

BEHREND BEACON YEAR IN REVIEW

A look back at the stories that define the 2009-2010 academic year at Penn State Behrend

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SWIMMING AND DIVING

Swimming and Diving take fourth consecutive AMCC title

KAYLA BISHOP  
staff writer  
February 26, 2010

The men's and women's swimming and diving teams blew away their competition last weekend at the Grove City College Invitational for the 2010 AMCC titles. The team won its fourth

consecutive AMCC title. "They're deserving of this from a combination of factors: their strength as a team, supporting each other, as well as the hard work that they put in throughout the season," said head coach Jen Wallace. The Behrend men's team finished with 385 points, out-swimming Penn

State Altoona (148), Frostburg State University (130), and University of Pitt-Bradford (114).

The women's team shared the success with 336 points over Penn State Altoona (152), University of Pitt-Bradford (122), and Frostburg State University (108).

"Their domination in the water exceeded their expectations," Wallace said. "Within the AMCC, they did over and above what we asked of them."

The women 200-yard freestyle relay event initiated the final meet. Katie Van Epps, Hilary MacManus, Julie Cook, and Danielle Wilson, each did their part to place first in this event, completing the relay in one minute and 44.62 seconds.

The Behrend men also placed first in this event. Frank Sullivan, Clay Altemose, Everett Sargent, and Dane Dombrosky finished the relay with a time of 1:26.80.

Wilson finished the 500-yard Freestyle event in 5:42.06 earning the women's team seven points. In the same men's event, Dombrosky took first place, earning the Lions nine points and completing the event with a time of 4:55.43.

In the 200-yard individual medley, the Lady Lions claimed first through fourth place. Anne Lawrence finished

with the fastest time of 2:15.80. For the men, Ben Struck (2:04.91) took second place.

Krystal Kovach earned first place in the women 1-meter diving with a score of 416.90. In the men 3-meter diving, Steve Graves (331.95) also took first place.

"When it comes time to compete, I let everything go and allow my body to have a mind of its own," Graves said. Graves dove exceptionally well during his senior year.

"I became a lot more comfortable and confident on the boards and it has been a good end to my diving career."

The first place women 400-yard medley relay team included Meghan Stefanko, Brittany Tanilli, Anne Lawrence, and Van Epps.

The Behrend men (Altemose, Struck, Dombrosky, and Hunter Backenstose) also obtained first place in this event. The Behrend men and women added to their first place wins in the 200-yard Medley Relays. Stefanko, Cook, Lawrence, and MacManus made up the women's team. Altemose, Strunk, Sullivan, and Andrew Opalewski represented the men.

"[Freshmen] Andrew Opalewski and Meghan Stefanko had a stand out meet," said Wallace. "They performed at their peak when we needed them

to." Additional individual wins include Epps in the 400-yard individual medley, Lawrence and Altemose in the 100-yard butterfly, Josh Weaver in the 200-yard free-style, Tanilli and Strunk in the 100-yard breaststroke, Stefanko in the 100-yard Backstroke, and John Kelley in the 1650-yard freestyle.

The Behrend men's and women's teams swept the 400-yard freestyle and 800-yard freestyle relay events.

In the last diving events, Kovach earned a 453.60 in the women's 3-meter dive and Graves received a 381.85 in the men's 1-meter dive.

The Behrend divers swept the first place seats in every diving event.

"Outside of practice, I visualize my dives," said Graves. "I am very pleased with how this season went."

After practicing over 15 hours per week and swimming from 5,000-9,000 yards per day, the team was well prepared for the meet.

"The experience was a lot of different things from the leadership to what to expect coming into the meet like we were just in," Wallace said. "And how to pull together and swim fast when you're tired is what it's all about."

The team finishes their season anticipating strong results at the ECAC and NCAA championships.



Jon Klein / The Behrend Beacon

Harmilee Cousin has provided leadership and stability to the team all year.

CHEERLEADING

Reaching new heights at Disney

ALEC ITALIANO  
sports editor  
January 29, 2010

Short skirts were flying high in Orlando, FL over winter break as the Behrend cheerleaders competed in their first collegiate event in more than five years.

