always
ithaca
alumni spotlight

julia sinton

graduation year: 2016
sports: soccer, cross country, and track
since my time at ihs, i... have run multiple half/full marathons, graduated from middlebury college, and moved to boston to pursue a job!

advice for current little red: take advantage of all the resources and support that ithaca athletics offers! ithaca athletics has everything you need to go far in your sport. set your goals high, and cherish all the moments you have surrounded by your team. the friendships and lessons you take away from ithaca athletics will last a lifetime.
KAYLA EELLS

GRADUATION YEAR: 2016

SPORTS: Volleyball and Basketball

SINCE MY TIME AT IHS, I... Graduated from SUNY Cortland in 2019 and I am now a kindergarten teacher!

ADVICE FOR CURRENT LITTLE RED: Keep moving forward and never give up. Take breaks, catch your breath, but keep going.
Sierrah Comfort

Graduation Year: 2016
Sports: Soccer, Basketball, and Volleyball
Since my time at IHS, I graduated from Ithaca College Magna cum Laude, Work in the ER and at WellNow urgent care, and I work out a lot.

Advice for Current Little Red: Don't take playing your sports for granted, make sure you're doing everything in the classroom to make sure you can participate on the court/field. It will open up numerous opportunities for you.
Jocelin Wright

Graduation Year: 2016
Sports: Soccer, Basketball, and Lacrosse
Since my time at IHS, I... played DII basketball & lacrosse at NYACK and graduated with my masters in August 2020
Advice for Current Little Red: The only person your truly competing with is yourself.
BRIANNA HICKS

GRADUATION YEAR: 2016
SPORT: Basketball

SINCE MY TIME AT IHS, I... went to Alfred University to pursue a Bachelor’s degree in Health and Fitness Management, while playing basketball for the school. I’ve been chasing my passion to become a basketball coach. I’m also a writer and I’ve started writing a book, while continuing to write poems. My favorite hobby is sleeping, I can never get enough. My family is strong and well, holding it together in this crazy time we find ourselves in!

ADVICE FOR CURRENT LITTLE RED: Keep pushing! Life gets hard sometimes, but it’s only going to make you stronger! Get 1% better everyday; and before you know it you’ll be 365% better then the year before! And always, always be true to who you are!
RYAN NICHOLSON

GRADUATION YEAR: 2014
SPORTS: Swim and Track/Field

SINCE MY TIME AT IHS, I... went on to swim at Duke University for a year and have been working in New York City as an economic consultant since graduating from Duke in 2018.

ADVICE FOR CURRENT LITTLE RED: There is a difference in thinking you’re a champion and knowing that you are.
MOLLY LONG

GRADUATION YEAR: 2014

SPORTS: Basketball and Lacrosse

SINCE MY TIME AT IHS, I... attended Ithaca College where I played lax for four years. Now I live in Boston and work for Harlem Lacrosse, a non profit organization that focuses on bridging the academic and athletic gap for kids in low-resourced communities.

ADVICE FOR CURRENT LITTLE RED: Savor every moment you have with your teammates and on the field/court - it goes quickly!!
MARYAH WRIGHT

GRADUATION YEAR: 2014
SPORT: Basketball

SINCE MY TIME AT IHS, I... received my Bachelor’s Degree in Communications from Ithaca College. Currently, I am a residential counselor at Unity House.

ADVICE FOR CURRENT LITTLE RED: Always have fun. Cherish the moments you have because it will fly by.
BRUCE GREENE

GRADUATION YEAR: 2013

SPORTS: Football, Basketball, Track and Field

SINCE MY TIME AT IHS, I... I attended Boston University where I ran on their Men's D1 Track & Field team as a short sprinter and graduated as a Finance major. I work as a consultant and now applying to business school to acquire a MBA degree.

