

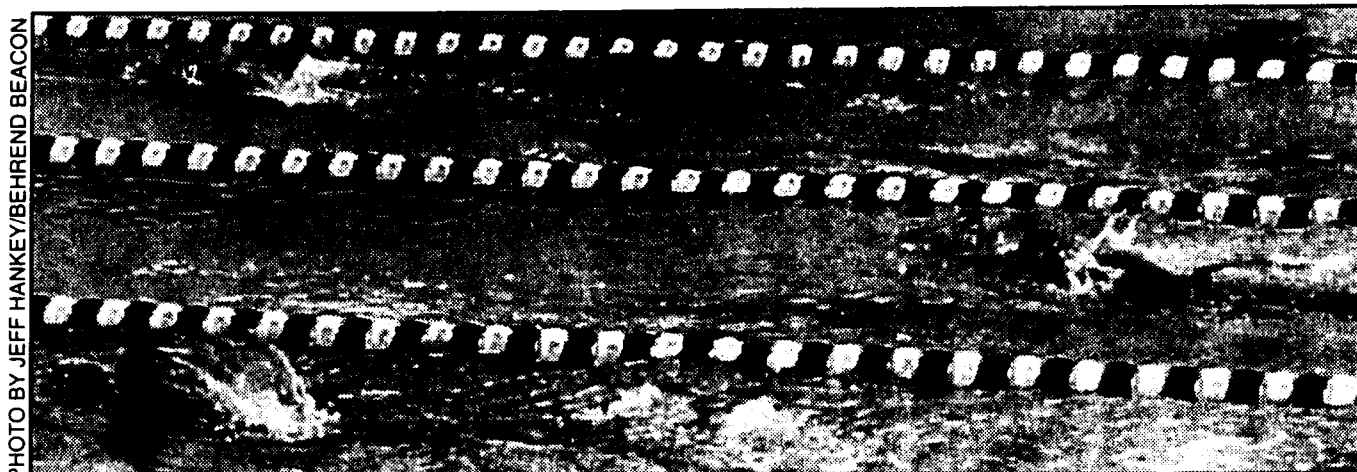
## Men swimmers roll on; women struggle

by Amy Frizzell  
staff writer

Over the weekend the Behrend swim team took on Misericordia and Frostburg State in a two-day battle. The men's team took home the win against Misericordia on Friday, 105-77; and then finished off the weekend with another win against Frostburg on Saturday, 117-112. "The pool was warmer than normal. Everyone found it harder to swim in," said Carl Ward, freshman swimmer of Friday's meet against Misericordia.

The team was able to work through it, with first-place finishes coming from freshman Jeff Howard in the 800 free, Ward in the 200 free and also in the 100 m butterfly and freshman JR DeLorenzo in the 100 m backstroke. Behrend also swept first, second and third place in the 1650 with personal bests coming from first-place finisher DeLorenzo, second-place finisher Howard and third-place finisher Ward.

The men then were able to keep up the pace on Saturday with more personal bests leading the team. Ward set new team records in the 200 free and 200 butterfly. The 200 medley relay team consisting of DeLorenzo, sophomore Eric



Two Washington and Jefferson swimmers lead a Behrend swimmer (right) as W&J set many pool records on Wednesday.

Phillips, Ward and freshman Travis Kochele also set a new team record.

When asked about the meet Ward replied, "It was a tough meet. We feel great about it. The team has now achieved the best record we've ever had at 8-1"

Despite hard work the women fell just short of a win on both Friday and Saturday; falling to Misericordia 117-75, and then to Frostburg 135-93.

Leading the women's team were junior Tara Braden in the 1650 freestyle, freshman Carrienne Carstater in the 50 freestyle; and also the 400 free relay team

of sophomore Jana Bahnak, junior Sarah McGarvey, junior Melissa Donnelly, and freshman Loren Stachowiak.

On Saturday, sophomore Christine Williams led the way placing first in all of her events 200 free, 100 m back, and 200 medley. Placing with Williams in the medley were Carstater, Bahnak, and Stachowiak. And finally in the 100 free Carstater took first. The women's team record is now 1-8.

"Coach focuses on each person's individual needs and skills and with his experience he is able to help each swimmer to increase their skill," Ward said of

preparation for the team's upcoming meet on Saturday, February 1st at Grove City College.

The team will also be working hard to improve its skills for its upcoming invitational in Pittsburgh on Saturday, Feb. 8. "The team has been able to pull it together during hard times. We are just hoping to focus as a team and help each other to be more successful in the upcoming meets and invitational," said Ward.

## Lions on fast track to success

by Lauren Packer  
assistant sports editor

Intense? Check.  
Strong? Check.  
Fast? Check.

Record breakers? Double check, triple underscore, and highlight.

