2012 Capital University Football

General Information
School: Capital University
City/Zip: Columbus, Ohio 43209
Founded: 1830
Enrollment: 3,850
Nickname: Crusaders
Colors: Purple and White
Stadium (Surface): Bernlohr Stadium (AstroPlay)
Capacity: 3,000
Conference: Ohio Athletic Conference (OAC)
President: Dr. Denvy A. Bowman (Roanoke, Va. ‘81)
Director of Athletics: Dr. Steve Bruning (Ohio ‘87)
Athletic Dept. Phone: 614-236-6209
Athletic Dept. Fax: 614-236-6178

History
First Year of Football: 1923
Overall Record: 368-361-27 (.487)
OAC Regular Season Titles: 1 (1987)
NCAA Playoff Appearances: 5
NCAA Playoff Record: 5-4 (.556)
Last Postseason Appearance: 2007 (First Round)
NCAA National Championships: 1 (1970)

Sports Information
Sports Information Director: Chris Lindeke
Office Phone: 614-236-6174
Office Fax: 614-236-6178
Cell Phone: 920-841-0568
E-mail: clindeke@capital.edu
Website: www.capital.edu/athletics

Coaching Staff
Head Coach: Henry Stanford
Alma Mater: Ohio State ‘98
Record at School/Yrs.: 10-10/2 years
Career Record/Yrs.: Same
Office Phone: 614-236-6184
E-mail: hstanfor@capital.edu

Assistant Coaches (Responsibilities)
Robert White (Offensive Coordinator, Offensive Line)
Jon Spring (Defensive Line)
Jamal Luke (Wide Receivers)
Adam Hicks (Quarterbacks)
Cory Fenner (Offensive Line)
Aaron Hayes (Tight Ends)
Jamar Martin (Running Backs)
Jared Zirillo (Specialists)
Mark C. Anthony (Defensive Backs)
Josh Bauman (Linebackers)
David Murray (Defensive Backs)

Team Information
2011 Overall Record: 5-5
2011 OAC Record/Finish: 5-4/T-4th
Final National Ranking: N/A
Basic Offense: Spread
Basic Defense: 4-3
Lettermen Returning/Lost: 45/20
Starters Returning:
  - Offense: 7
  - Defense: 8
  - Specialists: 2

2012 CAPITAL FOOTBALL SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>Sept. 1</td>
<td>Wittenberg</td>
<td>Bernlohr</td>
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<tr>
<td>Sept. 15</td>
<td>Marietta*%</td>
<td>Bernlohr</td>
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<tr>
<td>Sept. 22</td>
<td>at Ohio Northern*</td>
<td>Ada, Ohio</td>
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<td>Sept. 29</td>
<td>John Carroll*</td>
<td>Bernlohr</td>
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<td>Oct. 6</td>
<td>Heidelberg*#</td>
<td>Bernlohr</td>
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<td>Oct. 13</td>
<td>at Mount Union*</td>
<td>Alliance, Ohio</td>
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<td>Oct. 20</td>
<td>Baldwin-Wallace*</td>
<td>Bernlohr</td>
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<td>Oct. 27</td>
<td>Otterbein*^</td>
<td>Bernlohr</td>
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<td>Nov. 3</td>
<td>at Muskingum*</td>
<td>New Concord, Ohio</td>
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<tr>
<td>Nov. 10</td>
<td>at Wilmington*</td>
<td>Wilmington, Ohio</td>
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Home games in **BOLD**
* Indicates Ohio Athletic Conference match
% Take a Kid to a Game Day
# Homecoming Game
^ Senior Day
2012 Capital University Football

