

Calendar of Events

Behrend Athletic Events

Saturday
Men's and Women's Indoor Track & Field, TBA

Women's Basketball @ LaRoche, 6 p.m.

Men's Basketball @ LaRoche, 8 p.m.

Monday
Women's Basketball vs. Grove City, 7 p.m.

Tuesday
Men's Basketball @ Carnegie Mellon 7:30 p.m.

Thursday
Men's and Women's Swimming & Diving, @ Grove City, TBA

Men's Basketball vs. Medaille, 7:30 p.m.

Intramurals Schedule

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

Men's, Women's, COED Entries Due March 7 Games begin March 18

WE ARE PENN STATE

Blue and White sing the blues

by Lauren Packer
assistant sports editor

In baseball, basketball, softball, and about any other sport it's called a slump. In swimming, it's called the pre-taper blues.

Any way you put it, these aren't places athletes want to be.

Unfortunately, Behrend swimmers found themselves singing those blues this past weekend at the Pittsburgh Panther Collegiate Invitational. A time trial meet, it was one of the Lions last chances of the season to get more swimmers qualified for the ECAC championships.

However, both Behrend teams swam slower than normal and head coach Josh Heynes attributes this to the "pre-taper blues."

"Their bodies can't react to the added

rest we are giving them and so we didn't swim as fast as we had in previous meets. Their bodies will take about a week to catch up to the taper technique," head Coach Josh Heynes said.

Swimmers near the end of the season or near championships use the taper technique. Cutting the daily workouts almost in half gives the Lions' workout-weary bodies a chance to rest and recuperate from the tortures of the demanding season.

"It feels so good," senior Ann Marie Havey said.

"Ideally, when it comes time for championships, their bodies will have had enough rest to perform at their optimum level," said Heynes.

"This [championships] is what they have been waiting for all year."

The Lions have a tough road ahead of them. It is easy to spoil the effects

of taper and ruin the hard work of a season. Abnormal sleeping, eating, and practicing schedules all can affect taper dramatically, said Heynes.

The Lions are off this weekend as part of their resting cycle and are back in action February 20-22 at Grove City. Behrend hopes to get more swimmers qualified for ECACs, scheduled February 28-March 1.

Currently, only two Lions have qualified for ECACs. Sprinter Travis Kochel and diver Michael Sandretto will represent Behrend. Sandretto needs only 10 more points in his diving rounds to qualify for Nationals. Sandretto must have a dual meet score of 265 points or better through six dives on the one meter board, or have a combined score of 430 points through 11 dives on the one and three meter boards to qualify.

"I plan to do a lot of visualization and a lot of repetition of my dives. My list of dives is already set for the next two weeks. I have improved a lot this season," Sandretto said.

For the rest of the Lions, qualifying for Nationals becomes harder every meet. They must first qualify for ECACs and then from ECACs qualify for Nationals. One road block to Behrend's success could come from the Division I and II schools which Behrend will have to compete against if they qualify for ECACs.

With a week of resting on the way, the Lions are confident in their abilities to perform at their optimum level.

"We're ready to swim fast," assistant coach Jen Slack said.

What is it about being No. 1?

Well, it is coming down to the wire in this year's NCAA basketball season and no one really seems like they want to be No. 1. This week it belongs to the Arizona Wildcats who have held the top spot three different times this year. However, no one seems to be talking about them. Sports analysts are just waiting for another loss so that one more team can fall from the No. 1.

Take the perfect example of the Pittsburgh Panthers. They have had three opportunities to be the first-place team. Alabama was on top of the poll and lost, but yet Pitt lost to Georgia on the day the new polls were being tallied. I guess no one really wants to be No. 1 because they fear that everyone will be gunning for them. Subsequently, Ala-

bama is no where to be found anymore.

The teams that seem to be getting the most attention are those that were losing in the early going and have found a balance in mid-February. Of course, that is what most college teams want, to be hot going into the tournament of madness. These teams include Louisville, which is on a 17-game win streak as of Thursday. Rick Pitino has the Cardinals in top shape as the Bluegrass

State is looking to have the two best

teams in college men's basketball going into the tournament.

Kentucky has won 13 in a row, despite losing its first game of the season. Neither of these two teams have made it to No. 1 position, and maybe it is better that way. Louisville and Kentucky, along with Arizona and Florida will probably hold the No. 1 seeds in each of the four respective brackets as things stand right now. This is where these teams want to be.

The poll during the season has really been shown to be nothing of importance. Isn't it ironic how No. 1 during the season means teams are gunning for you and No. 1 in the tournament means you have an easy road to the Final Four?

Speaking of the Gators of Florida, they may be the best example of why being No. 1 this year has not been fun. One day after being announced as the new No. 1 team they were humiliated

by Kentucky. The Wildcats had a 25-point lead at one point in the game simply stopping the Gators with their pressure defense. Florida got to stay at the top for a week, but that is only because the polls are released after every week.

Once again this year's tournament should live up to its reputation. The mainstays like Kentucky, Duke, and Kansas are all in the top 10, but surprise teams like Notre Dame, Creighton, and Xavier are lurking to take down the big teams and prove that they know how to dance. I will probably touch on this again in a few weeks, but I usually make my opinion known. I am a die-hard Kentucky fan. Let's go Cats! And I hope that the tournament lives up to the hype.



Douglas Smith

BEACON SPORTS BRIEFS

BEHREND SCENE

Men's Basketball

David Hairston is the AMCC Player of the Week. Hairston averaged 15.5 points per game and 5 rebounds per game to claim this honor.

Behrend remains atop the AMCC standings and is riding a five-game win streak.

The Lions are first in free throw percentage in the AMCC, shooting 72.7 percent from the line.

Women's Basketball

Eric Mozdy shot 60 percent from the floor, 100 percent from the line, and scored 24 points en route to a victory over Frostburg.

The Lady Lions are currently second in the AMCC and are 8-2 in conference play and on a two game win streak.

Behrend is second in scoring defense in the AMCC, allowing an average of 59.8 points per game.

NATIONAL NEWS

All-Star Games

The West beat the East 155-145 in the NBA's first ever double-overtime All-Star Game.

Kevin Garnett shot 17-24 and scored 37 points and went on to earn the MVP.

Garnett's 37 points were the most points by an MVP since Michael Jordan scored 40 points in 1988.

Sunday was Jordan's final All-Star Game.

NCAA Basketball

The UConn women have won 62 consecutive games. UConn has not lost since the Final Four in 2001.

Arizona reclaimed the top spot in this week's Top 25. Former No. 1 Florida dropped to fourth place after losing 70-55 to Kentucky.

The longest free throw streak by any division of women's basketball ended at 69 when Concordia-Moorhead guard Jess Visness missed Wednesday night.

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