

Track and field ready for round two

by Scott Soltis
staff writer

The Lions' track and field team will travel to Fredonia on Saturday to compete in their first scored meet of the indoor season. Two weeks ago, the Lions participated in a non-scored meet at Fredonia and had a solid showing.

"Practices have been going well for the past two weeks and the teams are anxious to compete at Fredonia," said coach Dave Cooper.

The team's enthusiasm will be on display versus teams from Brockport State, Fredonia, Mansfield State, and Roberts Wesleyan.

The team was impressive in a similar meet two weeks ago, with the men placing in three events and setting numerous records. The women are also building on a tremendous effort in which they took a place and set many new school records. The team is excited to finally compete in their first scored meet of the season.

The men will have competitors in all events, with the only possible exception a throwing event. The women will compete in all of the track events, but only the triple jump in the field events, due to small numbers. The Lions took 29 athletes to the unscored meet, but will take 36 competitors for Saturday's scored meet.

The team hopes to build on the foundation established at its first meet and during the offseason. Cooper said that they hope to make

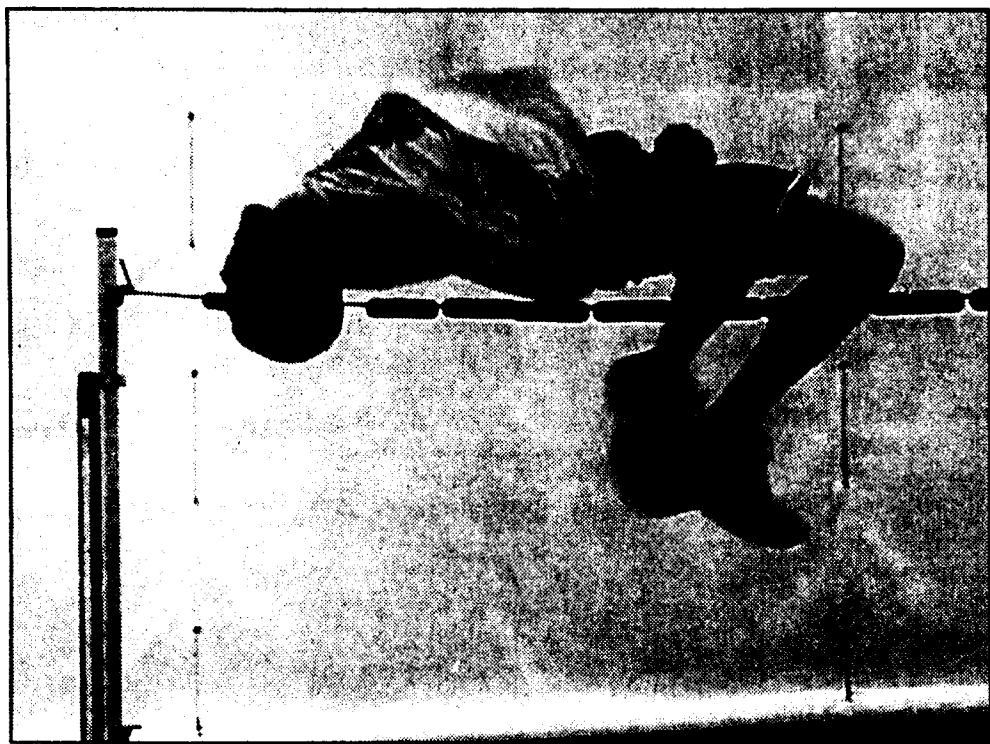


PHOTO BY MIKE BELLO / BEHREND BEACON

Senior Jay Davids practices his high jump technique in preparation for Behrend's meet at Fredonia on Saturday. The Lions will look to build upon the success of their first meet at Fredonia two weeks ago.

a significant impact as a team at this event. The team is optimistic that it will improve from their already stellar beginning.

The Lions will fight four other teams on Saturday, so places will be difficult to attain. Any

new records set this weekend will create marks for the athletes to strive towards, and every place the players can achieve will create momentum to carry them through the season.

Evolution of the football helmet

From the early days of the game to the modern plastic shell, the evolution of the football helmet has changed the way the game is played. The National Football League.

1920s
Head completely covered for first time; improved padding at crown, reinforced leather bands across top

1930s
Become mandatory; some modified to a boxer's training headgear; colors introduced

1940s
Modified leather helmets gradually replaced by plastic ones, which become conventional by late 1940s

Today
Hard plastic shell, inflatable liner to protect against head injury; face shield varies by position

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the 200 free with a time of 1:50.61. Heynes, though, kept a positive outlook to the men's loss.

"Even though it was a loss, I know for a fact that we can beat them at conference," said Heynes.

Against W & J, Justin Lucas won the 1000-yard freestyle with a time of 10:25.58, beating his opponent by less than one-tenth of a second. Doody won the 200-yard backstroke in 2:02.45, 20 seconds better than the W & J swimmer.

