The 2004-05 athletic seasons was a very memorable one for Lehman College athletics. The season was highlighted with freshman cross country sensation Amy Ruston winning the NCAA Atlantic Regional, and advancing to the NCAA Championships. This season was also special, as the men’s basketball team advanced to the ECAC post-season, winning a buzzer beater over New York University in the quarter-finals. The season also saw women’s basketball coach Eric Harrison record his 100th career victory. Freshman swimmer Darnell James has emerged as the premier swimmer in the CUNY conference. James was honored in his first season as the CUNY Most Valuable Swimmer. Here is a look into the 2004-05 athletic seasons.

The highlight of this year’s athletic season had to be the rise of Lehman College in the sport of Cross Country. Lehman College’s freshman cross country runner Amy Ruston appeared on the scene, and has emerged as one of the top runners in the nation. A freshman from New Hampshire, Ruston captured the CUNY Athletic conference championship, before advancing to the Division III Atlantic regional where she finished in first place in the field. Her Atlantic regional win qualified Ruston for the NCAA Division III championships in Colfax, Wisconsin. In the NCAA championships, Ruston finished 70th out of a field of 240 runners.

The men’s basketball team finished the season with a 21-7 record, and an appearance in the ECAC post-season tournament. In the ECAC, Lehman defeated New York University to advance to the semi-finals, before being eliminated by eventual ECAC champion Kean University. Fifth-year head coach Steve Schulman was selected as the CUNY conference Coach of the Year, while junior center Sekani Francis was honored as the CUNY conference Most Valuable Player, as well as a Metropolitan Sports Writer 1st team All-Star. Senior Miguel Jorge scored his 1,000 career point, and was selected as a 1st team CUNY All-Star, while junior guard Willy Vargas was selected as a 2nd team CUNY All-Star.

The women’s basketball team has returned to the upper echelon of the CUNY Athletic Conference. The women’s basketball finished the season with a resounding 18-9 overall record.