

SPORTS

Swimming and diving capture first-ever AMCC championship

By Jessica Carlson
staff writer

Members of the Penn State Behrend Swim and Dive team can look back on quite possibly the best swimming season the program has seen since its start in 2001. One of the biggest accomplishments for the team occurred last weekend at Grove City College when the men and women made a mark in Behrend history by winning the Allegheny Mountain Collegiate College (AMCC) Championship for the first time ever.

"It was awesome, the team threw the coaches in the pool at the end of the meet. I think it was our best yet," said junior swimmer Missy Pilewski who was unable to compete due to an injury.

This was the first year the team was recognized as part of the AMCC's and they were sure to let themselves be known. The men racked in 366 points, placing first in the conference, and fourth overall. The women finished the weekend off with 265 points, also clinching first place in the AMCC's, and taking fifth overall. Other schools competing for the AMCC Championship included Frostburg State University, Penn State Altoona, and Pitt-Bradford.

Along with winning the championship, five men from the team qualified to compete in the Eastern Collegiate Athletic Conference (ECAC) Championship. The meet is to take place this weekend at Harvard University. Behrend men qualifiers include juniors Dustin Fairchild,

Anthony Spoto, and Tom Weir, along with freshmen Jason Hall and Joe Reese. They will be representing Behrend as part of the 32 teams competing in the meet. Fairchild, Reese and Spoto qualified in four events; Hall will be competing in three events, and Weir will swim in two.

Another big accomplishment for the team this season was the number of records that were broken. On the women's side, Colby Seibert, Danielle Wilson, Leah Haller and Sarah Breese broke the Women's 200-yard freestyle relay record. Seibert also broke the 100 yard butterfly record, while Breese broke the 50-yard freestyle record. Diver Michelle Quail also set new school and personal records for the one and three-meter boards.

For the men, there were three relay records broken. Hall, Fairchild, Reese and Spoto broke both the men's 200 and 400-yard medley relays. Spoto, Fairchild, Hall, and Tim Porter broke the 400-yard freestyle relay. Fairchild also broke the 200 and 500 yard freestyle record. Spoto broke the 100-yard freestyle record, and Reese broke the 100-yard butterfly record.

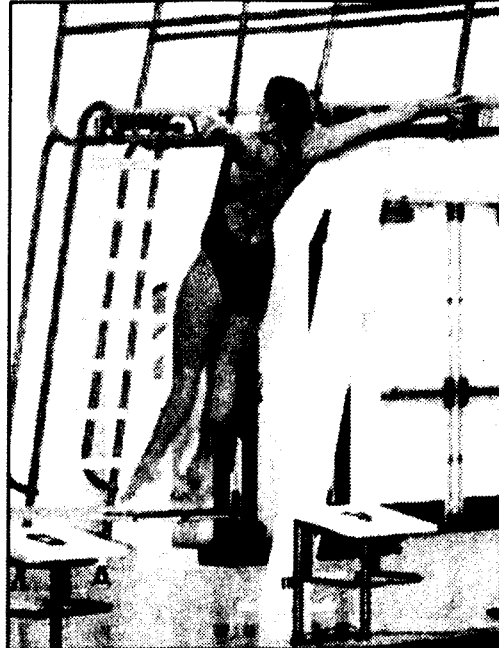
The 2006-07 season has set a high standard for upcoming seasons. However, because this year brought in such a large freshmen class, next year is looking very promising for another successful season. Information and updates on the ECAC meet will be posted live throughout the competition on the ECAC website (www.ecac.org) and the Harvard website (www.gocrimson.com).



CONTRIBUTED PHOTO
Fairchild broke Behrend's 200 freestyle record.



CONTRIBUTED PHOTO
Wilson is one of many to break swimming records.



CONTRIBUTED PHOTO
Quail is one of the top divers in the AMCC's.

AMCC Championship Meet Results

Women's Swimming/Diving

Penn State Behrend	300
Penn State Altoona	187
Frostburg State	148
Pitt-Bradford	0

Men's Swimming/Diving

Penn State Behrend	337
Penn State Altoona	129
Frostburg State	125
Pitt-Bradford	100

Men's basketball split road games

By Matt Waronker
assistant sports editor

The Penn State Behrend men's basketball team split a pair of conference road games this past week. The Lions lost the first of the two this past Saturday against La Roche College, however, they were able to pull even with a 66-60 victory against rival Lake Erie. While the disheartening 71-61 loss against La Roche tallied the Lions second conference loss of the season, the win against top seeded Lake Erie gave Behrend their 17th overall win for the season.

For the first half of their road series, Behrend traveled to La Roche College. The Lions, who comfortably rode a six game winning streak all the way into Pittsburgh, were met by a tenacious La Roche squad fighting to keep their post-season dreams alive. After a closely matched first half Behrend entered halftime with a slight 30-26 advantage.

The second half favored the opposing Redhawks who, much to Behrend's dismay, came out shooting a scorching 8-11 from beyond the arc. The Lions could not contain La Roche's shooters, who in the second half became practically automatic from the floor, shooting an impressive 64% from the field. Behrend allowed three La Roche players to reach double digits in scoring, the most significant blow coming from a 29-point performance from senior guard Stacy Grady. This rare defensive breakdown coupled with an assault of untimely turnovers led to the second half collapse of what could have very well been another tally on the Lions win column. In the last meeting between Behrend and La Roche, the Lions dominated the visiting Redhawks 74-56. Leading the Lions was junior center Kevin Buczynski, who scored 19 points in the losing effort.