Key Returning Players (Offense)                  Key 2011 Statistics

David Howson  OL Sr.  6-3  250 Hudson/Trinity       6 GP/6 GS
Trevor McGowan OL So.  6-1  227 Northville, Mich./Northville 5 GP/4 GS
Troy Thompson  OL Sr.  6-1  280 Pickerington/Central 7 GP/5 GS
Anthony Colucci OL Jr.  6-2  250 Ashtabula/Lakeside 10 GP/10 GS
Matt DeMore   OL Sr.  5-11  240 Twinsburg/Twinsburg 10 GP/10 GS
Alex Coleman  WR Jr.  5-7  182 Columbus/Eastmoor Acad. 10 GP/5 GS, 28 rec., 272 yds., 3 TD
Mike Epstein  WR Sr.  5-7  160 Toledo/Sylvania Northview 1OGP/10 GS, 36 rec., 301 yds., 1 TD
Casey Meridieth RB Sr.  5-8  211 Toledo/Sylvania Northview 7 GP, 27 att., 59 yds. (2.2 avg.), 1 TD
Ryan Kremchek QB Jr.  5-11 180 Sylvania/Sylvania Northview 50-107 (46.7%), 527 yds., 2 TD, 8 INT
Nick VanMeter  K Sr.  5-8  170 Marion/Marion Pleasant 3-5 FG (39 long), 16-20 XP, 57.4 KO avg.

Key Returning Players (Defense)

Aaron Rittgers  DL Sr.  6-1  220 Pickerington/Central 10 GP/9 GS, 6.0 TFL, 1 sack, 1 blkd kick
Aaron Knisley  DL Sr.  6-1  215 Bexley/Bexley       10 GP/1 GS, 47 tkl, 4.0 TFL, 1 FF
Nate Nasrallah DL Sr.  6-0  250 Norton/St. Vincent-St. Mary 10 GP/5 GS, 38 tkl, 7.0 TFL, 8.0 sacks
Tyler Dugan   LB Sr.  6-0  180 Columbus/Groveport Madison 10 GP/10 GS, 58 tkl, 3.5 TFL, 1 FF
Domenic Hebebrand DB Jr. 5-9 180 Hinckley/North Royalton 9 GP/9 GS, 50 tkl, 1 INT, 2 FR
Ryan Neuberger DB Sr.  5-9  170 Milan/Edison 10 GP/10 GS, 42 tkl, 3 INT
Seth Nelson   DL Sr.  6-4  285 Columbus/Groveport Madison 10 GP/10 GS, 37 tkl, 4.5 TFL, 4 sacks
Andre Cousin  DB Jr.  5-2  170 Fostoria/Fostoria 10 GP/6 GS, 28 tkl
Jason Hutchins DL Sr.  6-1  200 Springboro/Springboro 4 GP/1 GS
Joseph Riley  P So.  5-11 145 Twinsburg/Twinsburg 21 punts, 40.0 avg (49 long)

Preview

The Capital University football team enters the season following a 5-5 campaign in 2011, including a 5-4 mark in the rugged Ohio Athletic Conference. It was the team’s 11th consecutive year with at least five wins and third in a row with a record above .500 in conference play. Head coach Henry Stanford returns for his third season at the helm with a career record of 10-10 (10-8 OAC).

Despite the loss of a number of seniors, including five all-league selections, Capital is set to return 45 letterwinners, including eight defensive starters, seven offensive starters and three special teamers (punter, kicker, long snapper). Honorable mention All-OAC picks Nate Nasrallah and Domenic Hebebrand are slated to return to lead the Crusaders. Nasrallah, a senior defensive lineman, led the team and tied for seventh in the OAC with eight sacks, while Hebebrand, a junior defensive back, placed fourth on the team with 50 tackles and had a combined 15 pass breakups and passes defensed.

Junior Ryan Kremchek projects to lead the offense at quarterback after appearing in five games a year ago. Kremchek, who threw for 527 yards in five games, will be flanked by two returning starters in senior wide receiver Mike Epstein and junior wide receiver Alex Coleman. Senior Casey Meridieth projects to take over as starting tailback after totaling 88 all-purpose yards a season ago. Four of the team’s five starting offensive linemen, as well as six who started games last year, also return to protect the league’s reigning No. 1 passing offense.

Defensively, Nasrallah will be joined by seniors Seth Nelson and Aaron Knisley on the starting defensive line, while senior Tyler Dugan is the team’s lone returning starter in the linebacker corps. Dugan finished second only to first team All-OAC selection Troy Spiker in tackles with 58, while Knisley and Nelson combined for 94 stops, including 9.5 for a loss. All four starters return in the secondary, including Hebebrand and senior Ryan Neuberger, who led the Crusaders with three interceptions.

Senior kicker Nick VanMeter and sophomore punter Joseph Riley form the kicking corps. VanMeter booted three field goals and averaged 57.4 yards per kickoff last season, while Riley averaged 40.0 yards per punt and pinned opponents inside the 20-yard line six times.

