

# SPORTS

## AMCC Championships

continued from front page.

Iams attributed his success this year to becoming a more steady and constant runner.

"Personally, I've been working on being a more consistent runner," Iams said. "I've been fortunate with no injuries. Coach Cooper's training has been great and has contributed a lot."

The cross country team's next challenge is the NCAA Midwest Regional at Waynesburg University on Nov. 15.

"We will be working hard this week to maintain aerobic capaci-

ty and then tapering off next week to rest the legs," explained Cooper.

Fatica also realizes that hard work in practice will lead to better results at regionals.

"The next two weeks we will continue to work hard," Fatica said. "Obviously it is the last race so we want to do well, place well as a team, and set personal records."

Not only physically, but mentally the cross country team is preparing for the next race.

"For the AMCC we adjusted the mileage so our bodies would

be well rested," Iams said. "With any long distance, mental preparation is huge and we are trying to be positive."

The AMCC Championships helped prepare the cross country team for regionals.

"It is always good to be in a championship situation," Cooper said. "The men and women faced good competition which should prepare us for upcoming meets."

After regionals, the Behrend Lions are hoping to send runners to nationals.

According to Cooper, the automatic bids to go to nationals are the top two teams who finish in regionals and the first seven individuals who are not on a qualifying team.

"We have one of the best teams that we've had in a while," Alto said. "We want to perform well at regionals and hopefully send people to nationals."

Iams is determined to continue the success achieved at regionals into nationals.

"Regionals will be some of the

best competition we will see all year," explained Iams. "With the victory this weekend [AMCC], hopefully we can ride the wave of success into regionals."



DANIEL SMITH / The Behrend Beacon  
Sophomore Emily Berry placed first for the women's team.



DANIEL SMITH / The Behrend Beacon  
Justin DiPenti and Steven Monnie run to the finish line.

## Tailgate Party!

The Student Athletic Advisory Committee is sponsoring a tailgate party before the volleyball team takes on Pitt-Bradford in the AMCC Tournament. The event will be held at the Junker Center on Friday, November 7 at 5:30-6:30 p.m.

Free food, games, and music!

## THIS WEEK'S SPORTS SCHEDULE

### FRIDAY, NOVEMBER 7

Behrend Women's Volleyball (21-8) team plays Pitt-Bradford (15-13) in the AMCC Tournament in the Junker Center at 6 p.m.

The Lion's swim team faces Buffalo State at 5:00 p.m. in the Junker pool.

### SATURDAY, NOVEMBER 8

With a win on Friday, the Women's Volleyball team will play in the AMCC Tournament Final at 1 p.m.

The Men's Soccer team (13-6-1) plays in the AMCC Tournament at Medaille (13-5-2) at 2:00 p.m.

Behrend's swim team competes at St. Vincent at 1:00 p.m.

The Men's Water Polo (4-12) plays at Princeton in the Southern Division Championships.

### SUNDAY, NOVEMBER 9

With a win on Saturday, the Men's Water Polo team will continue in the Southern Division Championships.

The Men's Basketball team competes in the Junker Center in an exhibition game against Sheridan at 2:00 p.m.

### THURSDAY, NOVEMBER 13

The Women's Soccer team (6-11-1) plays at the ECAC/NCAA Tournament and the time is TBA.

Women's Volleyball team competes in the ECAC/NCAA Tournament and the time is TBA.

## Intramurals offer a variety of activities for students

By Sam Curti  
staff writer  
src5131@psu.edu

At Behrend, intramural sports are an integral part of student life. They feature everything from flag football and basketball to bowling and dodgeball. There is something for every student.

Rob Wittman, intramural director at Penn State Behrend said, "This weekend we ended flag football, we did all the finals on Sunday. We had a Sunday night league thing that was going on for about eight or nine weeks and we did playoffs. Saturday was bowling. Last Thursday, we did one Yaker tournament and this past Monday we did another one. All those three things ended this weekend."

There are many intramural sports that are currently taking place at Behrend, and many that will be starting in the near future.

"What we have going on right now is three-on-three basketball. I have 52 teams, 43 men's and nine women's. We will

play 200 games, give or take a few, within the next two to three weeks. This Sunday coming up, the 9th at 6:00 p.m., we have a co-ed four-on-four indoor soccer tournament. It's a one day tournament, it's just a precursor to the big indoor soccer tournament that lasts about two and a half weeks."

Wittman explained the difference between intramurals last year compared to the current year.

"Last year was the first year. I only had eight teams, this year I have about 12 or 13 right now. That's basically the two things we have going on right now. What will happen, however, is a free-throw shooting contest. While three-on-three basketball is going on, we'll pull a hoop aside and we'll let people do a free-throw contest."

There are many more intramurals coming up soon for Behrend students to participate in.