The Lions then closed out their final pair of road games against rival Lake Erie College in what turned out to be a fitting end to their road schedule. The Lions fought to avenge their 63-51 loss to Lake Erie earlier this season, while Lake Erie College battled to protect their top seed in the conference. The game quickly became a blow for blow slugfest, with each squad answering the other's scoring run. At the half the two teams were only separated by



CONTRIBUTED PHOTO
Ben Gasbarre receives a pass in a recent game.

three points, with Lake Erie College holding the slight advantage. The second half would closely mirror that of the first, with both teams exchanging runs, fighting to top whatever slight lead the other may have held. Buczynski and sophomore guard Drew Seker led all scorers with 18 points each; however Seker's most important shot of the night, a game tying three pointer, came late in the half, with time expiring to send the game into overtime. Once in overtime, the Lions outscored the Storm 10-4, holding Lake Erie College to a dismal 25% shooting to seal the game.

Despite their previous loss to Lake Erie College, head coach Dave Niland was confident in his team's ability to bounce back with a win.

"We looked at our mistakes and realized why they happened. We highlighted strengths and weaknesses and ultimately we got in the mindset to win," Niland said. "Our players knew we could win."

The Lions will play their last game of the regular season this Saturday, Feb. 17 against Pitt-Bradford at home in the Junker Center.

Lady Lions hit a rough spot on the road

By Matt Waronker
assistant sports editor

The Penn State Behrend women's basketball team is glad to be home this weekend. The Lady Lions, who return home this Saturday, Feb. 17 to face Pitt-Bradford at the Junker Center, are 13-1 at home. On the road, however, is a much different story. In the past week alone, the Behrend women have dropped two of their last three games, all of which were on the road. The Lady Lions fell to conference leading Medaille last Wednesday, Feb. 7 and then to Lake Erie College this Wednesday, Feb. 14. Behrend's sole win on the road trip came Saturday in a decisive 68-45 victory against La Roche. The Lady Lions, who are currently 19-4 overall, sit in second place in the AMCC with a conference record of 14-3.

The Lady Lions sole victory came Saturday at La Roche College. Behrend dominated the Redhawks on both sides of the ball, holding La Roche to a frigid 30% shooting for the game. Offensively, Behrend had plenty of help with three players reaching double digits in scoring. Sophomore forward Victoria Innes led all scorers with 17 points, while senior guard Brittany Mays and junior guard Julia Andrus contributed 14 and 12 points respectively. The Lady Lions controlled

the boards, out rebounding La Roche 38-29.

In their following game at Lake Erie College the Behrend squad that head coach Roz Fornari saw against La Roche was unrecognizable.

"There were two different teams out there on Wednesday," says Fornari. "The first team was flat with no intensity and the second team was the Behrend team."

The first half saw Behrend shoot a horrific 9-29 from the floor, and 2-9 from beyond the arc. The Lady Lions were outscored 44-20, and entered the half with an intimidating hole to climb out of.

"In the first half our intensity level was flat and we didn't work through it very well," says Fornari. "In the second half we were able focus and finish, and were much better with our offense."

While the Lady Lions were able to fight back into competition, outscoring the Storm 38-24 in the second half, their efforts fell short, as Lake Erie College was able to prevail 68-58. Behrend was led by Mays and Andrus who scored 21 and 11 respectively in the losing effort.

The Lady Lions will finish their regular season this Saturday at home against Pitt-Bradford. AMCC conference tournament play begins Feb. 20.

Intramural Update

Deadlines:

- Swimming deadline Fri, Feb. 23
- 4 v 4 Coed Volleyball deadline Fri, Feb. 23
- Ping Pong and Arena Football begin the week of Feb. 19

Recent Events:

5 v 5 Women's Basketball Champions- Team Cicarrelli
Team Members (left to right below): Brittany Hennessy, Stephanie Pence, DeAnna Shaffer, Lisa Wagner, Deanna Cicarrelli, Carissa Johnston, Abby Zehe, Cassie Manelick

Do you know how to find out if the weight room, gymnasium or track is available? Go Here!

<https://secure.bd.psu.edu/Events/>



CONTRIBUTED PHOTO
Team Cicarrelli after winning the 5 v 5 Women's Intramural Basketball Championship.

My top 10 workout songs

By Kara Struski
sports editor

These are a few of my favorite songs that get me pumped while I'm working out. A few of these songs were also on some of my warm up CD's for soccer over the years. If you're looking to burn off some of that winter weight, pop some of these songs on your iPod and head over to the Junker Center. Check out next week's issue for Danielle's favorite work-out tunes.



CONTRIBUTED PHOTO
Sweat away the stresses of college by hitting the gym.

1. Scorpion- "Rock You Like A Hurricane"
2. Tom Petty- "Runnin Down A Dream"
3. Motley Crue- "Kickstart My Heart"
4. P.O.D - "Boom"
5. Eminem - "Til I Collapse"
6. Van Halen - "Right Now"
7. Fort Minor - "Remember the Name"
8. U2 - "Elevation"
9. AC/DC - "It's A Long Way To The Top"
10. Ozzie Osbourne - "Crazy Train"