Capital opens the 2012 season on Sept. 1 against Wittenberg at Bernlohr Stadium, where the Crusaders will play six of their 10 games during the year.
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**Head Coach:** Henry Stanford (Ohio State, 1998)  
**Assistant Coaches:** Robert White (Offensive Coordinator/Offensive Line), Jon Sprig (Defensive Line), Jamal Luke (Wide Receivers), Adam Hicks (Quarterbacks), Cory Fenner (Offensive Line), Aaron Hayes (Offensive Line/Tight Ends), Jamar Martin (Running Backs), Jared Zirillo (Special Teams), Mark C. Anthony (Defensive Backs), Josh Bauman (Linebackers), David Murray (Defensive Backs)
Henry Stanford was named the 10th head coach of the Crusader football program on March 11, 2010, after two seasons as an assistant coach with the program.

Stanford guided Capital to a 5-5 overall record, including a 5-4 mark in the Ohio Athletic Conference, in 2011. Seven players were selected to the All-OAC teams, including senior Matt White, who finished his career as the program’s all-time leader in receiving yards. The Crusaders used their passing offense, which ranked No. 1 in the league in yards per game, to pick up impressive comeback wins over second-place Baldwin-Wallace (Sept. 24) and local rival Otterbein (Oct. 15).

In his first season at the helm he led the Crusaders to a 5-5 record. Even more impressive was Capital’s winning record in the always competitive OAC with a 5-4 mark. Stanford’s highlights in his first year as a head coach included Capital’s 23-13 win over rival Otterbein as well as the team’s back-to-back wins over OAC teams to close out the season.

Stanford has been on campus since the start of the 2008 season as an assistant coach on the offensive side of the ball, serving as the offensive coordinator last fall. Under his guidance the CU spread offense ranked second in the OAC in total offense, passing yardage, first downs and fewest sacks allowed while recording just the second 1,000 yard rusher in school history. Stanford was named the OAC Assistant Coach of the Year after overlooking an offense that averaged over 34 points per contest. The Crusaders went 7-3 to cement their eighth winning season of the decade in 2009.

Stanford took over a program that just completed its most successful decade in school history with 72 wins and three trips to the NCAA Tournament, a record that places Capital in the top two football programs in the conference. The Crusaders are also one of just 10 programs in Division III to be nationally ranked in seven consecutive seasons.

“The vision at Capital has always been to pursue greatness in every area of our program. Those efforts will continue with a successful spring ball session over the next few weeks,” Stanford said. “We will leverage our position as a top private university in the Midwest with a nationally ranked football program to attract talented student-athletes to attend Capital.”

Stanford also served as the recruiting coordinator of CU football for the past two seasons and has 14 years of collegiate coaching experience dating back to his days as a student assistant coach for Ohio State during the Buckeyes’ 1996 and 1998 Big Ten Championship teams. He came to Capital in 2008 after spending the previous four years at Elmhurst College, in Illinois, including three seasons as associate head coach, recruiting coordinator and offensive coordinator. Overall, Stanford has coached 39 All-Conference selections in the past 14 years. Stanford was also a member of the staff that coached Tennessee Titans wide receiver Nate Washington, who played an essential role on two Super Bowl championship teams with the Pittsburgh Steelers.

During his time at Elmhurst, the Blue Jays won 22 games and were near the top of the conference annually in scoring, passing, rushing and third-down conversions. Stanford coached 12 All-Conference selections at Elmhurst to follow up a successful coaching career that has included stints at Tiffin (1999 and 2003), Otterbein (2000 and 2001) and Kenyon (2002). He also served as an intern coach for the NFL’s Cincinnati Bengals during training camp in 2007.

“The students that I have worked with make coaching a dream job because they are truly student-athletes who believe in the balance between academics and athletics,” Stanford said. “The ability to guide students during the next four years of their lives is exciting. However, our program will help them prepare for a meaningful, well-rounded life.”

