

Bowling

NATIONAL COLLEGIATE



Highlights

Falbo clinches title in 10th frame; easygoing demeanor helps Maryland Eastern Shore to its third championship: When you bowl Baker matches in the NCAA tournament, the two most crucial positions are the first and fifth bowlers on the team. The first sets the tone and the fifth bowls both the fifth frame and the crucial 10th frame.

For most, that kind of pressure can be intimidating, but for Maryland Eastern Shore's T'nia Falbo and Paula Vilas, not only do they thrive in these positions, but they also have fun with them.

"You have to have fun," said Falbo, the 2012 tournament's Most Outstanding Player. "That's the most important thing I think we learned this week. Between [the first] and [second days], all we need to do is stay loose and have fun and we will win."

And they did. Maryland Eastern Shore won its second consecutive national championship April 14 at Freeway Lanes in Wickliffe, Ohio, defeating Fairleigh Dickinson in six games, winning the final game, 203-176. With the victory, Maryland Eastern Shore became the first team since Nebraska in 2004 and 2005 to win back-to-back national titles.

The looseness of the Fighting Hawks presented itself even before the teams were allowed on the pair of lanes that were used for the final. During open practice on the auxiliary lanes, Falbo, a junior, and Vilas, the lone senior on the Maryland Eastern Shore squad, were leading their team in musicless dance. During the commercial breaks on the ESPNU telecast, the team was singing and dancing to the music played for the live audience, led by Vilas and Falbo.

"It just happens," said Vilas, who was sporting a partially maroon-dyed ponytail. "You put a good song on that we all know and we just start singing and we start dancing. It just happens."

In each of the six games bowled the opening night, Vilas led off with a strike. She said her loose, seemingly carefree attitude helped get the job done in those situations.

"If you're tense," she said, playfully wagging her index finger, "that 10 pin will stay up. It just knows."

"Bowling is just a game," she said. "Even though [this is a big part of our life], it is a game and you have to have fun to win."

Of course, throwing strikes and winning matches adds to the fun, but Falbo, who threw the clinching strike for her team in the 10th frame of game six, said fun breeds fun on the lanes.

"We said all day long that we had one job — to get up, stay excited and have fun," Falbo said. "The more relaxed you are, the better you will carry and the more fun you'll have."

There was one game during the match that wasn't so much fun for the Hawks. They shot 168 in Game 5, losing by 40 pins. Still, Falbo said the message to her team was exactly the same.

"Even when someone missed, or had a bad shot, we were all there to pick each other up," Falbo said. "And it was great to know that whatever happened, your team was behind you and had your back and that everyone was still smiling."

Smiling just as brightly as her two stars was head coach Kristina Frahm, who became the first person to win national championships as both a head coach and a player. Frahm, a four-time All-American and now three-time national champion, had a hard time deciding where this honor fit in her career.

"I don't know," Frahm said. "It was great as a player because you put all the time in, but it's amazing as a coach for these young ladies. You can't describe this feeling to somebody. You have to earn it and these girls earned it."

History

Team Results

Year	Champion	Coach	Games	Runner-Up	Games	Host or Site	Championship Attendance
2004	Nebraska	Bill Straub	4	Central Mo.	2	Houston	439
2005	Nebraska	Bill Straub	4	Central Mo.	2	Orlando, Fla.	556
2006	Fairleigh Dickinson	Mike LoPresti	4	Alabama A&M	1	Houston	442
2007	Vanderbilt	John Williamson	4	UMES	3	Apopka, Fla.	781
2008	UMES	Sharon Brummell	4	Arkansas St.	2	Omaha, Neb.	467
2009	Nebraska	Bill Straub	4	Central Mo.	1	Detroit	1,236
2010	Fairleigh Dickinson	Mike LoPresti	4	Nebraska	3	New Jersey City	1,286
2011	UMES	Sharon Brummell	4	Vanderbilt	2	Detroit	878
2012	UMES	Kristina Frahm	4	Fairleigh Dickinson	2	Wickliffe, Ohio	938

TEAM CHAMPIONSHIPS

UMES 3, Nebraska 3, Fairleigh Dickinson 2, Vanderbilt, 1.

Individual Records**300 GAMES**

Jennifer Viens, New Jersey City vs. Winston-Salem, 2004
Tina Peak, Central Mo. vs. New Jersey City, 2004
Tina Peak, Central Mo. vs. UMES, 2005

BEST AVERAGE FOR TOURNAMENT

251.75—Amanda Burgoyne, Nebraska, 2005

MOST OUTSTANDING PLAYER

2004 Shannon Pluhowsky, Nebraska
2005 Amanda Burgoyne, Nebraska
2006 Lisa Friscioni, Fairleigh Dickinson
2007 Josie Earnest, Vanderbilt
2008 Jessica Worsley, UMES
2009 Cassandra Leuthold, Nebraska
2010 Danielle McEwan, Fairleigh Dickinson
2011 Kristina Frahm, UMES
2012 T'nia Falbo, UMES

All-Tournament Teams**2004**

*Shannon Pluhowsky, Nebraska
Katie Atkins, Sacred Heart
Eryn Cully, New Jersey City
Lisa Friscioni, Fairleigh Dickinson
Amber Gazverde, Central Mo.

