

## BASEBALL

# Shortstop Josh Fyffe an All-American

KAELA BISHOP  
staff writer

After finishing a great season in 2009 as a junior, Josh Fyffe's skills at shortstop have been nationally recognized. He was recently named to the D-III All-American Honorable Mention Team.

"It is a big deal," said head baseball coach Paul Benim. "His potential has been recognized by what he has accomplished."

"Josh has had a brilliant career. His history backs up his stats. He enjoys playing the game and is always focused in the batter's box."

His statistics distinctly demonstrate his focus. Last season, Fyffe had a .406 batting average, including 16 stolen bases. He led the Lions with 69 hits, nine home runs, three triples, and 13 doubles. With 58 RBIs, he not only surpassed his teammates, he set a new Behrend record.

"His skill set definitely separates him," Benim said. "He is well respected by his teammates."

Fyffe has had an excellent career with the Behrend Lions. He has started at shortstop the past three years and will be starting his senior year. In his freshman year alone, he was

named AMCC Newcomer of the Year, Rookie of the Year, Most Valuable Player. During his sophomore year, he was named to the All-AMCC squad and led his team to the AMCC conference title.

Last season, Fyffe was named the 2009 AMCC Player of the Year and first team shortstop. He led the Behrend Lions to the 2009 AMCC regular season and conference titles. Fyffe deserves everything he and his team has been awarded.

"This is from three years of hard work, dedication and helping coach the team," Fyffe said.

Fyffe contributes some of his

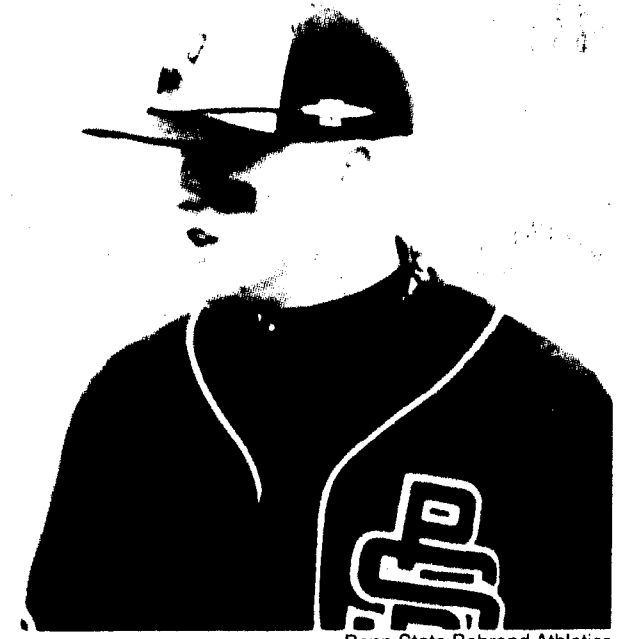
success to his tough mental game. "Having a lot of experience gives me a different mental approach than other players," Fyffe said.

This upcoming season is looking even better for Fyffe and the Behrend Lions.

"We expect the best season ever from Fyffe," Benim said. "All that and more."

Fyffe plans to measure up to these expectations. "My goal is to top last year's numbers and win the conference title again."

Fyffe enters his fourth year starting at shortstop with high ambitions, all of which will be undoubtedly met with a similar season.



Penn State Behrend Athletics

Junior Josh Fyffe will be returning to play for Penn State Behrend after leading the Lions in hits with 69 and a batting average of .406.

## ATHLETE OF THE WEEK

# Anne Lawrence surfaces to the top

RACHELLE THOMPSON  
news editor

When Anne Lawrence was just five years old, she began swimming for the Park Forest Team, but it wasn't her idea. Her mom signed her up.