Capital University Football Playoff History

1987
First Round (Dayton, Ohio)
Dayton .......................................................... L, 52-28

2006
First Round (Columbus, Ohio)
Wittenberg ..................................................... W, 31-14
Second Round (Columbus, Ohio)
North Central .................................................. W, 41-13
Quarterfinals (Alliance, Ohio)
Mount Union .................................................... L, 17-14

2005
First Round (Naperville, Ill.)
North Central ............................................... W, 21-19
Second Round (Crawfordsville, Ind.)
North Central ............................................... W, 21-19
Quarterfinals (Alliance, Ohio)
North Central ............................................... L, 34-31

2007
First Round (Whitewater, Wis.)
UW-Whitewater .............................................. L, 34-14
**Capital University Combined Team Statistics (as of Aug 09, 2012)**

### All games

#### Record:
- Overall: 5-5
- Home: 2-2
- Away: 3-3
- Neutral: 0-0

**Team Statistics**
- **CAPFB**
  - FIRST DOWNS: 210
  - Rushing: 56
  - Passing: 134
  - Points: 115
  - RUSHING YARDAGE: 916
- **OPP**
  - KICK RETURNS: 150-410
  - PUNT RETURNS: 16-106
  - INT RETURNS: 11-39
  - FUMBLES-LOST: 10-7
  - PENALTIES-L-YARDS: 53-534
  - PUNTS-AVG: 47-35.0
  - TIME OF POSSESSION: 28:56

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### Schedule

- **10/05/11**
  - MUSKINGUM UNIVERSITY 5-4 2266
  - Ohio Northern 20-30 2205

- **10/12/11**
  - MUSKINGUM UNIVERSITY 10-7 2551
  - Ohio Northern 20-25 2305

- **10/19/11**
  - MUSKINGUM UNIVERSITY 20-38 2225
  - Ohio Northern 30-33 2505

- **10/26/11**
  - MUSKINGUM UNIVERSITY 10-7 2551
  - Ohio Northern 20-30 2205

- **11/02/11**
  - MUSKINGUM UNIVERSITY 10-7 2551
  - Ohio Northern 20-30 2205

- **11/09/11**
  - MUSKINGUM UNIVERSITY 10-7 2551
  - Ohio Northern 20-30 2205

- **11/16/11**
  - MUSKINGUM UNIVERSITY 10-7 2551
  - Ohio Northern 20-30 2205

### Scoring

- **Field Goals**
  - Nick VanMeter 3-5 50.0 60.0 0.0 2.2 2.3 0.0 43 0.0

- **Scoring**
  - TD: 274
  - FG: 198

### Statistics

- **Average Per Game**
  - Rushing Attempts: 318
  - Average Points: 19.6
  - Average Points: 153.1

- **Average Per Rush**
  - Average Points: 2.9
  - Average Points: 3.9

- **Total Rushing**
  - Average Points: 91.6
  - Average Points: 153.1

- **TDs Rushing**
  - Average Points: 10
  - Average Points: 11

- **PASSING YARDAGE**
  - Average Points: 2602
  - Average Points: 2659

- **Comp-Att-Int**
  - Average Points: 248-343-19
  - Average Points: 182-307-11

- **Average Points**
  - Rushing: 6.4
  - Average Points: 14.1

- **Average Points**
  - Average Points: 260.2
  - Average Points: 258.9

- **Total OFFENSE**
  - Average Points: 3518
  - Average Points: 410.0

- **Average Per Play**
  - Average Points: 17.7
  - Average Points: 41.7

- **KICK RETURNS: # Yards**
  - Average Points: 51-903
  - Average Points: 40-735

- **PUNT RETURNS: # Yards**
  - Average Points: 16-106
  - Average Points: 28-238

- **INT RETURNS: # Yards**
  - Average Points: 11-39
  - Average Points: 19-222

- **FUMBLES-LOST**
  - Average Points: 10-7
  - Average Points: 16-12

- **PENALTIES-L-YARDS**
  - Average Points: 53-534
  - Average Points: 71620

- **PUNTS-AVG**
  - Average Points: 47-35.0
  - Average Points: 41-37.5

- **3RD-DOWN Conversions**
  - Average Points: 83170
  - Average Points: 63146

- **4TH-DOWN Conversions**
  - Average Points: 8225
  - Average Points: 1228

- **Interceptions**
  - Nick VanMeter 24 808 33.7 47 0 6 0 1
  - Joseph Riley 21 839 40.0 49 5 1 6 0 1
  - Josh Anderson 1 2 2.0 2 0 0 0 0 0
  - Andre Cousin 1 -1 -1.0 0 0 0 0 0 0