2005

*Amanda Burgoyne, Nebraska
Lindsay Baker, Nebraska
Sarah Circle, Bethune-Cookman
Elysia Current, Fairleigh Dickinson
Tina Peak, Central Mo.

2006

*Lisa Friscioni, Fairleigh Dickinson
Shanice Graham, Alabama A&M
Adrienne Miller, Nebraska
Whitney Smith, Alabama A&M
Vicki Spratford, New Jersey City
Kristina Szalay, Fairleigh Dickinson

2007

*Josie Earnest, Vanderbilt
Kristi Kerr, Fairleigh Dickinson
Kaitlin Reynolds, Vanderbilt
Marion Singleton, UMES
Jessica Worsley, UMES

2008

*Jessica Worsley, UMES
Maggie Adams, Arkansas St.
Brittany Garcia, Vanderbilt
Maria Rodriguez, UMES
Vicki Spratford, New Jersey City

2009

*Cassandra Leuthold, Nebraska
Valerie Calberry, Nebraska
Theresa Christopher, Central Mo.
Jazmyne Hefflefinger, Delaware St.
Sara Litteral, Fairleigh Dickinson
Erica Perez, Fairleigh Dickinson

2010

*Danielle McEwan, Fairleigh Dickinson
Cassandra Leuthold, Nebraska
Jenn Marmo, New Jersey City
Erica Perez, Fairleigh Dickinson
Samantha Santoro, Arkansas St.

2011

*Kristina Frahm, UMES
Tracy Ganjoin, Fairleigh Dickinson
Brittini Hamilton, Vanderbilt
Kristina Mickelson, Nebraska
Maria Rodriguez, UMES

2012

*T'nia Falbo, UMES
Joely Carrillo, Fairleigh Dickinson
Natalie Cortese, Valparaiso
Kayla Johnson, Nebraska
Amanda LaBossiere, Arkansas St.

**Most Outstanding Player*

Won-Lost Records In Tournament Play

Team (Years Participated)	Yrs.	Won	Lost	Pct.	1st	2nd
Alabama A&M (2006).....	1	3	2	.600	0	1
Arkansas St. (2008-09-10-11-12).....	5	8	10	.444	0	1
Bethune-Cookman (2005-06).....	2	2	4	.333	0	0
Central Mo. (2004-05-06-07-08-09-10-11-12).....	9	14	18	.438	0	3
Delaware St. (2009-10).....	2	2	4	.333	0	0
Fairleigh Dickinson (2004-05-06-07-09-10-11-12).....	8	21	12	.636	2	1
Fayetteville St. (2005).....	1	0	2	.000	0	0
Kutztown (2011).....	1	1	2	.333	0	0
UMES (2004-05-06-07-08-09-10-11-12).....	9	17	13	.567	3	1
Minn. St. Mankato (2007-08).....	2	1	4	.200	0	0
Nebraska (2004-05-06-07-08-09-10-11-12).....	9	26	14	.650	3	1
New Jersey City (2004-05-06-07-08-09-10).....	7	11	14	.440	0	0
Sacred Heart (2004-05-07-08-12).....	5	3	10	.231	0	0
Sam Houston St. (2011).....	1	0	2	.000	0	0
Southern U. (2004).....	1	1	2	.333	0	0
Valparaiso (2012).....	1	1	2	.333	0	0
Vanderbilt (2006-07-08-09-10-11-12).....	7	17	12	.586	1	1
Winston-Salem (2004).....	1	0	2	.000	0	0

All-Time Team Results

2004: Round 1: Central Mo. def. Winston-Salem, 4-1; Fairleigh Dickinson def. Southern U., 4-3; Sacred Heart def. New Jersey City, 4-0; Nebraska def. UMES, 4-1. **Round 2:** Winners' Bracket—Central Mo. def. Fairleigh Dickinson, 4-3; Nebraska def. Sacred Heart, 4-2; Losers' Bracket—Southern U. def. Winston-Salem, 4-0 (Winston-Salem eliminated); New Jersey City def. UMES, 4-0 (UMES eliminated). **Round 3:** Winners' Bracket—Central Mo. def. Nebraska, 4-3; Losers' Bracket—New Jersey City def. Sacred Heart, 4-1 (Sacred Heart eliminated); Fairleigh Dickinson def. Southern U., 4-1 (Southern U. eliminated). **Round 4:** New Jersey City def. Fairleigh Dickinson, 4-1 (Fairleigh Dickinson eliminated). **Round 5:** Nebraska def. New Jersey City, 4-3 (New Jersey City eliminated). **Round 6:** Nebraska def. Central Mo., 4-2. **Round 7:** Nebraska def. Central Mo., 4-2.