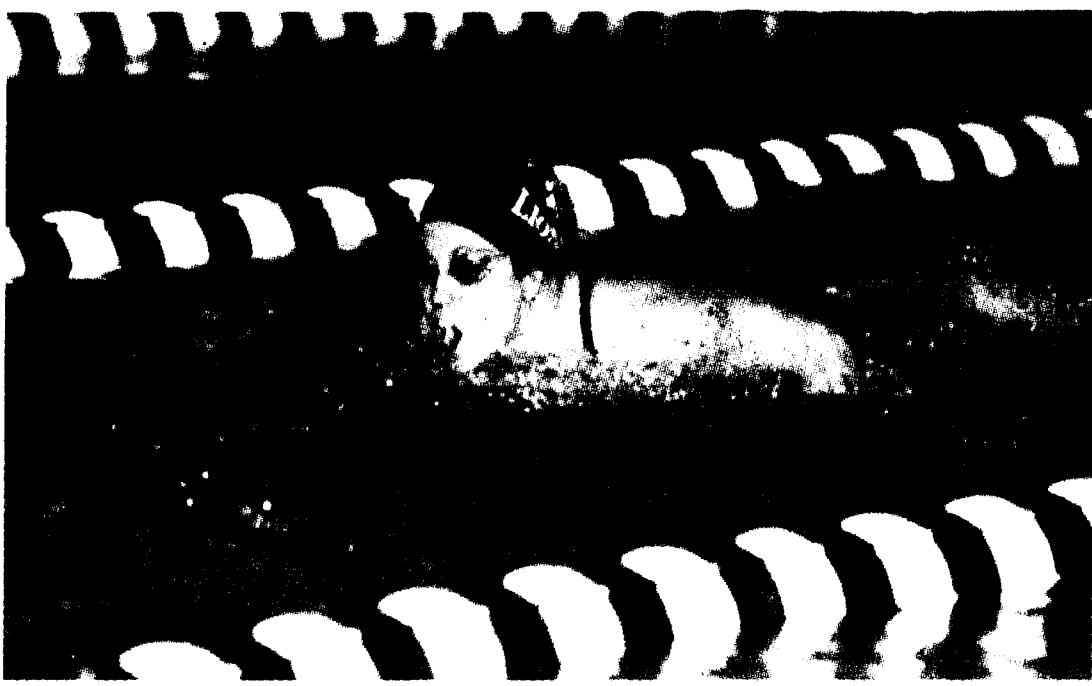
Lawrence is a sophomore swimmer and water polo player at Behrend and was named the Enterprise Rent-A-Car Athlete of the week. She put together an impressive performance during the Washington & Jefferson meet on Saturday, Jan. 23. She went on to win the 200-yard individual medley, timing out at 2:24:68 placed second the 200-yard backstroke and in the 100-yard butterfly.

She began swimming seriously before her freshman year in high school, earning a spot on the State College high school swim team, a spot she earned through tryouts. While beginning her swimming career she had nothing but support from her family.

"My dad was a baseball player in high school and was very happy with me when I made the high school team and started swimming year round," Lawrence said.

During high school she decided on college and narrowed her options down to Penn State campuses.

"I wanted to go to Penn State,



Penn State Behrend Athletics

Sophomore swimmer, Anne Lawrence, was named Athlete of the Week after winning the 200-yard individual medley. She helped her team top Washington and Jefferson last Saturday.

but I did not want to go to UP," she said. "When I came up here for a recruiting trip I had a really great time."

Before getting into the pool, Lawrence does something some athletes usually don't normally do: she talks.

"I like to talk before my races. I also have been known to tap on my goggles before I step up onto the blocks; it is just a mental thing I do."

Something else she always

likes to keep in her head is positive thoughts. She does this because it helps keep her motivation going and believes it is the strong point of her game. She also believes this is how she impacts her team the most.

Lawrence believes what keeps her motivated is her passion for the sport. Noticing the strong advances her team has made over the year is something that she feeds into her races.

Also, the dedicated swimmer could never get up and swim at 6 a.m. three days a week without having a passion and love for the sport.

Admitting sometimes she doesn't want to swim some days, like normal athletes, she believes it is her teammates that pull her through.

"I still have my days where I don't want to be swimming at all, but my teammates are there to help me going forward."

## WOMEN'S BASKETBALL

# Aly Eagle returns

After tearing several ankle ligaments, the freshman takes the court for the Lady Lions

ELESE MERKOVSKY  
staff writer

Talented freshmen Aly Eagle looked forward to contributing to the Behrend Lions Women's basketball team, but an injury sidelined her for over eight weeks to start the season.

"Eight weeks seemed like an eternity, and as much as I love the trainers, I would like to stay out of there," Eagle said.

During Behrend's second scrimmage, Eagle went up for a layup and came down on and opponent's foot. She tore and strained multiple ligaments in her foot and found herself unable to walk on it.

Though it was not an ideal start for the season, Eagle did not let her injury stop her. She immediately started doing rehab daily in the pool (aqua jogging) to keep her cardio up and additional strengthening exercises with the trainers.

