

SPORTS

Volleyball team advances to ECAC semifinal game

By Christine Newby
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The Penn State Women's volleyball team keeps their 2008 season alive as they defeated the Washington and Jefferson Presidents in the ECAC South Region Tournament on Wednesday night at the Junker Center.

Winning the first set, 25-19, the Lions were stopped in their tracks as the Presidents won the next two sets 21-25 and 13-25.

The next set was a crucial and must win situation for the Behrend team in order to tie the series up and send the match into a fifth and final set.

The Behrend Lions were victorious in the fourth set with a 25-19 score which made the series 2-2. The last set would determine the team who moved on and who ended their season.

The fifth set was another victory for Behrend by a close score of 15-13.

"Our match with Washington and Jefferson was a roller coaster," said head coach Phil Pisano. "We found ourselves down two games to one and our season looked like it was about to end. But as they have done all season, these players bounced back and fought hard to win game four. Game five was close throughout and this time we handled the pressure well, doing just enough to earn the win."

The players were pleased with the win that sent them to the semifinal game.

"I think that we played well, and didn't crumble under the pressure," said freshman Danielle Kindle. "We stayed strong at the end and that's definitely what you need when it comes to high pressure games

like that."

The win advanced Behrend into the semifinal game on Nov. 15 against Widener.

Freshman Lauren Dalton led the team with 15 kills. Kindle added six kills and four blocks. Junior Carissa Johnston contributed seven kills and three blocks.

Defensively, senior Brittany Hennessy and freshman Stefanie Kelley led the team with 16 digs each.

According to the Behrend website, this year the Lions made their second appearance in the ECAC Tournament. Their first appearance was in 2006 where they took second place.

Last weekend, the team hosted the AMCC Tournament. Behrend ended the season as AMCC regular season champs, with a 9-0 record in the conference. The Blue and White took the top seed in the tournament and hoped to remain undefeated throughout the tournament.

According to the Behrend website, the Lions won the AMCC regular season championship three out of the past four years. They won the AMCC Tournament in 2001 and 2005.

They won their first game against the fourth ranked team, Pitt-Bradford by a score of 3-1 (25-19, 19-25, 25-23, 25-20).

"I thought we played hard and took big swings during the match," said Pisano. "We could have focused a little bit better at times, but the energy level was good. Our offense was clicking pretty well, and we seemed to wear them down."

Junior Brooke Gallentine led the Lions with 42 assists. Junior



Keegan McGregor/The Behrend Beacon
Behrend volleyball player jumps as she hits the ball.

Shelia Ogden tallied 14 kills and Johnston contributed 11. Kelley added 26 digs against Pitt-Bradford.

Next up for the Behrend Lions was the AMCC Championship game against Frostburg State Bobcats. According to the Behrend website, it was the sixth meeting between these two teams in the finals.

Penn State lost in the finals to the Bobcats, three games to zero.

"We never got into any sort of a rhythm," said Pisano. "We played a very tentative, hesitant match, and that's a shame because we could have been in that match if we could have controlled our nerves a little better. You have to give Frostburg credit though as they kept the pressure on us and did not ever let up."

Dalton led the team with seven kills while Kindle added three kills and three blocks. Hennessy totaled nine digs in the game.

Pisano explained that Dalton and Hennessy played significantly well in the AMCC Tournament.

"Lauren Dalton is just a freshman but she has been a huge part of our offense this season," said Pisano. "She has really come through for us and played well when we have needed it most. Brittany Hennessy was making good reads on defense, was very vocal, and had an outstanding presence. She just needed more help on Saturday."

Frostburg State earned an automatic bid to the ECAC Southern Region Tournament as a result of winning the AMCC Tournament.

According to Pisano, the Behrend Lions had to wait a few days in order to see if they would make the ECAC Tournament.

"There is a committee of coaches and athletic directors who participate in a conference call to discuss and rank the teams in terms of winning percentage and strength of schedule," said Pisano. "In the ECAC South Region Tournament there are eight teams to start with and four teams are still alive heading into this weekend."