Lucas Dushac scored two wins, in the 200-yard IM (2:06.87) and 200-yard breaststroke (2:20.06).

On the women's side, Williams won the 200 backstroke with a time of 2:19.96. Tara Braden was the only other winner, capturing first place in the 200 breaststroke.

Heynes claimed that if the men continue to swim the way they are, they will place more people in finals at conference than Frostburg will.

Frostburg may have more people on the team, but Heynes expects them to only have three to four people make it to finals, but Behrend expects to have six to eight people make it.

"We are just thinking one week at a time but everybody is looking forward to conferences," said Ben Atkins, team captain. "It is the big meet that we have trained all year for. Both sides stand a chance of winning the AMCC and only being a second year team that would be a huge accomplishment."

"Also, this meet will be the last chance for people to qualify for ECACs or nationals. We have a few people that are close. Everybody has improved a lot throughout the season, and it seems most people just keep getting faster."

Heynes thinks the same way. "I feel very confident that the team will turn some heads this year," he said. "All the hard work they have put in will pay off, but they just

have to see the light at the end of the tunnel. The team will be able to look back [and] see what they have accomplished over one short year."

"All the morning practices, all the Saturday practices, coming back early from Christmas break...all the sacrifices they have made will not have been made in vain. Everyone has been stepping up, and does something out of the ordinary each week."

The Lions will look ahead to the next meet against Nazareth on Wednesday, and Penn State Altoona on Feb. 9, both at home.

"I think the final meets could be close," said Atkins.

"Last year we beat Altoona and it would be nice to do the same again this year, and end the dual meet season with a win. We started the season with a win, and it would be nice to end that way, too."

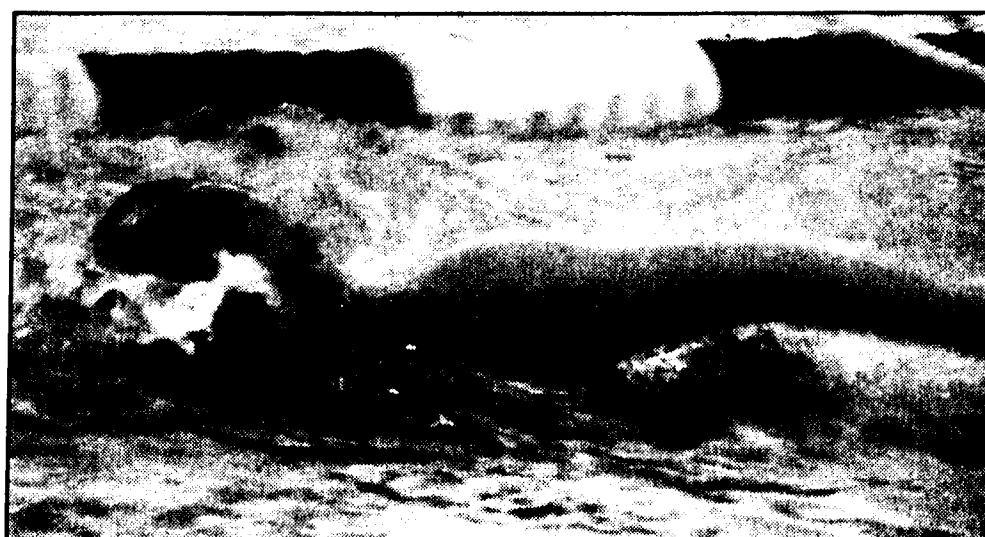


PHOTO BY MIKE BELLO / BEHREND BEACON

Freshman Amy Jaskolski was one of four swimmers who competed in the 400-yard* free relay against W & J on Wednesday. The Lions lost 108-81.

THE BEACON SCOREBOARD

THE BEHREND SPORTS SCENE

Women's Basketball			Men's Basketball			Women's Basketball Stats			Men's Basketball Stats			<div style="text-align: center;"> <h1>PENN STATE BEHREND LIONS</h1> </div>
School	C.R.	Overall	School	C.R.	Overall	Player	PPG	RPG	Player	PPG	RPG	
Penn State Altoona	6-2	11-6	Pitt-Bradford	8-0	15-3	Erin Phillips	16.8	7.7	James Curren	13.7	7.5	
Penn State Behrend	6-2	10-10	Penn State Behrend	6-2	13-6	Kate Costanzo	12.6	4.9	Steve Merrill	11.3	3.3	
Pitt-Greensburg	5-3	6-12	Frostburg	5-2	9-9	Erica Mozdy	9.4	5.5	Casey Ponsoll	11.2	3.3	
La Roche	3-3	9-6	La Roche	2-4	6-11	Christine Charnock	8.1	3.7	Dave Hairston	8.5	6.7	
Pitt-Bradford	3-5	6-13	Pitt-Greensburg	3-5	6-12	Crystal McGarvey	5.9	3.8	Randy Conley	7.2	3.7	
Frostburg	2-5	5-13	Lake Erie	1-6	7-13	Katie Weigold	4.1	2.1	Matt Keith	4.3	1.6	
Lake Erie	1-6	2-15	Penn State Altoona	1-6	1-18	Carly Cochran	3.8	1.9	Tom Lulich	4.1	2.1	

