

# SPORTS

## Women's Cross Country brings home AMCC Championship title; men finish second

By Brooke Dodds  
staff writer

The women's cross-country team captured the AMCC Championship title last Saturday when the cross-country teams traveled to Frostburg State University for the meet. The blue and white faced tough competition from schools such as Penn State Altoona, Pitt-Greensburg, Mt. Aloysius, La Roche, Medaille, Lake Erie, Pitt-Bradford, Frostburg State and Hilbert.

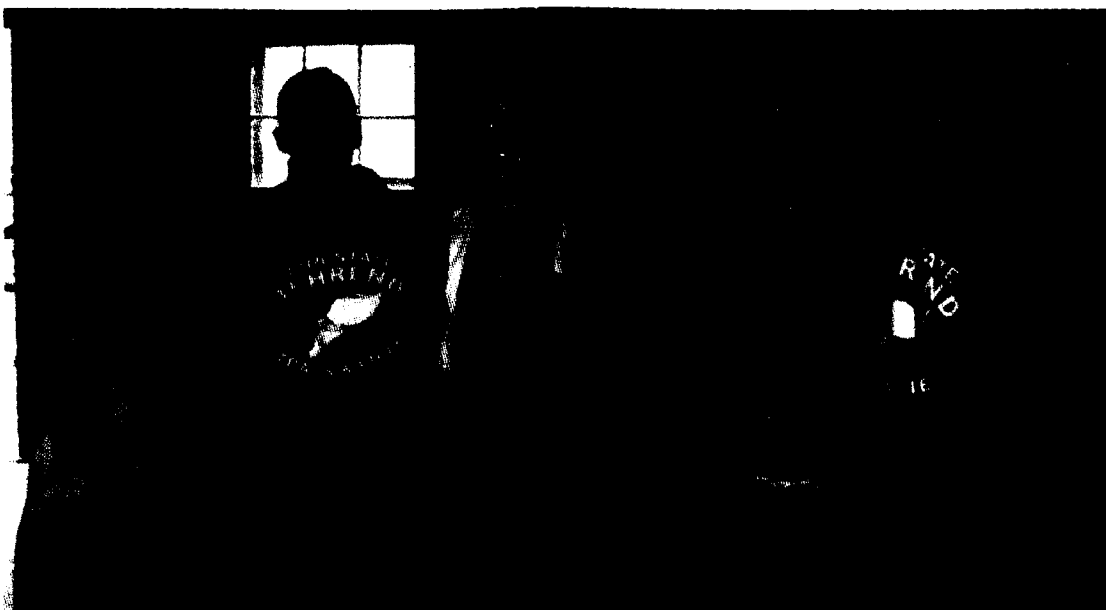
On the women's side, they earned 19 points for a first place finish, giving our girls the 2004 AMCC Championship title they so fiercely fought for. Penn State Altoona earned 50 points for a second place finish and Pitt-Greensburg finished third with 113 points.

Taking the first place finish was our very own Jessica Knapp who also tabbed this week's runner of the week honors. As senior captain of the women's team this year, she helped set the standard. Knapp blew away the competition covering the soggy 6K course at Western Maryland 4-H in a time of 25:01.

"I am proud that our girls team has come together and was so successful," said Knapp. "We are building a Behrend cross country dynasty under Coach Cooper."

Sophomore Leslie Gentile took the runner's up place with a time of 25:57 in the women's individual category. Senior Claire Manelick finished fifth with a time of 27:29, sophomore Willa Paterson came in sixth place with a time of 27:39 and finally freshman Leisl Soergel finished 12 in 28:46.

"I think that everyone did a great job on Saturday.



The lady lion's took first place at this year's AMCC Championship meet this last Saturday. Senior Jessica Knapp was the women's individual champion, while sophomore Leslie Gentile took the runner's up spot.

It was a hard course, but we dug down and finished where we wanted to," said Manelick. "All the hard work that we've put in since this summer has paid off."

Head Coach Dave Cooper and Assistant Coach Greg Cooper have done a great job in preparing the team for the AMCC Championships and now they are preparing for the NCAA Regional race at Allegheny College, which is slated to take place Nov. 13.

The men took a second place finish, not quite being able to bump Frostburg State out of their top spot. Frostburg earned 25 points, Penn State Behrend scored 33 points and Penn State Altoona came in third with 89 points. Behrend's top runner was sophomore Brad Ruffo. He came in second place out of fifty male runners with a time of 29:01 on the 8K course.

Freshman Eric Diluzio came in fourth place with a time of 29:42, and sophomore Craig Davis followed

closely coming in sixth with a time of 29:54. Senior Tim Schultheis took tenth place at 30:13 with teammates Harry Balwick and Andy Marshall coming in directly behind him to take the 11 and 12 spots, respectively.

"Our team this year is the closest knit team I've ever been on, and we are the best Men's Cross Country team Behrend has ever had," said junior Brent Beauseigneur. We are looking to place in the top ten at regionals in two weeks which a men's team has never accomplished."

The guys put forth their best efforts all year and feel all of their hard work has paid off.

"We put our heart and souls into it and nobody should feel bad about their performances," said senior Mike Barlett. "It is really nice to be in a conference where there is this tight rivalry among teams, especially between Behrend and Frostburg, because it makes people hungry for a win."