"Next week, I'll advertise a chess tournament that will happen on the 17th and 18th," said Wittman. "Two more events this fall are indoor soccer and

team triathlon. We do sign up for five-on-five basketball this semester, but it doesn't start until the spring."

T.J. Banas, a freshman at Behrend took part in the intramural sports by participating in flag football.

"It was a lot of fun. It was very well run and organized," Banas said. "I would recommend it to anyone who wants to have a good time. You meet a lot of new people."

There are different ways students at Behrend can sign up for intramural sports.

"They can do it on the web," Wittman said. "They can just reply to my e-mails. They can pick up the sheet from the front desk, fill it out and turn it in that way. Or my e-mails also direct them to an online registration, where you can open a word document, fill out the form, and attach it to an e-mail and send it back to me. I try to make it as easy as possible for people to sign up."

Because of the variety that Penn State Behrend presents to the students when it comes to intramural sports, there are many

students that get involved.

Wittman also explained what the most popular sport has been among students.

"If you go by sheer numbers, flag football," said Wittman. "I had 48 teams, but each team probably has anywhere from 12 to 15 people. Almost 600 kids are doing intramural flag football. You get to dodgeball where there are more teams, but you have five to seven people on a team. Three-on-three basketball, you have 53 teams but only three to five people on a team."

Flag football is the most popular intramural sport.

"Flag football is by far, but everything is pretty big," Wittman said. "I had almost 100 people for the one day bowling tournament. I think part of it is that they know it's going to be run right. They know they are going to get to play games, they are going to have fun."

For students at Behrend, getting involved in intramural sports are essential to meeting new people, building relationships and fulfilling the "college experience."

## Beat The Experts

NFL	Connor	Matt	Rachel	Ryan	Chris
Tennessee @ Chicago	Chicago	Tenn.	Tenn.	Tenn.	Chicago
New Orleans @ Atlanta	Atlanta	Atlanta	Atlanta	Atlanta	N.O.
Buffalo @ New England	Buffalo	N.E.	Buffalo	N.E.	N.E.
Seattle @ Miami	Miami	Miami	Miami	Seattle	Miami
Baltimore @ Houston	Balt.	Houston	Balt.	Balt.	Houston
Green Bay @ Minn.	G.B.	G.B.	G.B.	Minn.	G.B.
St. Louis @ N.Y.J.	N.Y.J.	N.Y.J.	N.Y.J.	N.Y.J.	N.Y.J.
Jacksonville @ Detroit	Jacks.	Jacks.	Jacks.	Jacks.	Detroit
Carolina @ Oakland	Carolina	Oakland	Carolina	Carolina	Carolina
K.C. @ San Diego	San D.	San D.	San D.	San D.	San D.
N.Y.G @ Philly	N.Y.G.	N.Y.G.	N.Y.G.	Philly	N.Y.G.
Tie-Breaker Indi. @ Pittsburgh	+7 Pitt.	+4 Pitt.	+3 Indi.	+11 Indi.	+13 Indi.
<b>Last week:</b> * denotes winner	7-5	4-8	*7-5	7-5	4-8
NCAA					
#3 PSU @ Iowa	P.S.U.	P.S.U.	P.S.U.	P.S.U.	P.S.U.
#20 Georgia Tech @ #19 N. Carolina	Geo. T.	Geo. T.	Geo. T.	Geo. T.	Geo. T.
#1 Alabama @ #16 L.S.U.	Bama.	L.S.U.	Bama.	L.S.U.	Bama.
#9 Oklahoma State @ #2 Texas Tech	Texas T.	Texas T.	Texas T.	Texas T.	Texas T.
Arizona @ Wash. State	Arizona	Arizona	Arizona	Wash. St.	Wash St
<b>Last week:</b> * denotes winner	3-2	2-3	1-4	*4-1	3-2
<b>Season Totals:</b>	98-44	81-61	92-50	86-56	72-57

## LAST WEEK'S SPORTS

All wins in italic text

### SATURDAY, NOVEMBER 1

**Cross Country:** @ AMCC Championship

*Behrend Men: AMCC CHAMPS*

Kevin Gorny - 2nd

Behrend Women: 3rd place

Emily Berry - 5th

**W. Volleyball:** *Behrend 3 Penn St. Altoona 0*

**W. Soccer:** *Behrend 2 La Roche 1 (2 OT)*

**M. Soccer:** *Behrend 5 Pitt-Bradford 0*

**Swimming:** *Men: Behrend 153 Bethany 24*

*Women: Behrend 123 Bethany 89*

### WEDNESDAY, NOVEMBER 5

**Men's Soccer**

*P.S.B. 1 Frostburg 0*

**Women's Soccer**

*Behrend 0 Penn State Altoona 1 (2OT)*

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