

Programs scheduled for active students

By Chris LaFuria
sports editor

As the Fall 2005 varsity sports season begins, Penn State Behrend is giving students a chance to exercise their skills and talents in many recreational, intramural sports and fitness programs. The list of activities is large, giving every interested student a chance to find a sport which they can pursue. The list of recreational and intramural sports includes Fantasy Football League, Friday Night Indoor Soccer, Sunday Night 3v3 Basketball Leagues, Wednesday Night Ping Pong, Eastway Mini Bowling League, 100 Mile Club and U-Exercise.

Behrend students can get involved with Fantasy Football via the Internet by using the Yahoo Sports website. There is no charge for Behrend students. Visit fantasysports.yahoo.com and click on FREE fantasy football link to join one of the 10 leagues set up by Behrend. Entries must be registered by Wednesday, September 7 and the draft begins once the leagues are completed.

Athletes of all skill levels that are interested in playing soccer can come to Eric Hall on Friday nights from 6 p.m. until 8 p.m. beginning September 9. Since the format of Indoor Soccer is very informal, playing only pick-up games, no registration is required. If enough interest is generated, a ladder tournament may be run throughout the semester.

On Sunday nights from 9-11 p.m., athletes interested in basketball can become involved in 3v3 ladder tournaments. The first two Sundays, September 11 and 18, are merely introduction nights. Starting September 25, teams must be submitted and ready to start tournament play. There is a cost that will be charged to each student's account. The tournament lasts through November, when playoffs are completed.

Wednesday nights from 8-11, in Eric Hall, a ladder tournament will be set up for those students interested in Ping Pong. Starting September 14, a men's and women's league will be available with no registration or fee required. Each league will be set up on a "come and play" basis.

Every Thursday night from September 15 through December 8, Eastway Lanes will be holding Behrend Students Only Mini Bowling Leagues starting at 9:15 p.m. Teams will consist of four students. The students may choose teams. If no team is designated to an individual, Eastway will select a team for them. Students may register by September 15 by calling Eastway Lanes at 899-9855. There will be a fee for three games and shoes.

Students interested in maintaining their health and

joining a fitness program can get involved in the 100 Mile Club. To begin, each student is given a chart with a conversion table. Each form of exercise from walking to running to playing 18 holes of golf is included in the 100 Miles. Each student is given a log to keep track of their performance throughout the semester. Those students who finish the 100 miles will be given a 100 Mile Club t-shirt. The deadline for registration is Friday, September 16 at the Junker Center, with no fee included.

U-Exercise is a program similar to the 100 Mile club, with a few added incentives. With U-Exercise, each student is given a log sheet and conversion table. The goal of this program is to exercise enough miles to reach other colleges and universities. Upon registration, the student is given a destination to reach throughout the semester. The students can choose their level of determination, anywhere from Allegheny and Edinboro all the way to California and Colorado. The deadline for registration is September 16, with no fee included.

Intramural tennis is available for those students interested in playing. Two flights of divisions are available. The "A" flight includes those players with experience, playing in either high school or several times a week. The "B" flight is for those who play just for recreation and leisure. The players are responsible for arranging the time and place for each match. There will be a fee charged to the students' accounts, and the deadline is Friday, September 9 at 4 p.m.

A Men's, Women's and Co-ed league is available for those interested in Sand Volleyball. Teams will consist of four players per team, with two male and two female players for the co-ed league. Top teams will be involved in a round robin tournament with single-elimination bracket. There will be a mandatory captains' meeting Monday, September 12 at 5 p.m. at the Junker Center classroom. All teams must be represented at the meeting. A fee will be applied for each player and the deadline for registration is September 9.

There will be more opportunities throughout the semester and the entire year for students to get a chance to be a part of a sport or activity. These aforementioned programs are just a glimpse of what is offered here at Behrend. From ping-pong to fitness to basketball, there are many available programs for students to become involved in. For more information about specific programs or other programs offered on campus, contact Rob Wittman, intramural coordinator, at 814-898-6280 or stop by the Junker Center Information Desk.



Contributing Photographer

Students have the opportunity to exercise their abilities.

Women's tennis aims high

By John Bigus
staff writer

The Behrend women's tennis team ended their season on a hot streak and is burning into the court across their NCAA conference. Following a championship year and shutout victories across the board, with the exception of a single game in which the opposing team scored just one point, the players and coaches are ready to get back into the fight.

Training began a week and half ago, sharpening the honed reflexes of Behrend's veteran team. Reflexes, coordination, and quick feet have been put through a grueling test of endurance for hours each day as they prepare for a more difficult reprise of last year's stunning all-around victory.

"We're looking excellent," head coach Jeff Barger said. "However, every angle has to be covered twice this year and every step has to be in double-time." After seeing the power of Behrend's team the last time around, Barger expects that others have stepped up their training schedules.

Despite losing some of their key players to graduation, he expects their game to be better because several good players have grown into great players.

"Shelly Goodpastor, Susan Cooper and our freshman, Kayla Polick were great surprises," Barger said. We knew they were good, but they've become really good."

Exceptionally talented team captains Amy Frizzell and Mindy Calvert will lead these athletes as they volley projectiles at speeds that can reach 75 miles per hour. Another impressive season is beginning on September 10. The Behrend Tennis Invitational will be held on Saturday, September 10 at the courts across from the library.

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