson
Jim Stevens	Jason Isworski
Most Improved	Craig Koberlein, Mark Malecky
Rookie of the Year	Brian Young
Captains	Justin Demming, Brock Kreitzburg, Louie Rundo

### 1993 Award Winners

MVP – Running Events	Brock Kreitzburg
MVP – Field Events	Mike Vrabel
Frank Pozuc Unsung Warrior	Jason Isworski, Ian Orozco, Louie Rundo
Jim Stevens	Matt McNamara
Most Improved	Rick Cruickshank, Dave Manley
Rookie of the Year	Sam Gaston, Jason Mestrits, Ryan Smerek
Captains	Matt McNamara, Josh Ritchie, Mike Vrabel

### 1992 Award Winners

MVP – Running Events	Josh Ritchie
MVP – Field Events	Mike Vrabel
Frank Pozuc Unsung Warrior	Clint Goodwin, Jim Ling, Ian Orozco
Jim Stevens	Jack Marinelli
Most Improved	Louie Rundo
Rookie of the Year	Brock Kreitzburg, Matt McNamara
Captains	Pete Bertin, Clint Goodwin, Shane Reid

### 1991 Award Winners

MVP – Running Events	Mike Kerscher, Josh Ritchie
MVP – Field Events	Kevin Krai
Frank Pozuc Unsung Warrior	Frank Pak, Chuck Wanat
Jim Stevens	Brett Reid
Most Improved	Brian Blythin, Mark Ruppe
Rookie of the Year	Mike Vrabel
Captains	

### 1990 Award Winners

MVP – Running Events	Bob Powers
MVP – Field Events	Frank Jacono
Frank Pozuc Unsung Warrior	Todd Branch, Brian Mahaney, Walt Ogonek
Jim Stevens	Jim Buza
Most Improved	Mike Kerscher
Rookie of the Year	Josh Ritchie
Captains	Scott Beebe, Jim Buza, Jon Smerek

### 1989 Award Winners

MVP – Running Events	Eric Romaniszyn
MVP – Field Events	Frank Jacono, Jon Smerek
Frank Pozuc Unsung Warrior	Kraig Korner
Jim Stevens	Eric Romaniszyn
Most Improved	Bob Powers
Rookie of the Year	Doug Kuhlman
Captains	Brett Neff, Eric Romaniszyn, Tim Strazinsky

### 1988 Award Winners

MVP – Running Events	Eric Romaniszyn
MVP – Field Events	Eric Oldham
Frank Pozuc Unsung Warrior	Dave Lograsso, Bret Neff
Jim Stevens	John Hergenrother
Most Improved	Kraig Korner, Mike Kruger
Rookie of the Year	Steve DiMauro, Jon Smerek
Captains	John Hergenrother, Brett Neff, Eric Oldham

### 1987 Award Winners

MVP – Running Events	Brad Rico
MVP – Field Events	Eric Oldham
Frank Pozuc Unsung Warrior	Gomer Smith, Dave Steigerwald
Jim Stevens	John Billy
Most Improved	Dave Mungo
Rookie of the Year	Frank Jacono
Captains	Brad Rico, Dave Steigerwald, Dave Vitale

### 1986 Award Winners

MVP – Running Events	Mike Luby
MVP – Field Events	Bob Anderson
Frank Pozuc Unsung Warrior	Ed Cavanagh, Ed Novak
Jim Stevens	Shawn Killeen
Most Improved	Mike Darst, Ed Hruby, Tim Kusner
Rookie of the Year	Tim Strazinsky
Captains	Ed Cavanagh, Shawn Killeen, Mike Luby

### 1985 Award Winners

MVP – Running Events	Shannan Ritchie
MVP – Field Events	Tony Loschiavo
Frank Pozuc Unsung Warrior	Keith Feaster, Mike Hergenrother
Jim Stevens	Mark Munday
Most Improved	Shawn Killeen, Ed Novak
Rookie of the Year	Tony Bonacci
Captains	Mark Munday, Mark Piascik

### 1984 Award Winners

MVP – Running Events	Shannan Ritchie
MVP – Field Events	Tony Loschiavo
Frank Pozuc Unsung Warrior	Jeff Ginn
Jim Stevens	Bill Munday
Most Improved	Keith Feaster, Rick Luby
Rookie of the Year	Mike Murray
Captains	Jeff Ginn, Bill Munday

