

HOUSING AND FOOD SERVICES ATHLETE OF THE WEEK



NAME: Josh Fyffe
SPORT: Baseball
CLASS: Freshman
DATE: April 16, 2007

Josh Fyffe (Fredonia/Sharpsville) has been chosen as this week's Housing and Food Services Athlete of the Week. Fyffe consistently came up with big hits last week as Behrend baseball went 3-1.

Baseball opened the week by sweeping Lake Erie on the road. Fyffe had a team high four RBIs after a phenomenal game winning grand slam. Fyffe had four hits in the doubleheader and three runs.

Fyffe had another four RBI performance at home against Pitt-Greensburg. He once again came up with a game winning hit, this time a single that allowed Behrend to claim a 5-4 victory. His four hits against the Bobcats brought his total for the week to eight hits to go along with eight RBIs and four runs.



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There are many pool exercises that are beneficial for staying in shape.

Baseball team changing gears

By Matt Waronker
assistant sports editor

The Penn State Behrend baseball team won five of their seven match-ups this past week. The Lions kicked off the seven game stretch by sweeping rival Lake Erie in a conference doubleheader by scores of 7-6 and 12-6. Behrend then split a doubleheader with Pitt-Greensburg before falling 8-2 in their next match-up, a non-conference game against Thiel. The Lions annual Alumni game and non-conference match up against Case Western were cancelled on Sunday, April 15, due to unfavorable weather conditions. To close out their week, Behrend swept Fredonia in a non-conference doubleheader Thursday, April 19. The five wins and two losses over the past week bring the Lions' overall record to 17-8. Behrend is 7-5 in their conference.

The Lions started their week with an impressive pair of wins against Lake Erie; however, in both games Behrend had difficulty putting runs on the scoreboard early in the game.

"We haven't been able to bring the intensity to begin games strong," head coach Paul Benim said. "We haven't been able to get leads early and allow ourselves to feel comfortable and take a deep breath."

This trend, one that the Lions took with them in each of their seven games this week, proved to be costly in their losses against Pitt-Greensburg and Thiel. Even in their victories, the team fell behind early and was forced to rely on hitting, which is only now beginning to come into its own. "We were down 4-1 and 5-1 [against Lake Erie] and it was good at bats with two outs and big hits that brought us back," says Benim.

The Lions found these big hits against Lake Erie in the bat of freshman shortstop Josh Fyffe. As a team, the Lions hit



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Senior first baseman Tony Kordecki tosses the ball to get an out for Behrend.

six homeruns, but none were as crucial as Fyffe's two-out, game winning grand slam in game one. In game two the Lions found big bats in all of their hitters as the team combined for 16 hits and 12 runs against the Storm.

In their following series against Pitt-Greensburg, the Lions once again started their play slowly, falling behind early in both contests. In game one, Behrend found themselves down two runs until the bottom half of the third inning when Fyffe was able to drive in two runs with a single down the middle to tie up the game. Fyffe was then driven in by a Gabe Stephenson double. The senior catcher's shot to left field gave Behrend a 3-2 lead. The Lions would exchange runs with the Bobcats later in the fourth inning, ultimately holding off Pitt-Greensburg in the end, taking a 5-4 victory.

The Lions would start off slowly in game two, however, after being unable to find their hitting spark from game one, lost 5-1. Behrend was only able to produce five hits.

Against Fredonia, the Lions followed suit and fell behind early in game one. Only after a late game rally did Behrend pull ahead, managing to hold on for the 4-3 victory. In game two the Lions earned an impressive 4-0 shutout against the Blue Devils.

The Lions' early-game slumps are not lost on Benim. "I hate to say it," said Benim. "We play better baseball trailing. It's an odd statement but lately our first inning hasn't been effective. We really need to concentrate and find that intensity when we begin games."

The Lions have been held scoreless in the first inning throughout the team's past seven games. This dry spell early in games, a staple of the team's recent play, hasn't been overlooked by the coaching staff. Benim and the rest of Behrend's coaching staff has been focusing on these issues lately. "We have really been looking at our quality at-bats and situational hitting," said Benim. "We're trying to change some gears offensively and see if it'll help us out. We need to get that first run and then go from there."

The Lions will travel to Pittsburg for their next game, a doubleheader against top-seeded La Roche.

Warm-weather exercises keep students in shape

By Danielle Brown
sports editor

Spring weather is almost here (hopefully), which means that exercising at the gym is not the only option. There are many outdoor workouts that burn just as many calories, sometimes even more, than running on the treadmill or lifting weights at the gym.

