

# SPORTS

## Lady Lions basketball defeats Frostburg State 62-61



DANIEL SMITH/TheBehrendBeacon

Senior Natalie Engel defends against a Frostburg State opponent.

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their way back in front of the Bobcats.

Behrend sophomore Kelly Nowacinski made a foul shot followed by senior Natalie Engel draining a three-pointer.

At 7:42 in the first half, Krankota grabbed an offensive rebound and scored a basket to put the Lions up 16-14.

At the half, Behrend had a seven point advantage with the score being 31-24.

"We talked about keeping up our defensive intensity," explained Fomari about what the team needed to do in the second half. "Boxing out, and continuing to push the ball up the floor for tempo. We do a good job of wearing other teams down with our style of play and it was working for us."

The Lions started off the second half by scoring. Krankota scored the first bucket of the half.

With 18:08 remaining, Oldach stole the ball from a Frostburg opponent and threw a lead pass to Nowacinski for the wide open layup which made the score 35-24.

Frostburg State climbed back

from being behind and regained the lead.

With 7:28 left in the game, the Bobcats were ahead by one point against the Lions 50-51.

Engel made five crucial points when she scored a layup and made a three-pointer which tied the game up at 55 apiece.

Engel's three pointer was created by a turnover caused by the Behrend Lions swarming press defense.

"Our zone press has become much more effective over the course of the season," said Krankota. "We worked on it in practice until we were able to iron out all the wrinkles, and it took us some time before we got to the point where we became consistently effective in the press. Now we understand not only our individual roles, but the roles of one another, which has really helped the effectiveness of the press."

According to Fomari, the man to man press worked well against Frostburg State and resulted in scoring points.

"We have three different zone presses we use," said Fomari. "All three are different from one another and they tend to throw off our opponent when we run them well. On Saturday, when we

mixed it in with the man press, it caused a lot of problems for them. It caused a lot of turnovers and we were able to score off of them."

Krankota believes that the team has speed and the ability to stop opponents with their defensive press.

"Our team is fast enough and quick enough to lock down any team with the press, so as long as we work it correctly, it's certainly an important factor in any game," said Krankota.

With 1:01 remaining, Krankota connected with Oldach on a give and go pass as Oldach then made the routine layup to give the Behrend Lions the lead 60-59.

Oldach then attempted and made two clutch free throws with 18.8 seconds to go.

The final score was 62-61 in favor of Behrend.

"We had a couple short offensive droughts in the latter part of the second half, but we were able to overcome those by forcing a few key turnovers and finishing strong to pull out the win," said Krankota.

Behrend's scoring was led by Engel with 17 points and Oldach who added 15 points. Oldach also contributed five assists and six rebounds.

Sophomore Rachel Richardson made an impact on the game by grabbing eight steals. Krankota once again took control of the boards as she ended with a total of 13 rebounds for the game.

The victory against the AMCC opponent provided a good feeling in the locker room after the game, especially since the Lady Lions lost to Frostburg State earlier in the season.

"They [the players] were excited to have beaten them," said Fomari. "The loss on the road was disappointing. We missed a lot of opportunities and felt like we just couldn't put a run together to make it happen there. This time we were able to come back at the end and win and in the lock-

er room they talked about how good that felt."

This week, the Behrend Lions play at the Junker Center on Wednesday Jan. 4 against Hilbert at 6 p.m. and at Pitt-Greensburg on Saturday at 1 p.m.

"In order to prepare for our upcoming AMCC games, we need to keep working and playing as a team," said Krankota. "When we are five playing as one, we are a very tough team to beat. We need to keep working to our strengths; elements such as our zone press, pushing to the ball to wear the opposition down, and quick movement of the ball of the offensive end will help keep us in any game."

According to Krankota, another important factor for the AMCC games left in the regular season is to work to improve their weaknesses.

"Additionally, we must work hard to improve on our weaknesses," said Krankota. "Every single one of our upcoming games is crucial, and we've put ourselves in good position to make a strong run in the AMCC with our win against Frostburg."



DANIEL SMITH/TheBehrendBeacon

Top: Sophomore Rachel Richardson dribbles past the Frostburg State defender. Bottom: Sophomore Amy Oldach looks up the court for an open teammate.

# Athlete Spotlight: Katie Monoskey



ENTERPRISE RENT-A-CAR  
ATHLETE OF THE WEEK

**Katie Monoskey**  
**Track and Field**  
**Freshman**

By Christine Newby

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Behrend freshman Katie Monoskey started competing in track and field in seventh grade.

She continued the sport throughout high school, where she earned four varsity letters and was awarded the District 9 AAA Discus Champion in 2007. In addition to track and field, Monoskey also played volleyball during high school.

When asked why she decided to attend Penn State Behrend, Monoskey said, "I liked the size of the campus and it just felt like the right place to be."

Majoring in math, she hopes to eventually use her degree to become a financial analyst.

In the indoor season, Monoskey competes in the shot put and weight throw events. While in the outdoor season, she does the shot put and discus, which is her favorite event.

In the first indoor track and field meet for the Behrend Lions at Case Western Reserve last Saturday, Monoskey made a statement that she would be a dominant force as a freshman by setting two new Behrend records.

In the weight throw competition, she broke the record of 10.32 meters as she recorded 10.68 meters. In the women's

shot put event, Monoskey set another record by reaching 10.36 meters.

"My goals for this season are to improve and keep getting better each meet," explained Monoskey.

Monoskey put great emphasis and importance in the fact that her teammates are a huge factor in her improvement throughout the season.

"It's great to have teammates that are willing to help you improve and push you further," said Monoskey.

The head coach of the track and field team is Greg Cooper who is in his first year at the position.

"Coach has helped a lot with my technique and form," said Monoskey.

Going from the high school to the college athletic level turned out to be a smooth adjustment.

"It was very weird at first, especially since there is a completely new and different event [weight throw] that we do and we work a lot harder, but overall it wasn't too difficult of an adjustment at all," said Monoskey. "The competition is harder and everyone takes it more serious at the collegiate level."

## THIS WEEK'S SPORTS SCHEDULE

FRIDAY, JANUARY 30

The Swim team competes at Pitt-Bradford with Grove City at 5 p.m.

SATURDAY, JANUARY 31

The Women's (9-8) and Men's (12-6) Basketball team play a double-header against AMCC opponent, Pitt-Greensburg. The women's game starts at 1 p.m. followed by the men's at 3 p.m.

The Swim team competes at Mt. Union at 2 p.m.

WEDNESDAY, FEBRUARY 4

The Women's and Men's Basketball team plays another double-header against Hilbert at the Junker Center. The women's game starts at 6 p.m. followed by the men's at 8 p.m.

home games in bold

## LAST WEEK'S SPORTS

All wins in italic text

SATURDAY, JANUARY 24

M. Swim: Behrend 93 Washington & Jefferson 134  
W. Swim: Behrend 73 Washington & Jefferson 117  
M. Basketball: Behrend 75 Frostburg State 71  
W. Basketball: Behrend 62 Frostburg State 61

THURSDAY, JANUARY 29

M. Basketball: Behrend 58 Mt. Aloysius 52  
W. Basketball: Behrend 79 Mt. Aloysius 58

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