

SPORTS

Water polo team trains in Colorado over Spring Break

By Anthony Spoto
contributing writer

The women polo players started a week of six games against Mercyhurst Wednesday night. Mercyhurst got off to a quick start and never looked back.

After a scoreless first half, the Lady Lion's finally got on the board with two quick goals in the third quarter by sophomore Brittany Yost. Sophomore Cara Ludwig and senior Samantha Cibula each tallied one goal later in the game. The offense however did not get jump-started fast enough, handing the blue and white another loss.

Before the loss to Mercyhurst, the blue and white traveled to Colorado over spring break. Before jumping on the airplane to head out west, the women faced Collegiate Water Polo Association top seeded Michigan Wolverines and the Indiana Hoosiers at the Junker Center. Each game ended in a loss, but the games were able to push Lady Lion's to another level of play.

Without much of a break, the women traveled to Colorado Springs where they trained at the Olympic Training Center for five days. At the training center, they practiced a total of six and a half hours a day.

"Training in Colorado was hard to get use to," said sophomore Alexis Puhala. "We could definitely tell there was a difference training at a higher elevation."

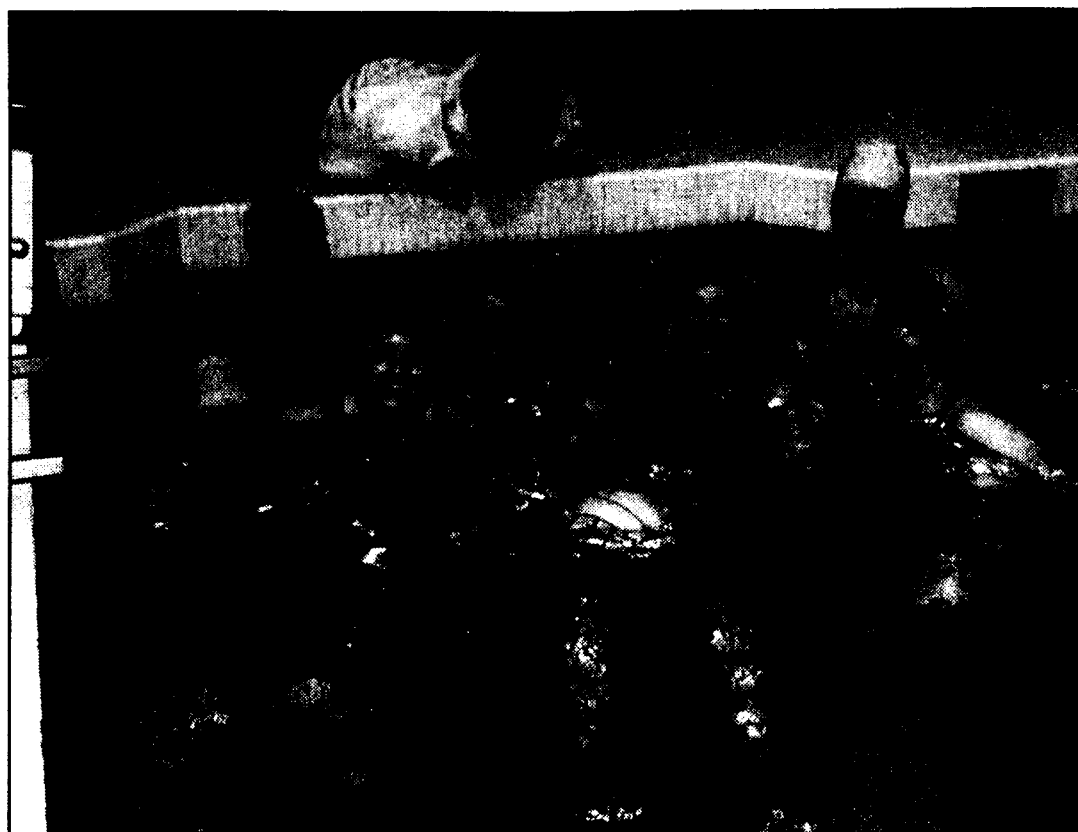
The women stayed at the training center and had access to all facilities.

"It was a great experience to be able to train there," said Yost. "The atmosphere the Olympic Training Center had made us all train harder."

During their stay, the team traveled into downtown Colorado Springs to play Colorado College in an exhibition game. Despite playing a strong game, they ended up losing by one in overtime. The winning goal came late in overtime play. High scorer Yost wasn't able to compete in the game due to an injury. The Lady Lion's will meet Colorado College with a full roster Saturday at the Junker Center.

The women left the training center early Friday afternoon and headed to Fort Collins. At Fort Collins, they faced a young and talented Colorado State team. Colorado State came out strong, shutting out the Lady Lion's for the first time this season.

