

Flying High

"How do you trust three other 120 lb. girls to support you while you are almost 15 feet above the ground?"

"Practice, practice, practice! My bases are the strongest and most selfless athletes I know. They have been properly trained and will do anything and everything to keep me safe." -Danielle Budziszewski

Cheer squad receives awards at UCA camp

SHAWN ANNARELLI
Sports Editor

Over the summer Penn State Behrend's ten finest cheerleaders, attended and competed in a four-day, three-night cheerleading camp at the University of Scranton.

The ladies practiced and competed against four other squads in the All-Girl Division II section. At the end of the camp the squad placed second in both the cheer and chant competition. During Final Awards, the Behrend cheerleaders received an Award for Superior Achievement.

The focus of Universal Cheerleading Association camps is to improve cheerleader's quality in performance and charisma to enhance crowd involvement, enjoyment, and attendance.

"It was an intense four days," said Coach Elysia Tomlinson. "The girls worked twelve-hour days learning cheers, sidelines, stunts, pyramids, basket tosses and dances."

"The camp was a great way to start our season," added Tomlinson. "The Behrend cheerleaders now have a better understanding of what their jobs are as college cheerleaders and how to do that job effectively. Our sights are set on having a spirit-infused basketball season."

UCA is not only the largest cheerleading association in the world; it also hosts the most widely recognized national cheerleading competitions on ESPN and ESPN2.

The Penn State Behrend cheerleaders will be competing in the Universal Cheerleading Association Nationals in January to represent Behrend on ESPN and ESPN2.

"Ultimately," says Tomlinson, "we want to improve our program and create a buzz around our school."

Would YOU like to be a part of Behrend's cheerleading squad?

Tryouts are on September 8, 9 and 10 6-8PM in Erie Hall.

To contact Coach Elysia Tomlinson, email her at ech232@psu.edu

Top: junior Danielle Budziszewski
Bottom, left to right: sophomores Kasey Speakman, Emily Griffith, Allison Auld.

Photo by Daniel Smith / The Behrend Beacon
Design by Shawn Annarelli, Sports Editor

Cheerleading: Defined by cheerleaders

Q&A with Coach Elysia Tomlinson

Q: Does cheerleading fit into the sports world?

A: Cheerleaders are athletes. They practice, participate and compete. While their uniforms and equipment may differentiate them from other sports, the Behrend cheerleaders possess as much athleticism as any other sports team.

Q: Should cheerleading be an NCAA sport?

A: This is a loaded question. If it were to be an NCAA sport there may be a lot of kick-back, and certainly a lot of changes that would need to be made to be in compliance with NCAA regulations.

Q: What type of physical work do cheerleaders dedicate themselves to on a weekly basis?

A: The Behrend cheerleaders practice four days a week doing cardio(vascular) work, intense stretching, practice cheers and dances, work partner stunts, pyramids, and basket tosses, and tumble both at practice and at a local gymnastics center. The girls have additional three-mile fitness runs at Presque Isle on Sunday mornings and weight lifting times at the Behrend gym.

Q: What are the benefits of cheerleading?

A: Aside from physical fitness, mental and academic acuity is an additional benefit. They learn valuable time-management skills by balancing our practice schedule, school work and other activities. They also acquire skills in business, finance, and marketing with our various fundraisers and events throughout the season.

Q: What are the dangers involving cheerleading?

A: There are inherent risks to cheerleading. You cannot build two and one-half story high pyramids and throw back-tuck basket tosses without running the risk of something going awry.

Q: How do the benefits of cheerleading outweigh the risks of cheerleading?

A: Cheerleading is a tradition. What is Penn State without the "WE ARE" chant and a group of cheerleaders to lead it?

Q: Define who a cheerleader is.

A: A cheerleader is someone with natural pep and enthusiasm, who bleeds Penn State blue and white and exudes Penn State pride.

Q&A with Danielle Budziszewski

Q: Do you consider cheerleading to be just as much of a sport as football or basketball?

A: Cheerleading requires strength, skill, technique, and determination. I definitely consider it to be just as much of a sport as football or basketball.

Q: What is your response to the stereotype that cheerleaders are largely unintelligent?

A: I believe the media plays a major role in the stereotype that cheerleaders are unintelligent.

Q: Define who a cheerleader is.

A: A cheerleader is someone with great talent and leadership. Their job is not only to entertain crowds and cheer at sporting events, but also to motive people to take pride in what they do and spread school spirit!

Get all cheerleading news at www.clubs.psu.edu/bd/cheerleading including more information on tryouts for current Behrend students, and clinics for grades one through 12.

Intramurals

continued from front page

Wittman thought the intramural season was a success last year and he feels that new initiatives deserve credit.

"I thought it went great, we had high participation numbers," Wittman said. "I think it was because of some new initiatives. We try to do some recreational activities (things that do not necessarily need a gym) while we have some intramural sports going on."

"I realize, for example, that while 5v5 basketball is running that not everyone is big on that, so while those games are going on we try to run things like a chess tournament or water games," Wittman said.

The program also tries to give everyone a chance to win.

"We also try to make it so you do not have to be the 'best' team in the event to win a t-shirt, as we have silver bracket winners and sometimes bronze bracket winners."

Wittman has created a Facebook page for Behrend intramurals, and has now created a Twitter page to keep students up to date.

"I just started the Twitter aspect and I do not plan on bombarding followers with constant updates, just reminding them of deadlines and upcoming events," said Wittman.

Students who are considering signing up for an intramural activity this year are encouraged to do so, in hopes of a fun experience.

"It is going to be fun, and the more students we can get involved, the better it will be," Wittman said.

For questions or information about the intramural program, Wittman can be contacted at his office which is located in the Junker Center or through e-mail at rww3@psu.edu.

Baseball team honored by NCAA

SAM CURTI
Staff Writer

Penn State Behrend's Mens Baseball teams second straight AMCC Championship title was not the only noise made by the Lions this past summer.

The NCAA honored Penn State Behrend's baseball program as one of Division III's most successful programs over the past decade, as the team has consistently been a strong conference and regional contender over this span.

In the past decade the baseball program is ranked thirtieth among all DIII baseball teams in wins with 275 and thirty-third for winning percentage at 65.7 percent.

"The team's success is tremendous because there is nothing better than a group of people coming together to attempt to achieve a common goal," head coach Paul Benim said. "The ranking with NCAA was neat because that wasn't just one year or two years, it's a decade."

"We've been working hard at this for a long time, and it goes to show again the depth of our program and the many players that have contributed as well as the assistant coaches that have come and gone as well. We're proud of it."

Benim attributes most of the program's success to his past and current players.

"We've been blessed to have some really talented men come through our program. Baseball is one of those neat games where you can't just have a shortstop and one pitcher. You need to have multiple key opponents from the bullpen, to a back-up second baseman and a couple options at DH."

Benim has managed Behrend baseball teams for the past 14 seasons and boasts a 353-212-2 record.

Before coaching the baseball team he spent three years as the softball coach, and in those 17 years as a head coach he has accumulated a Behrend record 435 wins.

THIS WEEK'S SPORTS SCHEDULE

Monday, September 1

The men's soccer team gets the season started against Geneva at 4 p.m.

The women's volleyball team takes on Buffalo State at 7 p.m.

Tuesday, September 2

The women's soccer team kicks things off against Washington and Jefferson at 4 p.m.

Sports in bold are home