ADVICE FOR CURRENT LITTLE RED: Just keep grinding. I know it's a challenging time right now and easy to lose focus but put the time in academically and athletically, it will truly pay off.
MADELINE PALMER

GRADUATION YEAR: 2013
SPORTS: Volleyball, Basketball, and Softball
SINCE MY TIME AT IHS, I... played volleyball at SUNY Geneseo, started career at accounting firm in New York City
ADVICE FOR CURRENT LITTLE RED: Life flies- enjoy the ride!
JAEDON HENDERSON

GRADUATION YEAR: 2013
SPORTS: Football, Basketball, and Lacrosse
SINCE MY TIME AT IHS, I... played lacrosse at the University of Hartford, coached lacrosse at Ithaca College and various club teams, play golf, enjoyed time with family and time in Ithaca before moving to Charlotte, North Carolina
ADVICE FOR CURRENT LITTLE RED: School and sports go by quickly, and take advantage of all of your resources (facilities, faculty, etc).
DEWRAIL ROCKETT

GRADUATION YEAR: 2012

SPORTS: Basketball and Lacrosse

SINCE MY TIME AT IHS, I... have worked

ADVICE FOR CURRENT LITTLE RED: Grind and continue to grind.
PAOLO CIFERRI

GRADUATION YEAR: 2012
SPORTS: Basketball and Lacrosse

SINCE MY TIME AT IHS, I... played lacrosse at Syracuse until 2017 and now I am a Cornell Lacrosse Assistant Coach.

ADVICE FOR CURRENT LITTLE RED: Don’t stop working.
KATIE PETERSON

GRADUATION YEAR: 2011
SPORTS: Basketball and Volleyball
SINCE MY TIME AT IHS, I... attended SUNY Geneseo from 2011-2015. There, I played Women’s Basketball and studied Elementary Education. In 2015, we made a NCAA run to the Sweet 16 in Boston. After graduating, I lived in Champaign, IL as a teacher and coach. I recently graduated from the University of Illinois with a Master’s in Curriculum and Instruction and moved this Summer to Estes Park, CO. I now teach first graders in Longmont, CO.

ADVICE FOR CURRENT LITTLE RED: Control what you can control. If you find a sport you are passionate about, put everything you can into it. Athletics can provide some really amazing opportunities, but you need to be willing to put in time outside of your normal practices to become the best you can be. I’ve met some of my lifelong friends through basketball, and it has allowed me to travel to places like Vietnam and Thailand. If you control the things you can, the sky is the limit!
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john nord

graduation year: 2011
sport: Swimming
since my time at ihs, i... swam for university at buffalo, was assistant swim coach for ihs, optical physicist at corning inc.
advice for current little red: Never lose sight of your goals, aim high, and enjoy every minute of it
GRADUATION YEAR: 2009
SPORTS: Football, Track & Field (shot put record holder)
SINCE MY TIME AT IHS, I... went on to play football and track at Duquesne University in Pittsburgh, PA. I worked for sports teams such as the new Jersey Devils, Pittsburgh Pirates and Tampa Bay Buccaneers. I then transitioned into the medical field as a device rep for Arthrex where I would assist in the operating room guiding surgeons to use our products. That led me to my current role at the first Rare Pharmacy in the country PANTHERx, where we focus solely on Rare and Devastating diseases. I'm the Manager of contracting and Payor Relations
ADVICE FOR CURRENT LITTLE RED: Always "Remember Tomorrow". If you ever start doubting yourself or get down on yourself, always think how you would feel tomorrow if you didn’t give your absolute best. There are only so many years to play sports. If you give it your best every day in practice with the intent to get just 1% better each day then you will dramatically improve yourself. When you're done you'll look back with pride knowing you reached your full potential.
LINDSEY BRYANT

GRADUATION YEAR: 2009
SPORTS: Basketball, Soccer, Softball, Lacrosse

SINCE MY TIME AT IHS, I...became a Registered Nurse, working in labor and delivery and long-term care. I am also our JV Girls Basketball coach!

ADVICE FOR CURRENT LITTLE RED: I can only imagine the difficulties you are currently facing. This school year is unlike anything another generation has ever experienced. For that reason, I know you are going to come out stronger, more appreciative, and grateful for normalcy. In the meantime, try to appreciate and marvel in all the little moments that make being an IHS student so amazing; laugh with your friends, enjoy those grueling workouts (even if they are 12 feet apart from your teammates), and soak up every ounce of knowledge your coaches and teachers have for you. Someday you are going to look back and hopefully feel the way I feel about IHS athletics. IHS is family, IHS is memories, IHS is home!
CAITLIN NICHOLSON

GRADUATION YEAR: 2008
SPORT: Swimming

SINCE MY TIME AT IHS, I...went to Dartmouth College and swam on their varsity Swimming and Diving team for 4 years. I graduated from Dartmouth in 2012. I then went to SUNY Upstate in Syracuse, NY for medical school where I graduated cum Laude in 2017, then did my residency in Family Medicine at the University of Pennsylvania (2017-2020) where I served as chief resident during my third year. I’m currently the Primary Care Sports Medicine Fellow at Rush University, where I’m the team physician for DePaul university and also helping provide care for the Chicago White Sox and Bulls. I’m happily married to a fellow Dartmouth athlete (women’s rugby player, 2015 graduate). One of my former swimming teammates, Logan Todhunter, was a bridesmaid in my recent wedding. I do sprint triathlons for fun and placed 3rd in the Mideast regional sprint championships in 2019. My wife and I recently got a cavapoo puppy too.

