

Montclair State University participates in 21 varsity sports that compete on the intercollegiate level. The Red Hawks compete on the National Collegiate Athletic Association (NCAA) Division III level, and are also members of the Eastern College Athletic Conference (ECAC) and the New Jersey Athletic Conference (NJAC).

The Montclair State football team posted a 9-2 mark, captured its 16th New Jersey Athletic Conference championship and advanced to the second round of the NCAA Division III Playoffs. MSU, defeated Allegheny College, 20-19, in the first round before falling to Ithaca College. John DiGirolamo was named the NJAC's Offensive Player of the Year while head coach Rick Giancola was chosen Coach of the Year. Senior linebacker Ray Meyer and junior defensive back/kick returner Shawn Murray were named to several All-American teams.

The Montclair State field hockey team earned the program's first NCAA Division III Tournament berth as they posted a 15-5 mark. The Red Hawks defeated New England College in the first round of the tournament, 7-1 before falling to eventual national runner-up Middlebury College. Seniors Megan Ulicny and Jen Carbonaro were named to the National Field Hockey Coaches Association All-American Team and both became the first MSU representatives to play in the NFHCA Senior All-Star Game. Ulicny was named the NJAC Midfielder of the Year while head coach Beth Gottung was selected NJAC and NFHCA South Atlantic Region Coach of the Year.

The Red Hawk men's soccer team earned its third ECAC Division III Metro championship as MSU blanked Ramapo College, 1-0, in the title game. Freshman Ryan Morgan, who scored the game-winning goal, was named the Most Valuable Player of the tournament as Montclair State finished 16-3-4, the most victories in a season since 1991. Sophomore defender Mike Hogan was named to the National Soccer Coaches Association All-American Team.

The Montclair State wrestling team posted an 11th place showing at the NCAA Division III championships. Senior Eduard Aliakseyenka became just the third four-time All-American in the history of the program as he finished second at 174 pounds. Senior Dennis Gaul also garnered All-American honors as he placed fifth at 184 pounds.

The Montclair State softball team captured its fifth straight ECAC Division III South softball championship as the Red Hawks defeated Ursinus, 6-0 in the title contest. Sophomore Athansia Totaro was named the Most Valuable Player of the tournament. The championship capped off a tremendous season for MSU, which finished 34-10, in their inaugural season at the new state-of-the-art Montclair State University Softball Stadium.

Montclair State men's lacrosse made it two straight ECAC Division III Metro championships as the Red Hawks defeated Richard Stockton, 13-3 in the title contest. Freshman goalkeeper Alan Annazone was named the Most Valuable Player as Montclair completed its most successful season since 1989 with a 14-3 record.

The MSU men's track and field team earned All-American honors in both the indoor and outdoor season. Freshman Lance Wigfall earned two honors as he placed fourth in the 400 meters at the NCAA Division III Outdoor Championships and then helped the 4x400 relay team to a fourth-place finish in that event. In the indoor season, the 4x400 relay quartet also earned All-American honors at the NCAA Division III Indoor Championships.

Seventy-five Red Hawk varsity athletes were named All-Conference Teams in 2003-04 while five athletes were named Players of the Year (John DiGirolamo – Football, Megan Ulicny – Field Hockey, Stephanie Sabaliauskas – Women's Soccer), Ed Hamilton – Indoor Track, Lance Wigfall – Outdoor Track) with two others earning Rookie of the Year honors (Stephanie Machin – Women's Basketball, Kristen Kuhmann – Women's Lacrosse). Four other athletes – Scott Wisniewski (football) and Stephanie Sabaliauskas (soccer) were named to the NJAC All-Academic First Team while Alaeddin Homsi (track) and Sarah Levine (field hockey) were chosen Second Team. Sabaliauskas was selected to the Co-SIDA Academic All-District Team while Eduard Aliakseyenka earned Academic All-America honors in wrestling.

In addition to Sabaliauskas and Aliakseyenka, Montclair had eight members named to the National Field Hockey Coaches Association National Academic Squad and inducted 24 student-athletes in into the National College Athlete Honor Society (Chi Alpha Sigma) in 2004.

Sixteen MSU athletes in all earned All-America accolades and four coaches were named Coach of the Year by the NJAC (Giancola – Football; Gottung - Field Hockey; Eileen Blair – Women Soccer; Bennie Benson – Men's Indoor Track).

The University sponsors the following sports:

Sport	Men	Women	Conference
Baseball	X		New Jersey Athletic Conference
Basketball	X	X	New Jersey Athletic Conference
Cross Country	X	X	New Jersey Athletic Conference
Field Hockey		X	New Jersey Athletic Conference
Football	X		New Jersey Athletic Conference
Indoor Track & Field	X	X	New Jersey Athletic Conference
Lacrosse	X	X	Knickerbocker Conference
Soccer	X	X	New Jersey Athletic Conference
Softball		X	New Jersey Athletic Conference
Swimming/Diving	X	X	New Jersey Athletic Conference
Outdoor Track & Field	X	X	New Jersey Athletic Conference
Tennis		X	New Jersey Athletic Conference
Volleyball		X	New Jersey Athletic Conference
Wrestling	X		Metropolitan Conference