Pisano and the team were excited about keeping their season going and participating in the tournament.

"We were thankful to get a chance to keep playing and excited for a home match," said Pisano. "It was hard to get over a loss in the championship match, but we are trying to treat this tournament as a second chance to end our season the right way."

Pisano said that the keys to winning the ECAC semifinal game on Saturday, Nov. 15 will be confidence and focus.

"This team is good enough to win the tournament, and the players will need to focus on attacking the weak spots on the opposing teams and not let themselves get down after our own errors," said Pisano.

Along with Pisano, Kindle also believes they will win this weekend.

"We need to stay focused and not let the pressure get to us," said Kindle. "We'll win for sure if we just play our game."

THIS WEEK'S SPORTS SCHEDULE

SATURDAY, NOVEMBER 15

The Men's and Women's Cross Country team compete in the NCAA Regionals at Waynesburg at noon.

Behrend's Volleyball team will play in the ECAC semifinal game against Widener at TBA.

The swim team battles Allegheny in the Junker pool at 1:00 p.m.

The Men's Basketball team plays their first regular season game at the Junker Center against Westminster at 7:00 p.m.

TUESDAY, NOVEMBER 18

Behrend's Men's Basketball team travels to Fredonia and plays at 8:00 p.m.

LAST WEEK'S SPORTS

All wins in italic text

FRIDAY, NOVEMBER 7

W. Volleyball: *Behrend 3 Pitt-Bradford 0*

Swimming: Men: Behrend 120 Buffalo State 120
Women: Behrend 120 Buffalo State 92

SATURDAY, NOVEMBER 8

W. Volleyball: Behrend 0 Frostburg State 3

M. Soccer: Behrend 0 Medaille 3

Swimming: Men: Behrend 115 St. Vincent 141
Women: Behrend 103 St. Vincent 139

M. Water Polo: Behrend 7 Washington and Jefferson 8
Behrend 4 George Washington 14

SATURDAY, NOVEMBER 9

M. Water Polo: Behrend 14 Salem International 5

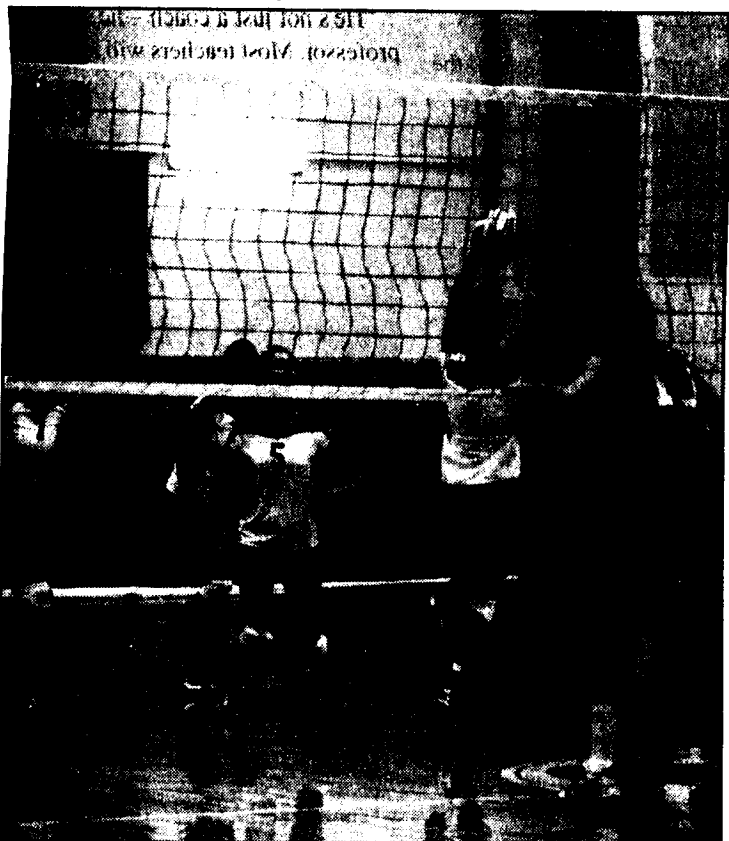
W. Volleyball: Behrend 3 Washington and Jefferson 2

All scores based from Sports Calendar and individual team page results. If your sport is not listed and you feel that it should be, contact cis5060@psu.edu

SATURDAY, NOVEMBER 15

#8 Penn State vs. Indiana
at Beaver Stadium

Game time: 12:00 p.m.