ADVICE FOR CURRENT LITTLE RED: High school sports teach you hard work, time management, and resilience which will help you throughout the rest of your life. You will also make some of your best life-long friends through high school athletics. Enjoy it! The time goes by too fast.
GORDON BEGENT

GRADUATION YEAR: 2006

SPORTS: Basketball and Baseball

SINCE MY TIME AT IHS, I... graduated from Ithaca College with a PE and Health degree, Recreation Program Coordinator at Ithaca Youth Bureau, Coach Varsity Girls Softball and JV Boys Basketball for ICSD.

ADVICE FOR CURRENT LITTLE RED: Work hard everyday and enjoy being young. Time flies and you'll be old like the rest of us before you know it.
ANDREW HILKER

GRADUATION YEAR: 2005
SPORTS: Swim and Track/Field
SINCE MY TIME AT IHS, I... have worked as coach (Dryden, Ithaca High School, Ithaca College), teacher, and police officer.
ADVICE FOR CURRENT LITTLE RED: Treat all athletes with respect, everyone has different ability levels and you may be someone else’s role model. Be the person you would want them to be proud of.
SHANE TAYLOR

GRADUATION YEAR: 2004

SPORTS: Basketball and Tennis

SINCE MY TIME AT IHS, I... have been teaching and coaching in the Ithaca City School District since 2010. I enjoy spending time in the 1000 Islands with my family and friends. My son Jonas was born this July and I'm excited for him to go to school and play sports for ICSD.

ADVICE FOR CURRENT LITTLE RED: Work hard, have fun, enjoy the moment!
BRETT WETZEL

GRADUATION YEAR: 2004
SPORT: Lacrosse

SINCE MY TIME AT IHS, I...have worked as an assistant and head lacrosse coach.

ADVICE FOR CURRENT LITTLE RED: Take advantage of all the great resources and facilities that you have access to. They are some of the finest available at any High School, don't take them for granted. You have some great coaches and staff at IHS that can help you on whatever path you want to go on, I wish I had used more of those resources as I was finding my path. You will graduate from one of the finest High Schools in New York, take advantage of that fact and move on to do great things. Go Lil' Red!
DREW EVANS

**GRADUATION YEAR:** 2004

**SPORTS:** Football, Hockey, Lacrosse

**SINCE MY TIME AT IHS, I...** continued my athletic career on a Division I Lacrosse scholarship at the University of Maryland where I was a team captain and went to 2 Final Fours. After graduating, I worked in Finance at Morgan Stanley before moving into tech sales where I've been working for the same company in New York City for the past 11 years. I got married in July 2019 in New York City.

**ADVICE FOR CURRENT LITTLE RED:** "Prepare to win and winning takes care of itself." That was a quote from legendary IHS Hockey Coach Rich Armstrong, that has stuck with me for the past 15+ years. In sports, and life, so much that happens is out of your hands. Controlling the things you can control, like working hard, studying film, holding yourself accountable, and being a good teammate will set you up for the best possible outcomes. You won't win them all and you'll make plenty of mistakes along the way, but if you can look back and tell yourself you did everything you could to win, you'll be content with yourself. Cherish the time. When I think back on the best times of my life, so many of them stem from high school sports with my friends. Whether it's winning championships, long road trips, or locker room banter and practical jokes, live in the moment and enjoy the times because they'll fly by!
KODY CRISPELL

GRADUATION YEAR: 2002
SPORTS: Football, Basketball, Baseball
SINCE MY TIME AT IHS, I... have gotten married and become a realtor and business owner.
ADVICE FOR CURRENT LITTLE RED: Time flies when you get older, live every day to the fullest.
JOBE ZULU

GRADUATION YEAR: 2002
SPORTS: Basketball, Football, Lacrosse

SINCE MY TIME AT IHS, I... earned a Bachelors in Education and a Masters in Sport Management. I played college basketball and coached IHS JV and Varsity Basketball and also have worked as an assistant coach for college basketball.