2005: Round 1: Nebraska def. Fayetteville St., 4-0; Sacred Heart def. Bethune-Cookman, 4-1; New Jersey City def. Central Mo., 4-3; Fairleigh Dickinson def. UMES, 4-1. **Round 2:** Winners' Bracket—Nebraska def. Sacred Heart, 4-1; Fairleigh Dickinson def. New Jersey City, 4-0; Losers' Bracket—Bethune-Cookman def. Fayetteville St., 4-0 (Fayetteville St. eliminated); Central Mo. def. UMES, 4-2 (UMES eliminated). **Round 3:** Winners' Bracket—Nebraska def. Fairleigh Dickinson, 4-3-1; Losers' Bracket—Bethune-Cookman def. New Jersey City, 4-3 (New Jersey City eliminated); Central Mo. def. Sacred Heart, 4-1 (Sacred Heart eliminated). **Round 4:** Central Mo. def. Bethune-Cookman, 4-3 (Bethune-Cookman eliminated). **Round 5:** Central Mo. def. Fairleigh Dickinson, 4-0 (Fairleigh Dickinson eliminated). **Round 6:** Nebraska def. Central Mo., 4-2.

2006: Round 1: Nebraska def. New Jersey City, 4-1; Alabama A&M def. UMES, 4-1; Vanderbilt def. Central Mo., 4-2; Fairleigh Dickinson def. Bethune-Cookman, 4-2. **Round 2:** Winners' Bracket—Alabama A&M def. Nebraska, 4-3; Fairleigh Dickinson def. Vanderbilt, 4-3; Losers' Bracket—New Jersey City def. UMES, 4-2 (UMES eliminated); Central Mo. def. Bethune-Cookman, 4-2 (Bethune-Cookman eliminated). **Round 3:** Winners' Bracket—Fairleigh Dickinson def. Alabama A&M, 4-3; Losers' Bracket—New Jersey City def. Vanderbilt, 4-0 (Vanderbilt eliminated); Nebraska def. Central Mo., 4-2 (Central Mo. eliminated). **Round 4:** Nebraska def. New Jersey City, 4-2 (New Jersey City eliminated). **Round 5:** Alabama A&M def. Nebraska, 4-2 (Nebraska eliminated). **Round 6:** Fairleigh Dickinson def. Alabama A&M, 4-1.

2007: Round 1: Fairleigh Dickinson def. Minn. St. Mankato, 4-1; UMES def. Central Mo., 4-2; Vanderbilt def. Sacred Heart, 4-2; Nebraska def. New Jersey City, 4-2. **Round 2:** Winners' Bracket—UMES def. Fairleigh Dickinson, 4-3; Vanderbilt def. Nebraska, 4-2; Losers' Bracket—Central Mo. def. Minn. St. Mankato, 4-0-1 (Minn. St. Mankato eliminated); Sacred Heart def. New Jersey City, 4-3 (New Jersey City eliminated). **Round 3:** Losers' Bracket—Nebraska def. Central Mo., 4-3 (Central Mo. eliminated); Fairleigh Dickinson def. Sacred Heart, 4-1 (Sacred Heart eliminated). **Round 4:** UMES def. Nebraska, 4-2 (Nebraska eliminated); Vanderbilt def. Fairleigh Dickinson, 4-1 (Fairleigh Dickinson eliminated). **Championship:** Vanderbilt def. UMES, 4-3.

2008: Round 1: Central Mo. def. Nebraska, 4-1; UMES def. Vanderbilt, 4-0; Arkansas St. def. Sacred Heart, 4-0; New Jersey City def. Minn. St. Mankato, 4-1. **Round 2:** Winners' Bracket—New Jersey City def. Central Mo., 4-2-1; UMES def. Arkansas St., 4-3-1; Losers' Bracket—Minn. St. Mankato def. Nebraska, 4-0 (Nebraska eliminated); Vanderbilt def. Sacred Heart, 4-3 (Sacred Heart eliminated). **Round 3:** Losers' Bracket—Arkansas St. def. Minn. St. Mankato, 4-1 (Minn. St. Mankato eliminated); Vanderbilt def. Central Mo., 4-2 (Central Mo. eliminated). **Round 4:** Arkansas St. def. New Jersey City, 4-2; Vanderbilt def. UMES, 4-2. **Round 5:** Arkansas St. def. New Jersey City, 4-3 (New Jersey City eliminated); UMES def. Vanderbilt, 4-3 (Vanderbilt eliminated). **Championship:** UMES def. Arkansas St., 4-2.

