

SPORTS

Women's basketball team wins first AMCC game of season

continued from front page.

televised on Image Sports in the Erie area.

The Behrend Lions sit with an overall record of 2-2 and are 1-0 in the AMCC conference.

Fornari has four assistant coaches. Coach Amy Stranahan enters her sixteenth year as a volunteer assistant coach and coach Becky Reed is entering her twelfth season as a volunteer.

"Not that many people get to have people around them like that for so long," explained Fornari. "I've been fortunate to have them."

Assistant coach Alanna Daniels begins her second season for Fornari and assistant coach Katie Weigold enters her first year.

The Behrend Lions are led by the two senior captains on the team, Natalie Engel and Ellen Kolos.

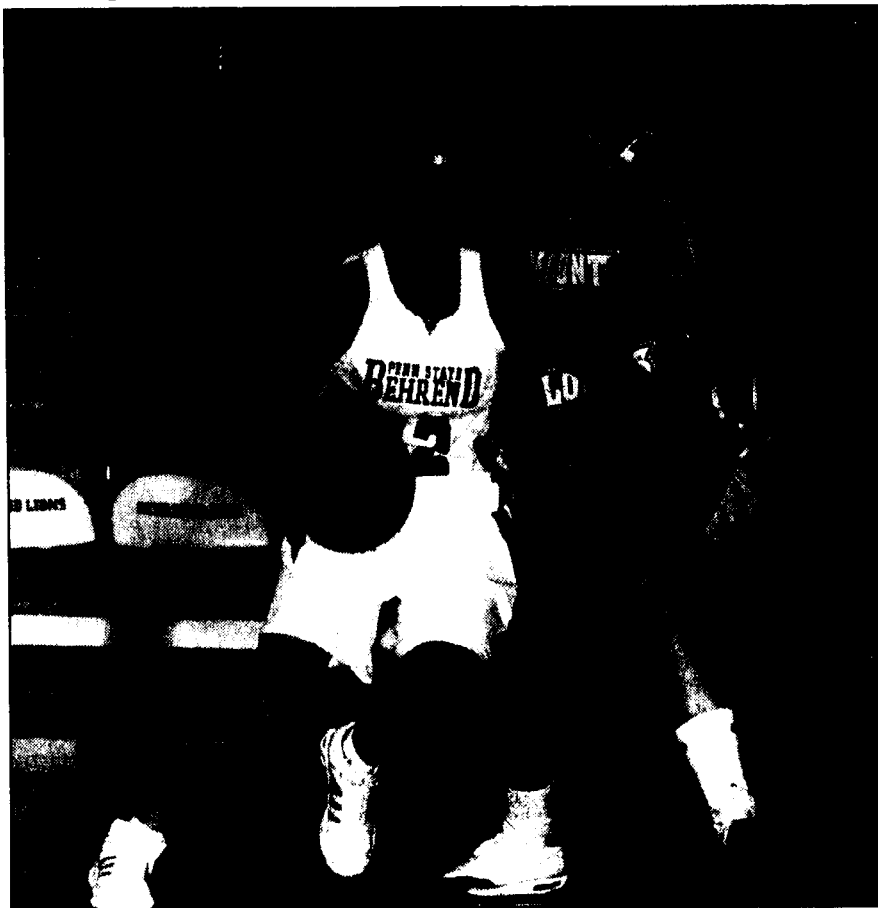
"Nat and Ellen have led the team in every way possible," said Fornari. "They lead by example, both on the floor and emotionally. They are two of the best academic people on the team. They are two of the best leaders I've had, no doubt."

Leading in the direction of the same goals will help the Blue and White become more successful throughout the season.

"Ellen and I lead the team vocally, but by example too," said Engel. "We have a lot of leaders on our team this year and everyone plays a different role, but everyone leading the team towards the same goals is going to make us successful."

Communication between the coaches and teammates plays a vital role in the captains being successful.

"Nat and I work well together," said Kolos. "Our main goal is to keep everyone on the same page and keep everyone's attitude positive. We communicate very well with Coach Fornari and this



DANIEL SMITH / TheBehrendBeacon
Behrend sophomore Rachel Richardson dribbles past her opponent.

leads us to keep the team in check."

For this season, the team has set daily goals and hopes to reach and surpass their goals.

"We have daily game goals, what we need to accomplish in the game to win," said Fornari. "There are more challenges at this point."

Fornari stresses the importance of taking one day at a time to her team.

"We want to improve on getting better day by day and game by game," said Fornari. "We will surprise a lot of people that way."

Winning is crucial and important to the players on the team.

"We want to win the AMCC and advance to the NCAA tourney," said Kolos. "We want our team to be in the top categories such as scoring and rebounding in the conference. We also want to give as much as we can and leave

nothing behind. This year our motto is "play big", hence we are a very short team. We give everything we have and leave it on the floor."

Not only does the team want to be successful by winning games, but also enjoy playing the game.

"We haven't set goals for this season in terms of how many games we want to win," said Engel. "We just want to make sure we become the best team we can be and the best group we can be, with our main goal being to enjoy playing together and have fun doing what we're doing."

According to Fornari, the Behrend Lions have incorporated a new system into the way they play, which has been a challenge at times.

"We want to get better every day and compete with each other to improve on the new system that we have been running this year," explained Fornari. "Because it is new, it has been challenging, but it also has been extremely fun."

The Behrend Lions started off the 2008-2009 season with a spark as they defeated Cazenovia by a score of 90-46 at the Behrend Tip-off Tournament on Nov. 22.

Behrend senior Natalie Engel scored a game-high 25 points to help lead the team to victory. Senior Ellen Kolos scored 17 points, sophomore Kelly Nowacinski added 10 points, while sophomore Rachel Richardson contributed a double-double with 11 points and 11 rebounds. Sophomore Amy Oldach led the team with seven assists.