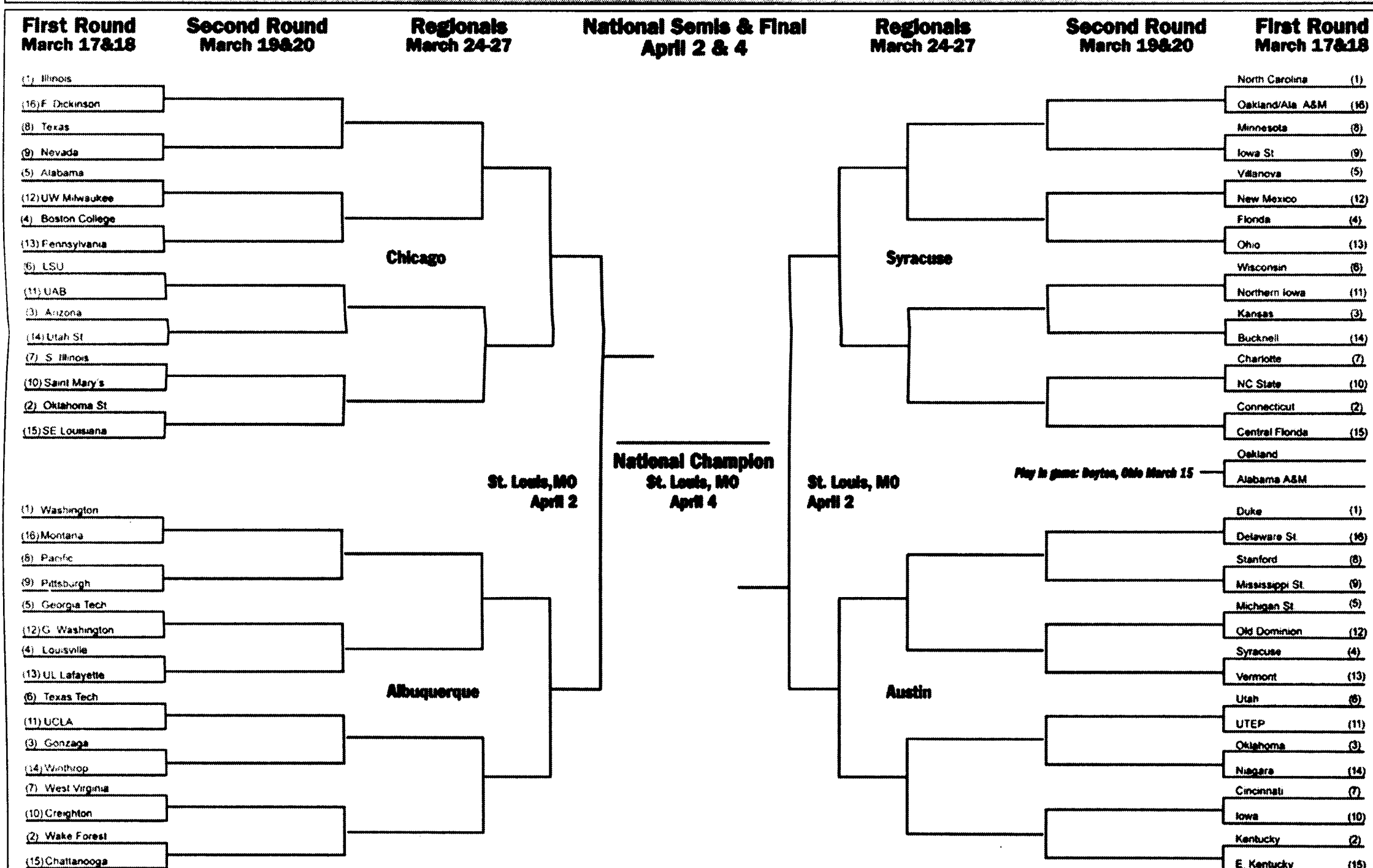
The water polo team will next face Utica College, Colorado College, University of Maryland and Siena this Saturday and Sunday at the Junker Center.



JOE TRISTAN/CONTRIBUTED PHOTO

The women's water polo team spent a week training at the Olympic Training Center in Colorado Springs. Their training schedule consisted of a three hour morning practice, an hour lift and a two hour evening practice. They also competed in an exhibition and regular game while in Colorado. The blue and white gear up for a their home tournament Saturday and Sunday. They will compete at 8 a.m. and 1:50 p.m. on Saturday and 11:30 a.m. and 3 p.m. on Sunday.

MARCH MADNESS PRESENTS...NCAA BRACKET



meridian
in college avenue
646 East College Avenue
814-231-9000
www.meridianoncollegeavenue.com

Roommate Matching Available

- Fitness Center/Study Lounge
- On-site Laundry & Parking
- Great Downtown Location!!!

HURRY DON'T LET THEM GO OUT, THEY WON'T LAST LONG!!!!

Starting at \$299

Penn State Behrend leads AMCC in Presidents' Cup Race

Two of three AMCC conference seasons have been completed. Once again Penn State Behrend can find themselves at the top of the leader board with 58 points. Behrend is followed by the 2004 Cup champions, Frostburg State University with 48 points. Women's cross country, men's basketball, men's golf and women's tennis have all captured AMCC team championships. The Men's tennis, softball and baseball season will round out the AMCC Presidents' Cup Race.