The first Penn State Behrend co-ed traveling cheerleading squad made its way down south for the UCA College Cheerleading National Championships over the winter break.

This was the first time Behrend has sent cheerleaders down to this championship in seven years and was the only time men accompanied the team.

"Up until October, our two men (T.J. Banas and Zachary Eritz) had never been cheerleaders before," said coach Elysia Tomlinson. "This was truly an eye-opening experience for the entire team."

Coach Tomlinson led the

squad to Disney's Wide World of Sports Arena just outside of Orlando to compete with top ranked teams from all over the country.

Behrend competed in the small co-ed Division II, which included 13 teams in the national level. The top eight teams from that level moved on to the finals.

"This was an opportunity for us to show off our best stunts, cheers, dancing and gymnastic moves that we have," said co-captain Danielle Budziszewski. "Plus, with the guys we could do a lot more impressive stuff. Even though they had limited experience, they jumped right into it."

Behrend cheerleaders sadly did not make finals, missing the score needed to advance by a mere five points.

"We performed very well at Nationals, but we did not make it into finals," Tomlinson said. "Our division was extremely tough, though, this year."

It was a unique experience for many cheerleaders who made the trip, as it was the first time many of them had been on a plane or to Disney. Some of them had participated in similar tournaments in high school, but had never competed at the

"This was truly an eye-opening experience for the entire team."

Elysia Tomlinson  
Cheerleading Coach

collegiate level.

"A lot of us did it in high school, but this is the first Behrend cheerleading squad that competed," said co-captain Emily Griffith.

This trip was much more than a competition for most. ESPN and Varsity TV both did separate interviews for the

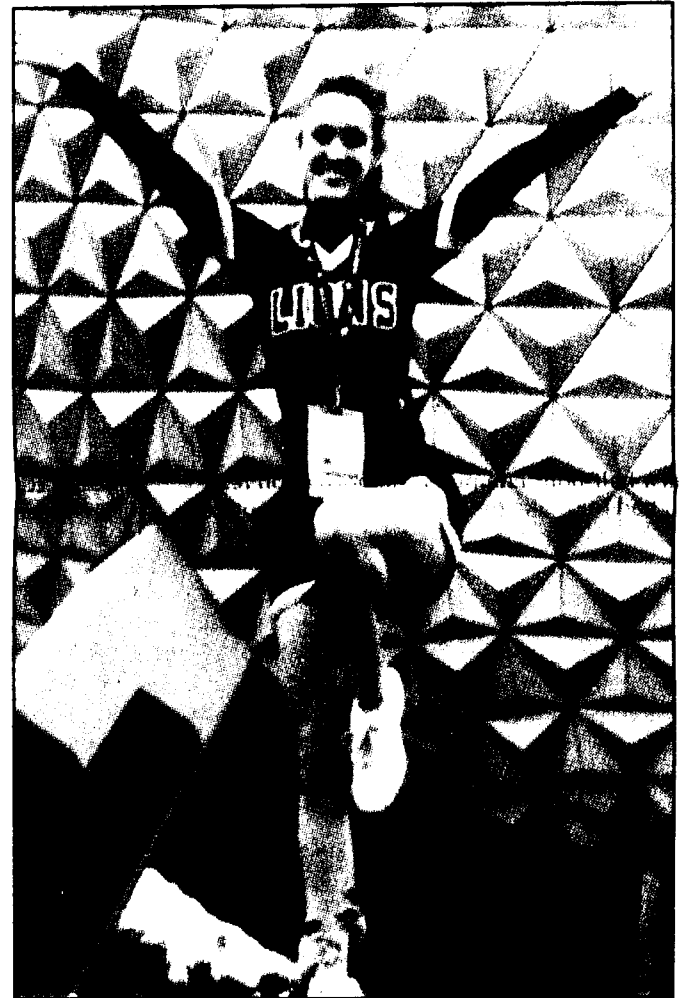
team on how the squad was full of first timers in the national competition.