2009: Round 1: Nebraska def. Arkansas St., 4-3; Fairleigh Dickinson def. Vanderbilt, 4-2-1; Central Mo. def. UMES, 4-0; Delaware St. def. New Jersey City, 4-3. **Round 2:** Winners' Bracket—Fairleigh Dickinson def. Nebraska, 4-1; Delaware St. def. Central Mo., 4-1; Losers' Bracket—Vanderbilt def. Arkansas St., 4-3 (Arkansas St. eliminated); New Jersey City def. UMES, 4-1-1 (UMES eliminated). **Round 3:** Losers' Bracket—Central Mo. def. Vanderbilt, 4-0 (Vanderbilt eliminated); Nebraska def. New Jersey City, 4-3 (New Jersey City eliminated). **Round 4:** Central Mo. def. Fairleigh Dickinson, 4-2; Nebraska def. Delaware St., 4-2. **Round 5:** Central Mo. def. Fairleigh Dickinson, 4-3 (Fairleigh Dickinson eliminated); Nebraska def. Delaware St., 4-2 (Delaware St. eliminated). **Championship:** Nebraska def. Central Mo., 4-1.

2010: Round 1: Nebraska def. Central Mo., 4-1; Fairleigh Dickinson def. New Jersey City, 4-2; UMES def. Vanderbilt, 4-3; Arkansas St. def. Delaware St., 4-0. **Round 2:** Winners' Bracket—Fairleigh Dickinson def. Nebraska, 4-2; Arkansas St. def. UMES, 4-2; Losers' Bracket—New Jersey City def. Central Mo., 4-0-1 (Central Mo. eliminated); Vanderbilt def. Delaware St., 4-2 (Delaware St. eliminated). **Round 3:** Losers' Bracket—New Jersey City def. UMES, 4-1 (UMES eliminated); Nebraska def. Vanderbilt, 4-1 (Vanderbilt eliminated). **Round 4:** Nebraska def. Arkansas St., 4-2. **Round 5:** Fairleigh Dickinson def. New Jersey City, 4-2 (New Jersey City eliminated); Nebraska def. Arkansas St., 4-2 (Arkansas St. eliminated). **Championship:** Fairleigh Dickinson def. Nebraska, 4-3.

2011: Round 1: Fairleigh Dickinson def. Kutztown, 4-3; Vanderbilt def. Central Mo., 4-1; UMES def. Arkansas St., 4-1; Nebraska def. Sam Houston St., 4-1. **Round 2:** Winners' Bracket—Fairleigh Dickinson def. Vanderbilt, 3.5-3.5; Nebraska def. UMES, 4-2; Losers' Bracket—Kutztown def. Central Mo., 4-3 (Central Mo. eliminated); Arkansas St. def. Sam Houston St., 4-2 (Sam Houston St. eliminated). **Round 3:** Losers' Bracket—UMES def. Kutztown, 4-2 (Kutztown eliminated); Vanderbilt def. Arkansas St., 4-2 (Arkansas St. eliminated). **Round 4:** UMES def. Fairleigh Dickinson, 4-1; Vanderbilt def. Nebraska, 4-1. **Round 5:** UMES def. Fairleigh Dickinson, 4-2 (Fairleigh Dickinson eliminated); Vanderbilt def. Nebraska, 4-1 (Nebraska eliminated). **Championship:** UMES def. Vanderbilt, 4-2.

**Advances as result of tiebreaker, 107-105.*

2012: Round 1: Vanderbilt def. Valparaiso, 4-1; UMES def. Sacred Heart, 4-3; Fairleigh Dickinson def. Arkansas St., 4-1; Nebraska def. Central Mo., 4-0. **Round 2:** Winners' Bracket—UMES def. Vanderbilt, 4.5-1.5; Fairleigh Dickinson def. Nebraska, 4-3; Losers' Bracket—Valparaiso def. Sacred Heart, 4-2 (Sacred Heart eliminated); Arkansas St. def. Central Mo., 4-3 (Central Mo. eliminated). **Round 3:** Losers' Bracket—Nebraska def. Valparaiso, 4-3 (Valparaiso eliminated); Vanderbilt def. Arkansas St., 4-2 (Arkansas St. eliminated). **Round 4:** UMES def. Nebraska, 4-1 (Nebraska eliminated); Vanderbilt def. Fairleigh Dickinson, 4-0. **Round 5:** Fairleigh Dickinson def. Vanderbilt, 4-3 (Vanderbilt eliminated). **Championship:** UMES def. Fairleigh Dickinson, 4-2.