On Jan. 9, Eagle made her first appearance back on the court against La Roche. Eagle put up nine points in a losing effort.

Since then, Eagle has made a large impact on improving the Lions' record to 8-7 and 6-5 in the conference. Scoring 14 or more points in the Mount Aloysius, Penn State Altoona, Franciscan, and Hilbert games, it seems pretty apparent that having Eagle back is helping the Lions.

When reflecting on her injury, Eagle hopes to remain as healthy as possible.

"My main goal is to definitely not get hurt ever again," Eagle said. The closeness of the Lady Lions has helped her during her time being injured.

"The best thing about playing at Behrend is the relationship I have with my teammates," Eagle said. "We are a little basketball family. We're always there for each other and will always have each other's backs."



Jon Klein / Behrend Beacon

Aly Eagle, a freshman from Seneca Valley High school, will be looking to help the Lady Lions reach the playoffs.

Its great knowing you have people who truly care about you when you are so far from home."

The Lions are looking to improve upon their record. The team will play at Medaille and host Frostburg after losing to them on the road. These games will determine placement in the AMCC tournament and area rankings.

"Every game from here on out is huge for us," Eagle said. "Ultimately, I'm looking forward to playing in the AMCC championship game. That's the dream!"

## MEN'S BASKETBALL

# Q&A with head coach Dave Niland

SHAWN ANNARELLI  
managing editor

The PSB men's basketball team is currently third in the AMCC standings with a 9-3 conference record. Is the team meeting your expectations?

Coach: As long as we play hard and we work hard we are meeting my expectations. When we do those things winning will take care of itself.

The team is stacked with veteran players. Are they step-

ping up as team leaders?

Coach: They are all vocal on the court. They are good, character people, which generally makes good leaders. They're good students in the classroom, too. They are good role models.

Last week Behrend was upset by a four-win team in Franciscan. What was the turning point of that game?

Coach: They had ten threes. They made ten of fifteen threes. It is unfortunate that we did not close that game well. We

missed a few defensive assignments down the stretch and struggled.

Sophomore Nick Thornsen has been incredible coming off the bench to lead the AMCC in three-point shooting percentage. Will we see more of him as the season progresses?

Coach: Nick is going to get his spots, and it depends on how the game is going. It is all situational with our opponents, and Nick is playing really well

this year. He worked really, really hard in the offseason.

This season Behrend lost to Frostburg State 75-70. The Lions play them on Saturday. What adjustments will be made for this game?

Coach: We have to defend a lot better than we did. We also need more balance on offense. Frostburg played really well in that game, and they are a very good team. We'll have our hands full on Saturday, and the guys look forward to playing.

## AMCC Sports Standings

### MEN'S BASKETBALL


	AMCC	Overall	Strk
Medaille	13-1	18-1	W5
Pitt-Bradford	10-3	10-8	W7
<b>Penn St. Behrend</b>	<b>9-3</b>	<b>12-4</b>	<b>W2</b>
Frostburg State	8-5	11-6	W2
Mount Aloysius	7-6	9-8	W1
La Roche	7-7	10-9	L1
Penn St. Altoona	6-8	8-11	L2
Pitt-Greensburg	6-8	8-11	W1
D'Youville	3-10	5-13	L1
Franciscan	3-10	4-13	W1
Hilbert	1-12	2-16	L3

### WOMEN'S BASKETBALL

	AMCC	Overall	Strk
Medaille	14-0	17-2	W6
Pitt-Greensburg	11-3	13-6	W4
Frostburg St.	10-3	13-5	W2
Penn St. Altoona	10-4	15-4	L2
La Roche	8-6	10-9	W2
<b>Penn St. Behrend</b>	<b>7-5</b>	<b>9-7</b>	<b>W3</b>
Pitt-Bradford	6-7	6-12	L1
Mount Aloysius	3-10	4-13	L5
D'Youville	3-10	3-14	L4
Franciscan	1-12	1-16	L2
Hilbert	0-13	0-18	L18

### SWIMMING & DIVING

	Women's Overall	Men's Overall
<b>Penn St. Behrend</b>	<b>6-3</b>	<b>4-4</b>
Frostburg State	3-8	4-6
Pitt-Bradford	2-4	2-3
Penn St. Altoona	1-9	1-9



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