Water exercises are a good way to become more fit overall by improving strength, burning calories, improving flexibility, toning and improving the cardiovascular system. There are many different pool activities that can help a person become healthy. These include swimming or walking interval laps, water squats, wave jumps and water jogging.

Swimming or walking interval laps means that a person has to swim one or two laps around the pool, then walk

the next one or two laps. Repeating this sequence four to six times ensures a full-body workout.

Water squats are another good pool exercise. Doing squats in the pool can be more beneficial because the water provides extra resistance and makes each squat more challenging.

Wave jumps are done in the large bodies of water by simply jumping over incoming waves while standing in knee-deep water.

Water jogging can be done by either jogging in the water or by using a flotation device and swimming around the pool.

Kayaking is another exercise done in the water that can help build muscle in many different areas of the body. It is beneficial to the triceps, biceps, core, back and shoulders. Pulling the paddle against the water helps sculpt the muscle in the upper area of the

body.

Hiking is another fun summer exercise that can be done with many other people or just to relax alone. It can improve overall cardiovascular fitness and also tone the buttocks and thighs.

Cycling and in-line skating also improves cardiovascular health and can build muscle in the calves, thighs and buttocks. In-line skating sculpts these muscles without putting too much pressure on the knees, so it is good for people who experience joint-pain while running.

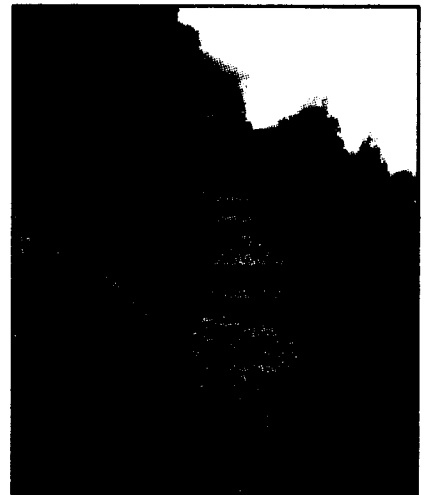
Another fun and easy summer workout is walking a dog. This is physically beneficial to both the person and the animal.

Any of these summer exercises will be beneficial to the entire body and can help people get outside after a long winter to enjoy the warm weather.

Calories Burned Per Hour During Summer Exercises

Kayaking	340
Hiking	400
Cycling	500-700
In-line Skating	816

Source: health.yahoo.com



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Hiking is a good way to stay in shape.

Tennis team finishes season third in AMCC

By Jess Carlson
contributing writer

The Penn State Behrend men's tennis season is coming to an end. With an overall record of 8-12 and a conference record of 5-1, the men finish the AMCC Championship in third place.

The men opened their season with a loss to Baldwin-Wallace, followed by five more matches, resulting in a record of 2-4, defeating Waynesburg College and Franciscan University of Steubenville. Over spring break, the team headed south to Hilton Head, South Carolina, where they faced some of their toughest competition, including Tiffin, Macalester, Concordia, St. Michaels, Ohio Wesleyan, Nazareth and Eastern Nazarene. The men competed in a total of seven matches, falling short



CONTRIBUTED PHOTO

Miles Boyea serving the ball in a tennis match for Behrend.

of a victory in every one. They returned to Erie with a record of 2-11 and a disappointed coach.

Head coach Jeff Barger is in his ninth season as head coach of the Behrend tennis program. "I was not very impressed with our play at Hilton Head," Barger said. "We played some tough teams, but I felt we could have come away with a couple wins."

In the past two seasons, the men have been runners-up behind Penn State Altoona. Going into the AMCC Championship, which took place on Sunday, April 15, the men were tied for first place. However, they finished their season in third place with seven points. First place went to Frostburg State University with 11 points, followed by Penn State Altoona with nine points. Finishing fourth was the University of Pitt-Greensburg with 0 points. Frostburg, Altoona and Pitt-Greensburg are the only teams Behrend competes against in the AMCC. Other teams included Baldwin-Wallace, Waynesburg, Seton Hill, Roberts Wesleyan, Grove Cit, and Alfred.

The men's season will come to an end on April 21 when they travel to Franciscan University of Steubenville for a non-conference match.

Trivia Question of the Week

What quarterback threw 70 passes in a single game?

Email Answers to dnb5003@psu.edu