The event had the cheerleaders' day planned out from start to finish and included dinner at the Rainforest Café and at the Epcot resort. The team was also invited to attend the Disney parade.

"While it was a whirlwind experience and hardly a vacation, it was a once-in-a-lifetime experience for this Behrend team who never would have been able to make this happen without the support of the Behrend student body and the Athletic department," Tomlinson said.

After competing past midnight, the Behrend squad was able to witness many big name teams display their finest work which included teams such as University of Central Florida, Kentucky and Morehead.

The competition will be on ESPN 2 in the spring, so keep an eye out for fellow Behrend students in the coming months.



Jon Klein / The Behrend Beacon

Harmilee Cousin has provided leadership and stability to the team all year.

Athletes of the Week

Name	Sport	Week
Kevin Gorny	X Country	September 11
Brooke Gallentine	Volleyball	September 18
Dustin Walker	Soccer	September 25
Joe Nelson	Golf	October 2
Jacob Bernstein	Water Polo	October 9
Karen Hobaugh	Tennis	October 16
Kayla Frost	Soccer	October 23
Ryan Banks	Soccer	October 30
Andy Iams	X Country	November 6
Lance Sabol	Soccer	November 13
Chris Saltzman	Basketball	November 23
Kelly Nowacinski	Basketball	November 30
Adam Kaiser	Basketball	December 14
Russ Conley	Basketball	January 4
Taylor Lotis	Basketball	January 11
Steve Graves	Diving	January 18
Anne Lawrence	Swimming	January 25
Danielle Wilson	Swimming	February 1
Jenna Fatica	Track	February 12
Ronson Kovach	Track	February 19
Krystal Mazach	Diving	February 26
Shane Mosier	Tennis	March 19
Josh Fyffe	Baseball	March 26
Elliot Blackstone	Tennis	April 1
Kessi Osborne	Softball	April 9
Jenna Zeyfang	Water Polo	April 16
Dustin Dubesky	Baseball	April 23
Stefania Pontillo	Water Polo	April 29

Men's Basketball wins ECAC Tournament in D.C.

AMANDA STETZ  
senior reporter  
March 19, 2010

The Lions basketball team became a part of Behrend sport's history when they won ECAC Divison III South Region's Men's Basketball Championships against Alvernia 79-73, the second time the Behrend men have won it in the history of the program.

The ECAC Championships were held at Catholic University in Washington D.C. The Lions started the game right leading the game at halftime 42-29. When the men returned to the

court, they were determined to finish the game and maintain the lead that they had in the first half.

"In the first half we came out and scored and with the will that we needed to win," said junior Chris Saltzman.

"We also shot the ball extremely well in the first half and continued that throughout the game that was a huge part to our success in that game. We also played good defense."

The Lions' were capable of doing that with senior Adam Kaiser leading the team with 24 points in the game. Junior Chris Saltzman was also a

standout with 17 points and five rebounds. Freshman Russ Conley also contributed to the game with 16 points and five boards.

Fans on the Behrend side were excited when Kaiser was able to surpass the 1,000 point mark in his career at Behrend with his layup in the second half.

"It was really nice to score my 1,000th point in the final game of my career," Kaiser said. "I really could not have asked for a better way to end it."

"It was obvious during the game that we wanted it more than the other teams in it,"

Chris Saltzman  
junior, forward

While Behrend had a minor breakdown in the second half,

allowing Alvernia to narrow the point deficit, the Lions were still able to maintain the lead for their win through free throws and easy shots towards the end of the game.

"We really came together as a team and couldn't have got it done without one of the people on the team."

With the ECAC win, the Lions are 22-8 for the 2009-2010 season.

"It was obvious during the game that we wanted it more than the other teams in it," Saltzman said. "We are proud to...say we won the ECAC Championship."



Jon Klein / The Behrend Beacon

Junior forward Chris Saltzman led Behrend with ten rebounds. His effort wasn't enough to lead the Lions over Franciscan, however. The upset snaps Behrend's six-game home win streak.