This marks only the second time in school history that the Behrend women have won AMCC's, once in 2001 and now in 2004. Knapp has taken three AMCC first place finishes during her stellar career in 2001, 2003 and 2004.

The Runner of the Year, Rookie of the Year, and Coach of the Year awards will be announced later this week. Knapp was predicted to keep her title as Runner of the Year again this season and with her first place performance many would say this was the right prediction.

For now, the team will continue to train for the NCAA Regional meet at Allegheny, which will be held next Nov. 13.

## Men's water polo ends on a high note

Commentary by Kyle Woodside  
staff writer

I have been writing articles for the semester about the team, not knowing who any of them were until Wednesday night. By sheer coincidence, I was signed up by a friend to play intramural dodgeball, not knowing who else was on my team. Five members of the water polo team were there ready to play.

Coach Tristan has been emphasizing his "great group of guys" all season that always play as a team. I could see these qualities in the guys just from these IM games. (I wonder if they will ask Coach Tristan to throw wrenches at the goalie next year as part of the team's practice drills?)

This past weekend, Behrend traveled to Princeton for the Division III Southern Championships to wrap up their season.

The first game was against Division I powerhouse Navy. The Lions played well, but lost, 23-4.

"To score four goals against this team is great," Tristan said. "We were nervous because it was the first game, otherwise the score might not have been so lopsided."

Andre Prankevicius has two goals for the Lions while Justin Ryder and Anthony Spoto had one goal each.

The second game was against Division II Slippery Rock. A victory against the Rockets would have given Behrend a chance to finish no lower than eighth in the tournament. The game was a very tight match all the way. Slippery Rock was up, 9-8, with 2:18 left in the contest when they capitalized on an ejection with 18 seconds left to win, 10-8.

Tristan points to the 6-on-5 opportunities as the game's decider. A 6-on-5's is 20-second power play where one team has a great chance to score while being a "man up".

"Our man up wasn't there," Tristan said. "We were only 3 for 9 [on the 6-on-5's]. That's ok though because we've lost to them by at least six goals every game this year so we're improving."

Prankevicius had a hat trick against the Rockets. Spoto and Brandon Thiel had two goals apiece and Justin Ryder contributed a goal as well.

The third game was against another Division II foe, Gannon University. The Knights have beaten

Behrend by at least 10 goals in every match this season, but Behrend turned the tables in this game despite being fatigued from the previous two games and only lost, 9-6.

Nick McGrady had 10 saves in goal. Spoto laid the hammer down by having four goals and Prankevicius netted two.

The final game was against twelfth-seeded Grove City. Behrend came out victorious, 9-5. The team held a 6-0 advantage and never looked back.

"We dominated from start to finish," Tristan said. "I was able to give Nick [McGrady] a chance to play in the field instead of goalie since it was his last game."

Prankevicius had another hat trick for the Lions. Danny Ball found the back of the goal twice. Spoto, Vincent Brewer, Steve Schleicher, Stephen Sopher and Brandon Sieber also had a goal.

"We gained moral victories in the games we lost," Tristan said of the tournament.

Behrend finished with a 6-17 overall record. Kudos goes out to the team on a job well done.

"I just want to make note that some guys on my team might not have seen much playing time this season, but they push our starters in practice," said Tristan. This helped make themselves better while simultaneously making the starters better. This was the best season Behrend has ever seen."

As for next year, the team is excited. "Some guys are on the swimming team now and others are doing their own thing such as weightlifting. I'm trying to recruit to make our squad even more solid than it already is."

The returning members of the squad are very optimistic about next season.

"I'm excited to contend with MIT even more competitively next year," Vincent Brewer said. "I want to win the Eastern Championships next year - yes, I'm that confident!"

Anthony Spoto remained humble even though he has set records this season at Behrend: "The team was able to stay in games until the end. I love this group of guys I play with. They make me a better player."

"We've got momentum for next season," said junior Steve Schleicher.

### HOUSING AND FOOD SERVICE PENNSTATE ATHLETE OF THE WEEK

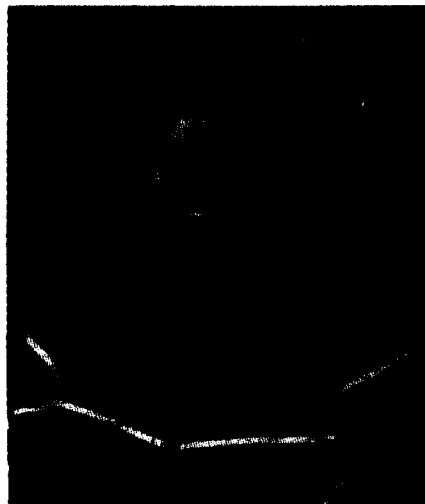
**Leslie Gentile**

SPORT: Women's Cross Country  
CLASS: Sophomore  
DATE: November 3, 2004

Leslie Gentile (Corry/Corry) was named this week's Housing and Food Service Athlete of the Week.

Gentile earned the individual runner's up spot at the AMCC Championship last weekend in Frostburg. The cross-country team finished with 19 points, closely behind Frostburg's 25. Knapp, Gentile's teammate, captured the championship title for the women.

Next up for the Behrend women will be the NCAA regional meet on Nov. 13 at Allegheny.



the women. Both were top finishers. Housing and Food Service Athlete of the Week is selected by the Sports Information Staff.

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