In the championship game of the Behrend Tip-off Tournament, the Lions faced Adrian College. Behrend lost by a close three points, 69-72.

For Behrend, Nowacinski tallied a game-high 20 points, Oldach scored 16 points, and Richardson added 14 points along with nine rebounds and four steals.

Oldach and Richardson were named to the Behrend Tip-Off All Tournament team.

Focusing on improving as a team and not worrying about their opponents are two key components in the upcoming important conference games.

"We are focusing on getting better at our defense and offense," explained Engel. "We're not so much focusing on what the other teams do as much as we are focusing on ourselves and things we can control and change."

Kolos expressed the same need and desire to stay focused on their team and to keep improving.

"Right now we are focusing on us and how we are playing and improving on the aspects of the game that we are struggling in," said Kolos. "We are less concerned with our opponents beating us, but rather us beating ourselves."

For their next game, the Behrend Lions will be traveling to Maryland for another AMCC matchup against Frostburg State on Saturday.



DANIEL SMITH / TheBehrendBeacon
Behrend senior Ellen Kolos defends against Mt. Aloysius on Wednesday night.

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THIS WEEK'S SPORTS SCHEDULE

FRIDAY, DECEMBER 5

The swim team travels to compete at the Fredonia State Blue Devil Invitational at 6 p.m.

SATURDAY, DECEMBER 6

The Behrend swimmers have their second day of competition at the Fredonia State Blue Devil Invitational at 10 a.m.

The Women's Basketball team travels to Frostburg State for a game at 1 p.m.

Following the women's game, the Men's Basketball team faces Frostburg State at 3 p.m.

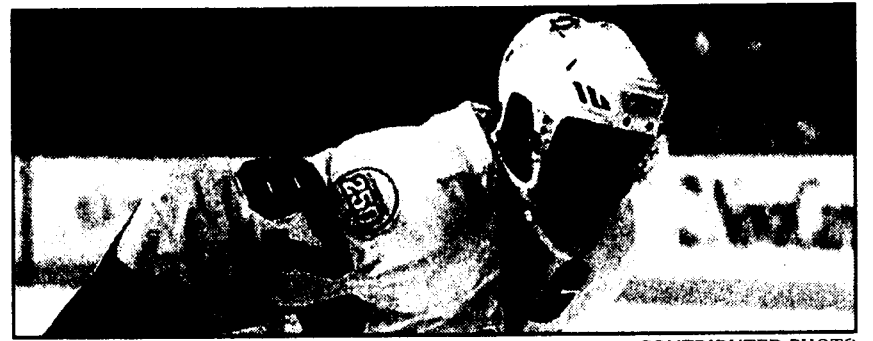
SUNDAY, DECEMBER 7

The swim team has a third match at the Fredonia State Blue Devil Invitational at 5 p.m.

WEDNESDAY, DECEMBER 10

Behrend Women's Basketball team plays at Hilbert at 6 p.m.

The Men's Basketball team faces Hilbert after the women's game at 8 p.m.



CONTRIBUTED PHOTO
Captain Sidney Crosby is second in the NHL for points with 39.

Pens second in Atlantic Division standings

By Sam Curti
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versus the division leading New York Rangers, the Penguins endured two significant losses to the team.

Forwards Tyler Kennedy and Mike Zigomanis left the game prior to the third period due to undisclosed injuries.

As a result of these injuries, the Penguins recruited Chris Minard and Janne Pesonen from Wilkes-Barre/Scranton. For the game against the Carolina Hurricanes, Zigomanis is listed as probable, while Kennedy is out.

Recently, the Pittsburgh Penguin's head coach, Michel Therrien annointed Jordan Staal and Matt Cook to be alternate captains for the month of December.

In an article by Sam Kasan, Staal talked about this honor.

"It's a great feeling, especially with all the talented players we have on this team," said Staal. "It's nice to have a part of the leadership. I want to help lead this team and be a part of it. On the ice, I try to lead as an example. I might not be screaming at guys but I'll help them out if I see a problem."

Therrien believes that Staal can help the team in numerous ways.

"This is a guy that we are counting on for the future," said Therrien. "I like the way that Jordan is playing. He's responsible defensively, good at penalty killing. You can see that he's got more confidence that he used to have in the past, offensively."

The Penguins continue to be a contender in the league and with Marc-Andre Fleury and Ryan Whitney expected to fully recover from their injuries, the Penguins can only hope to become stronger.

The Pittsburgh Penguins are starting to melt the ice as they continue to dominate their opponents.

Pittsburgh is currently ranked fourth among the Eastern Conference teams, and second among Atlantic Division teams, succeeding only to the New York Rangers. With 34 overall points as a team, the Pens record is 15-6-4.

Evgeni Malkin currently leads the National Hockey League in points (41) and assists (31).

Not to be outdone, team captain Sidney Crosby is second in the league in points (39), trailing Evgeni Malkin. Crosby is fourth in the standings in assists.

While the "dynamic duo" continue to lead the way, backup goaltender, Dany Sabourin is second in the league in goals against average (GAA), with 1.86.

Marc-Andre Fleury is recovering from the undisclosed injury he suffered earlier in November. He was seen practicing with the team earlier this week and is expected to be back in the near future.

Fleury was not the only one seen practicing with the Penguins recently.

Penguin defenseman Ryan Whitney has rejoined the team. Whitney has not yet played a game this season due to a left foot surgery he received during the offseason. There has not been any word as to when he may return, but Penguin fans are eagerly anticipating his reunion to the team.

During the tough loss on Wednesday

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