- **Punting**
  - Alex Coleman 12 108 9.0 0 45 0 45 0 45
  - Ethan Benningto 2 -3 -1.5 0 0 0 0 0 0
  - Josh Anderson 1 2 2.0 2 0 0 0 0 0
  - Andre Cousin 1 -1 -1.0 0 0 0 0 0 0

- **Kick Returns**
  - Josh Anderson 22 413 18.8 0 45 0 45 0 45
  - Antoine Roberts 17 296 17.4 0 29 0 29 0 29
  - Alex Coleman 7 125 17.9 0 23 0 23 0 23
  - Garrett Bennington 3 48 16.0 0 38 0 38 0 38
  - Ryan Neuberger 3 15 5.0 0 15 0 15 0 15
  - Gene Rucker 1 -6 -6.0 0 6 0 6 0 6
  - Total 51 903 17.7 0 43 0 43 0 43
  - Opponents 26 238 9.2 0 48

- **All Purpose**
  - Nick VanMeter 24 808 33.7 47 0 4 6 0 1
  - Joseph Riley 24 839 40.0 49 5 1 6 0 1
  - Josh Anderson 1 2 2.0 2 0 0 0 0 0
  - Andre Cousin 1 -1 -1.0 0 0 0 0 0 0

- **Total Offense**
  - Opponents 10 248 2602 18 45 260.2

- **Total Points**
  - Opponents 10 248 2602 18 45 260.2

- **Total Time**
  - Opponents 10 248 2602 18 45 260.2

- **Total Yards**
  - Opponents 10 248 2602 18 45 260.2
### Capital University Overall Defensive Statistics (as of Aug 09, 2012)

#### All games

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<td>58-240</td>
<td>27-165</td>
<td>19-222</td>
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Capital University Football: A Tradition of Success

1970 STAGG BOWL CHAMPION

1987 OAC CHAMPION


Capital University Football Honor Roll

All-Americans

1949.................................................................Bob Kennedy, G
1957...............................................................Ed Garver, HB
1966.................................................................Murphy Moultry, LB
1967.................................................................Ken Pleger, T
1967.................................................................Leon Simpson, DE
1974.................................................................Greg Arnold, T
1978.................................................................Tom McCurdy, G
1979.................................................................Russ Reynolds, G
1980.................................................................John Phillips, T
1987.................................................................Steve Wigton, C
1987.................................................................Mike Eberhart, LB
1988.................................................................Keith Szanto, DB
1990.................................................................Bill Kaikis, DB
1991.................................................................Bill Fannin, DT
1993.................................................................Tom Trace, OT
2001.................................................................Ron Swearingin, LB
2002.................................................................Kyle Hausler, S
2003.................................................................Tom Doyle, C
2004.................................................................Kyle Hausler, DB
2005.................................................................Shawn Papp, OL
2006.................................................................Matt Spitz, PK
2007.................................................................Adam Persing, OL
2008.................................................................Joel Sickmeier, LB
2009.................................................................George Troutman
1983...............................................................Mike Linton
1985...............................................................Todd Fisher
2002...............................................................Trevor Alexander

OAC Mike Gregory Award (Top OL/QB/RB)

1957.................................................................Ken Pleger
1974...............................................................Greg Arnold
1980...............................................................Steve Wigton
1987...............................................................Keith Willike
2006...............................................................Rocky Pentello

OAC Ken Wable Award (Top OL)

2009...............................................................Cory Dutcher

OAC Paul Hoernemann Award (Top DL)

1987...............................................................Mike Eberhardt
1988...............................................................Mike Kauffeld

OAC Lee Tressel Award (Top DB)

1987...............................................................Keith Szanto
1991...............................................................Bill Kaikis
1998...............................................................Sean Kelly
2005...............................................................Kyle Hausler
2007...............................................................James Starks

OAC Gene Slaughter Award (Top LB)

2003...............................................................Ron Swearingin
2008...............................................................Pete Ankrom
2010...............................................................Sam Jacobs

OAC Coach of the Year

1970...............................................................Gene Slaughter
1987...............................................................Roger Welsh
2001...............................................................Jim Collins
2003...............................................................Jim Collins
2006...............................................................Jim Collins

OAC Assistant Coach of the Year

2002...............................................................Jim Bickel
2007...............................................................Jim Bickel
2009...............................................................Henry Stanford