The men and women of the indoor track and field teams are on a mission this season. No indoor record is safe with this year's squads.

"So far, we have broken 10 different Behrend records. I look for 12 or 13 to go in the next two meets. We should see more athletes qualifying for ECACs also," said head coach Dave Cooper.

Coming off a spectacular performance at Fredonia last weekend, the teams headed into Saturday's meet at Slippery Rock with a work ethic and intensity second to none.

"The athletes are very intense. There

is a lot of competition going on in practices," said Cooper.

"We are seeing improvements in nearly all events."

One of the biggest improvements came from triple-jumper Shane Rock. The freshman annihilated his jump from the Fredonia meet. Rock unloaded on his jumps at Slippery Rock to go two feet further and come within inches of qualifying for ECACs.

Cooper said four of Rock's jumps exceeded 42 feet, with Rock's best being 42-10.

The men's team is young, but has a lot of new talent to add to the already talented team. Rock, along with freshman Corey Poulsen, Matt Beckman, and Jim Kusick add strength and technique to the men's squad. Sophomores Donnie Hackworth and Steve Feder also complement the ability of the older runners.

Poulsen set the Behrend shot put

record last week at Fredonia and then broke it this week at Slippery Rock, with a throw of 42-7.

Pole vaulters Beckman, Kusick, Hackworth and Feder all cleared the previous pole vault record of 13-0. Kusick and Feder didn't stop at 13-0, they both went on to top 13-6.

Cooper said the Lions are a work in progress.

"Track is an ongoing process where the athletes are hoping to improve all season long, into the outdoor season. In the field events, technique is a constant factor. Or the runners, it is training for continued improvements in speed and endurance."

"On the women's side, we are thin on numbers and it causes us to stretch the runners pretty thin in meets," said Cooper.

Whatever the numbers, the women don't seem to be slowing down for any-

one.

Cooper's philosophy of training for speed and endurance especially helped Jessica Sarver and Jess Knapp. Sarver set the record for the mile and Knapp set the record for 3000 meters.

The success on the track then continued in the field events for the women. Pole vaulter Alison Nichols kept up with her male counterparts and also set a new record in the pole vault, clearing 9-0.

The Lions head back to Fredonia this weekend for the second time in three weeks. With only five days of practice under their shoes, Behrend broke six records. Now, with three weeks of practice and two meets left, Cooper is looking to shatter more records and more ECAC qualifiers.

### BEHREND SPORTS BRIEFS

#### BEHREND SPORTS SCENE

##### Men's Basketball

The Lions are atop the AMCC standings. They are 5-1 in conference play.

Behrend leads the AMCC in free throw percentage with 73.4 percent.

Casey Ponsell is fourth in the AMCC for 3 point field goal percentage with 41.8 percent.

##### Women's Basketball

The Lady Lions are atop the AMCC standings after beating previous No. 1 Pitt-Greensburg.

Behrend has the second-ranked scoring defense in the AMCC, allowing only 59.8 points per game.

#### NATIONAL SPORTS NEWS

##### Coaching Changes

The Detroit Lions have fired second year coach Matt Millen. The team is expected to hire recently unemployed 49ers head coach Steve Mariucci.

Brian Trotter was fired in the middle of his rookie coaching season for the New York Rangers. The team's general manager has taken over the position.

##### NCAA Basketball

The Arizona Wildcats are the No. 1 team in college basketball according to the latest ESPN/USA Today poll. Pitt ranks second.

The Duke Blue Devils are atop the women's poll. Duke is followed closely by Connecticut. Both teams boast a perfect record of 16-0.

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Calendar of  
Events

**Behrend  
Athletic  
Events**

**Friday, Jan. 31**  
Men's & Women's  
Swimming & Diving  
@ Nazareth, 6 p.m.

**Saturday, Feb. 1**  
Men's & Women's  
Swimming & Diving  
vs. Grove City, 1 p.m.

Women's Basketball  
vs. Altoona, 2 p.m.

Men's Basketball  
vs. Altoona, 4 p.m.

Men's & Women's  
Indoor Track & Field  
@SUNY Fredonia  
Invitational  
TBA

**Sunday, Feb. 2**  
Women's Basketball  
vs. Buffalo State, 2 p.m.

**Wednesday, Feb. 5**  
Women's Basketball  
@ Pitt-Bradford, 6 p.m.

Men's Basketball  
@ Pitt-Bradford, 8 p.m.

**Intramurals  
Schedule**

**Arena Football**  
Men's & Women's  
Entries Due Friday,  
Feb. 7  
Games Begin Feb. 11

**Swimming**  
Men's, Women's, & COED  
Entries Due Friday,  
Feb. 21  
Meet Date TBA

**Volleyball**  
4 on 4 COED  
Entries Due Friday,  
Feb. 28  
Games begin Tuesday,  
March 4

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