ADVICE FOR CURRENT LITTLE RED: Find a way when it seems like there is no way.
LESTER MCNAIR

GRADUATION YEAR: 2001
SPORT: Basketball

SINCE MY TIME AT IHS, I... have been working in the Ithaca community through ICSD and GIAC since 2006. I am currently the Varsity Boys Basketball Coach. My hobbies are exercising, reading, traveling, and playing basketball (when my knees work).

ADVICE FOR CURRENT LITTLE RED: To always set your goals high, enjoy the opportunity you have never take any of it for granted. Also, make sure to give back, it is a great way to show how much you appreciate where you come from. Go Lil Red!
FRED ENNIS

GRADUATION YEAR: 1999
SPORTS: Basketball and Football
SINCE MY TIME AT IHS, I... moved around to a few different places, started a career in sales and ended up working at Cornell in concessions and athletics. I've since started a family and have 2 sons.
ADVICE FOR CURRENT LITTLE RED: Leave it all on the field, court, pool, or mat. Be vigilant in working on your craft or crafts and never quit on yourself or your teammates.
JUSTIN KIMBALL

GRADUATION YEAR: 1999

SPORT: Basketball

SINCE MY TIME AT IHS, I... got involved with real estate property management and coaching.
SARAH CARTMILL

GRADUATION YEAR: 1998
SPORTS: Basketball and Softball
SINCE MY TIME AT IHS, I... graduated from Binghamton University and earned my Masters from Ithaca College, played basketball overseas, have been coaching collegiately since 2006.

ADVICE FOR CURRENT LITTLE RED: Appreciate your coaches and teammates and what they're sacrificing for you, and never take for granted your ability to play your sport! Always hit the lines and say thank you to those who help you, even if you assume they know you appreciate them, it is nice to hear it!
JUSTIN COFFMAN

GRADUATION YEAR: 1998
SPORTS: Lacrosse and Basketball


ADVICE FOR CURRENT LITTLE RED: On the athletic side, play multiple sports and continue to do strength and agility training in the off seasons, and most importantly, be coachable. Academically, work hard on keeping up with school work. Be a good person and always show respect, on and off the field.
CARIN CLINGAN (MILLER)

GRADUATION YEAR: 1996
SPORTS: Swimming, Cheerleading, Track and Field

SINCE MY TIME AT IHS, I...was a fitness competitor for 10 years before getting married and having 4 children (12 yr old boy & 10 yr old triplet girls). I have my own Nutrition and Personal Training business, CLC Wellness, LLC. In addition to the above I graduated from IC in 2000 and completed my M.S in Nutrition at MUIH in 2019. I also teach a variety of group exercise classes including, boxing, kickboxing, aqua classes, Zumba, HIIT, and STEP.

ADVICE FOR CURRENT LITTLE RED: Don't forget to have fun while you are working hard on and off the field, court, or pool!
KEVIN CARTMILL

GRADUATION YEAR: 1993
SPORTS: Basketball and Golf

SINCE MY TIME AT IHS, I... I attended UNC-Greensboro on a golf scholarship before becoming a golf professional at Druid Hills Golf Club in Atlanta, Georgia. Once my wife, Kelli (also an IHS alum), and I started our own family I decided to enter the world of finance with a small bank in Atlanta. After our 2nd Son we decided to move back home to Ithaca to lay down our roots and have been here ever since. Still in the world of finance, I have enjoyed all this community offers and have always tried to give back serving on multiple non-profit boards and keeping my coaching whistle close by 😊.

ADVICE FOR CURRENT LITTLE RED: To always remain humble but hungry. Let your talent do the talking and strive to better yourself each and every day.
Leslie Stahl

Graduation Year: 1990
Sport: Diving
Since my time at IHS, I... earned my JD and MPA; Career - attorney, FBI; Life - Mom x 2; Hobbies - knitting, cooking, crocheting
Advice for current Little Red: Keep setting goals and working toward them!
JOHN NICHOLAS

GRADUATION YEAR: 1988
SPORT: Football
SINCE MY TIME AT IHS, I...attended Ithaca College (BS ‘92) and University of Tennessee (MS ‘93). I then started teaching Physical Education at Candor Central Schools and currently still work there after 26 years. I have coached Varsity Football at 4 schools and this year will be my 27th. I play golf as much as I can and enjoy watching my own kids play sports. My biggest accomplishment to date is being the dad to Alecia (‘21), Dominic (‘23) and stepdad to Grace (Candor ‘24).