Daniel Smith/The Behrend Beacon
Junior Brooke Gallentine sets up teammate Aubry Regan.

Students benefit from martial arts

By Marcus Yeagley
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Most dressed in white and all barefoot, students bow before entering the Junker Center Aerobics room Tuesday and Thursday mornings.

A man donning a special black and white uniform leads the students in jumping up and down, feet leaving the slick wooden floor, arms swinging through the conditioned air as the sun shines through the wall of windows.

He then guides the class around the room, starting at barely a walk, building into a sweating jog.

Next, the students and instructors stretch, bending and pulling at their limbs to warm and wake up their muscles, counting off on every tug and reach.

Only afterwards does the Grand Master approach the front of the room and teach the students the forms and techniques of Tae Kwon Do in a lesser known set of classes offered to Behrend students.

Through Kines 057 (Personal Defense) and Kines 059 (Introduction to Karate), students learn skills that may

last long past the end of their college years.

After every class, students are taught Korean words and phrases, such as "Hal Soo It-tah," which translated means "We can do it."

According to the teachers and their students, the classes offer benefits outside of basic physical fitness and a bit of foreign vocabulary.

"It's helped improve my academic performance," says Allison Maino, a junior english major who has been involved in the Tae Kwon Do classes since her second semester. "It takes the stress out of college."

She says that the martial art "teaches you traits to be a better person. Especially respect."

Students enter the class as white belts, the lowest rank in the hierarchy of Tae Kwon Do. At the end of each semester, students take a belt promotion test which gives them the opportunity to prove their proficiency to the Grand Master, Dong O. Park.

"My favorite part of the class are belt exams because you get to show your skills to the master," Maino says.

Park has been teaching Tae Kwon Do in Erie for ten years. Seven years ago, he was approached by Behrend and asked to teach the martial art on the college.

"Tae Kwon Do can focus the mind,"

earned their purple belts last week after passing a belt test administered at Park's Tae Kwon Do Academy on Peach Street.

Students do not have to be enrolled in the classes to begin learning the martial art. A fledgling Tae Kwon Do club is willing to teach anyone interested. The club meets on Mondays at 8 p.m. in the

"It's helped improved my academic performance. It takes the stress out of college."

- Allison Maino, junior

says Park, an eighth degree black belt who runs several schools in the region.

And there are students who agree with the Grand Master.

"It gets your mind off of something because you have to focus," says Jesse Boorman-Padgett, a junior biology major.

Both Maino and Boorman-Padgett

says Park.

Kyle Reilly, the president of the club, is a second degree black belt in Tae Kwon Do who has been learning from Park for nine years.

Reilly, a sophomore majoring in both psychology and nursing, says that practicing the martial art provides a "discipline you can apply to other parts of

life."

Along with other black belts, Reilly uses the club to teach students of any skill level. He also helps Park with his Behrend classes.

By gripping plastic boards for students to split and wearing rubber gloves to take practice hits, Reilly and Park's other assistants help their students learn and practice the forms and techniques of the martial art.

With their white uniforms, students leave each class with a bow of respect for the Grand Master and cross the door frame to change back into their regular clothes, taking skills for self-defense and focus in their lives.

Tae Kwon Do literally translates from Korean to the "way of kicking and punching," according to Park's website <http://www.parkstkacademy.com>. Park stresses the Five Tenets of Tae Kwon Do: Patience, Truth, Health, Respect, and Love.