THE NATIONAL SPORTS ARENA

National Basketball Association League Leaders					Division I College Basketball AP Top 25					National Hockey League League Leaders					
Points Per Game (PPG)					Men's Basketball					Points (Pts)					
Player	Team	POS	PPG	Blocks (BLK)	Team	Record	Points	Player	Team	POS	Pts	Assists (Ass.)			
1 A Iverson	PHI	G	30.1	1 B Wallace	DET	F-C	140	1 J Iginla	CGY	RW	58	1 A Oates	WSH	C	41
2 P Pierce	BOS	F-G	26.6	2 R LaFrentz	DEN	C-F	129	1 M Naslund	VAN	LW	58	2 J Roenick	PHI	C	36
3 K Bryant	LAL	G	26.3	3 D Mutombo	PHI	F-C	120	3 J Thorton	BOS	C	56	3 J Thorton	BOS	C	35
4 S O'Neal	LAL	C	26.0	4 T Duncan	SA	C	119	4 K Tkachuk	STL	LW	55	3 R Francis	CAR	C	35
5 V Carter	TOR	G-F	25.6	5 P Gasol	MEM	C	106	4 P Demitra	STL	RW	55	5 J Sakic	COL	C	34
Rebounds Per Game (RPG)					Steals (S)					Goals					
Player	Team	POS	RPG	Player	Team	POS	S	Player	Team	POS	Goals	Bud Light Plus/Minus (+/-)			
1 T Duncan	SA	F-C	12.9	1 A Iverson	PHI	G	93	1 J Iginla	CGY	RW	32	1 C Chelios	DET	D	33
2 D Fortson	GS	F	12.6	2 L Hughes	GS	G	87	2 B Shanahan	DET	LW	29	1 S Gagne	PHI	LW	31
3 K Garnett	MIN	F	11.8	3 J Kidd	NJ	G	86	3 B Guerin	BOS	RW	28	3 J Roenick	PHI	C	29
4 B Wallace	DET	F-C	11.7	4 D Armstrong	ORL	G	85	3 M Sundin	TOR	C	28	4 E Weinrich	PHI	D	24
4 D Mutombo	PHI	C	11.7	4 K Malone	UT	F	85	5 E Daze	CHI	LW	27	5 M Nylander	CHI	C	23
Assists Per Game (APG)					Free Throw Percentage (FTP)					Goals Against Average (GAA)					
Player	Team	POS	APG	Player	Team	POS	FTP	Player	Team	POS	Yds	Save Percentage (%)			
1 A Miller	CLE	G	10.3	1 T Brandon	MIN	G	.987	1 T Conklin	EDM	G	1.62	1 T Conklin	EDM	G	.939
2 J Kidd	NJ	G	9.9	2 R Miller	IND	G	.921	2 I Bryzgalov	ANA	G	1.88	2 M Legace	DET	G	.931
3 G Payton	SEA	G	9.1	3 C Whitney	WAS	G	.903	3 J Storr	LA	G	1.89	2 N Khabibulin	TB	G	.931
4 J Tinsley	IND	G	8.8	4 R Hamilton	WAS	G-F	.897	4 P Roy	COL	G	1.95	4 J Theodore	MTL	G	.926
5 B Davis	CHA	G	8.7	5 T Hudson	ORL	G	.888	5 M Legace	DET	G	1.97	5 P Roy	COL	G	.923
Field Goal Percentage (FGP)					3-Pt. Field Goal Percentage (FGP)					Penalty Minutes (PM)					
Player	Team	POS	FGP	Player	Team	POS	FGP	Player	Team	POS	PM	Shots on Goal			
1 S O'Neal	LAL	C	.563	1 S Smith	SA	G-F	.537	1 P Worrell	FLA	LW	208	1 B Guerin	BOS	RW	244
2 D Marshall	UT	F	.558	2 W Person	CLE	G-F	.485	2 K Sawyer	ANA	LW	175	2 B Rolston	BOS	C	242
3 D Davis	POR	C-F	.532	3 E Piatkowski	LAC	G-F	.458	3 A Nazarov	PHX	RW	169	3 P Bondra	WSH	RW	240
4 T MacCulloch	NJ	C	.530	4 M Redd	MIN	G	.457	4 D Lambert	ANA	LW	165	4 M Naslund	VAN	LW	212
4 A Mourning	MIA	C	.530	5 H Davis	WAS	G	.450	4 T Fleury	NYR	RW	165	5 P Kariya	ANA	LW	211

OTHERS RECEIVING VOTES
Oregon 95, North Carolina St 46, Xavier 39, Hawaii 35, Texas 35, Western KY 27, Marquette 26, Temple 17