### 1983 Award Winners

MVP – Running Events	Shannan Ritchie
MVP – Field Events	Ed Sundra
Frank Pozuc Unsung Warrior	Perry Durbin, Bob Rovtar, Chris Armstrong
Jim Stevens	Chris Radtke
Most Improved	Tony Loschiavo
Rookie of the Year	Jeff Fortney
Captains	Chris Armstrong, Greg Flasco, Chris Radtke, Paul Volpe

### 1982 Award Winners

MVP – Running Events	Bob Golias
MVP – Field Events	Tony Reed
Frank Pozuc Unsung Warrior	John Wegryn
Jim Stevens	Dave McCarty
Most Improved	Paul Volpe
Rookie of the Year	Shannan Ritchie
Captains	Bob Golias, Dave McCarty, Tony Reed

### 1981 Award Winners

MVP – Running Events	Steve Fitzhugh
MVP – Field Events	Tony Reed
Frank Pozuc Unsung Warrior	Dave McCarty
Jim Stevens	Al Bouldin
Most Improved	Reuben Greene
Rookie of the Year	Dave Kelleher
Captains	Al Bouldin, Steve Fitzhugh, Greg Mrachko

### 1980 Award Winners

MVP – Running Events	Steve Fitzhugh
MVP – Field Events	Glen Witsaman
Frank Pozuc Unsung Warrior	Rich McCarty
Jim Stevens	Murray Babb
Most Improved	Reuben Greene
Rookie of the Year	Pat Flaherty
Captains	Scott Creel, Joe Pozuc

### 1979 Award Winners

MVP – Running Events	Adam Fleder
MVP – Field Events	Eric Radtke
Frank Pozuc Unsung Warrior	Rob McCarty
Most Improved	Murray Babb
Rookie of the Year	Tony Reed
Captains	Ed Murray, Eric Radtke

### 1978 Award Winners

MVP – Running Events	Matt Tobin
MVP – Field Events	Jeff Lampson
Frank Pozuc Unsung Warrior	Mark Delsander
Most Improved	Chris Bunnenburg
Rookie of the Year	Todd Bunnenburg
Captains	Jeff Lampson, John Peterson, Matt Tobin

**1977 Award Winners**

MVP – Running Events	Tom Rogers
MVP – Field Events	Dennis Fitzgerald
Frank Pozuc Unsung Warrior	John Peterson
Most Improved	Eric Radtke
Rookie of the Year	Jim McCarthy
Captains	Dennis Fitzgerald, Tom Rogers, Mark Vitullo

**1976 Award Winners**

MVP – Running Events	Tom Komos
MVP – Field Events	Mark Vitullo
Frank Pozuc Unsung Warrior	Tom Rogers
Most Improved	John Peterson
Rookie of the Year	Eric Radtke
Captain	Tom Komos

**1975 Award Winners**

MVP – Running Events	Ed Marshall
MVP – Field Events	Mike Pozuc
Frank Pozuc Unsung Warrior	Tom Biasella
Most Improved	Mike Lockhart
Rookie of the Year	Tom Komos
Captains	Tom Biasella, Geno Serri

**1974 Award Winners**

MVP	John Dobrzniecki
Rookie of the Year	Dennis Fitzgerald
Captains	Alan Peterson, Jim Stevens

**1973 Award Winners**

MVP	Jim Stevens
Captain	Mark Hapanowicz

**1972 Award Winners**

MVP – Running Events	Tom Stanley
MVP – Field Events	Tim Rimedio
Captain	Tom Stanley

**1971 Award Winners**

MVP	Ed Herman
Captain	Ed Herman

**1970 Award Winners**

MVP	Dan Pipitone
Captain	Dan Pipitone

**1969 Award Winners**

MVP – Running	Lee Ippolito
MVP – Field	Mark Yanko
Captains	Dan Tandy, Mark Yanko

**1968 Award Winners**

MVP	Dave Antognoli
Captain	Dave Antognoli

**1967 Award Winners**

MVP – Sophomore	Dave Knight
MVP – Freshmen	Lee Ippolito