ADVICE FOR CURRENT LITTLE RED: Enjoy the time with your friends while playing high school sports. If you are lucky, you will remain friends into your adult life. The biggest lesson I learned in high school was to stay organized and plan your time. It is a skill that can carry you to your short and long term goals. Lastly, listen and take advice from adults you trust. They will always give you the truth whether you want to hear it or not but truly have your best interest in mind.
WILLIE EVANS

GRADUATION YEAR: 1979

SPORTS: Football and Lacrosse

SINCE MY TIME AT IHS, I... continued school, raised 3 children (all IHS Grads), I work for Cornell both in the Fire protection field, Coaching Sprint football (25 years), officiating Lacrosse at all levels (30+ years).

ADVICE FOR CURRENT LITTLE RED: Hit the books, keep the grades up and set obtainable goals, believe in yourself and always show respect!
JIM AVERY

GRADUATION YEAR: 1977
SPORT: Swimming

SINCE MY TIME AT IHS, I...became a professional video webcastor, audio engineer, professional DJ, sons Jake Avery IHS grad 2017 (track/cross-country) and Brett Avery IHS grad 2019 (Basketball). Only father/son combo to win combined 10 Section 4 titles, 4 different teams over 40 years. In college, I was a 10 time NJCAA All-American Swimming at Indian River Community College, competed at Auburn University with Olympians, world record holders and national record holders.

ADVICE FOR CURRENT LITTLE RED: Never ever give up the fight to be the best. If you get knocked down, continue the battle...strive to be on top.
CHRIS McCLAUUGHLIN

**GRADUATION YEAR:** 1976

**SPORTS:** Hockey and Lacrosse

**SINCE MY TIME AT IHS, I...** became a lawyer and father of two, and play a lot of golf.

**ADVICE FOR CURRENT LITTLE RED:** You get out of something what you put into it.
MICHAEL SALOTTI

GRADUATION YEAR: 1974
SPORT: Wrestling

SINCE MY TIME AT IHS, I... Attended SUNY Delhi where I continued my wrestling career. After college I traveled to California where I married & raised 3 children. I worked in Culinary most of my life & also taught Home Economics & coached wrestling at 3 different high schools. I coached at El Modena (Orange), Villa Park & Palm Desert. As a head coach I was responsible for 376 wins. As a coach I instilled a sense of camaraderie & sportsmanship above everything else. Our motto was Never give up & Pin 2 Win. All 3 of my children...now adults with families of their own have graduated from college. My only son was a D-1 College All American baseball player & played Pro Ball. My youngest daughter was a D-1 Academic All American in golf.

ADVICE FOR CURRENT LITTLE RED: Academics 1st, work hard & NEVER GIVE UP!
JANE BRYANT

GRADUATION YEAR: 1973

SPORTS: Basketball, Diving, Track and Field

SINCE MY TIME AT IHS, I... have been a PE teacher and coach of multiple sports at Ithaca - 4 children, 5 grandchildren. Avid gardener

ADVICE FOR CURRENT LITTLE RED: Don’t take lightly the opportunity to participate in Ithaca Athletics / the experience will be some of your fondest memories- and a testament to your strength and determination. Relationships with your teammates and coaches, will be an anchor in your life. This is the time you grow as an individual and learn to lead others positively.
PETE CLEAVELAND

GRADUATION YEAR: 1964

SPORTS: Wrestling

SINCE MY TIME AT IHS, I... Married fellow 1964 alum Licia John. Three children, Managing Partner at Kurt Salmon Assoc, Vice President at The Home Depot, County Commissioner. Failed retirement four times.

ADVICE FOR CURRENT LITTLE RED: Never give up!
RICK WELLS

GRADUATION YEAR: 1964
SPORTS PLAYED: Football, basketball, baseball
SINCE MY TIME AT IHS, I... had 6 children with my wife, worked in sales management, and coached high school football.
ADVICE FOR CURRENT LITTLE RED: Study and work hard in whatever you do!