



November 15, 2010

WOMEN'S SWIMMING

Ladies starting their season out strong

KAELA BISHOP
senior reporter

The women's swimming season has begun. The season kicked off at Pitt-Bradford where Behrend competed against five other teams. The women's 500-yard freestyle relay team finished first with a time of 5:10.28. The team consisted of Meghan Stefanko, Anne Lawrence, Hillary MacManus and Rachel Regan.

"The season is starting off well because we all push each other especially when we're tired," MacManus said. "We need to take on race at a time at meets to come and clear our mind of other races. It is really important that we keep on each other about having a positive attitude."

The 300-yard relay team was composed of Stefanko, Lawrence, MacManus and MaryEllen Spooner. The team finished in 3:15.51. Ragen, Lawrence, Spooner and Julia Pfund also competed in the mixed 200-yard relays. The Lions finished the meet second out six.

"I think the season has gotten off to a good start," Pfund said. "I think how everyone cheers for one another is a very positive effect. Also all the hard work we put into practices definitely help us out in the long run."



Eric Dye / The Behrend Beacon

Women have made great strides early on in the season with a win against conference opponent Pitt-Bradford.

SEE MORE PHOTOS ON PAGE B3

The women got their meet win in Bethany. Behrend started off the meet capturing the win in the 200-yard medley relay. Swimming on this team was Spooner, Brittany Tanilli, Lawrence and Julie

Cook who finished in 1:59.68. Later in the meet, Spooner, Tanilli and Lawrence each tied an individual win.

Pfund earned the best time for the Lions in the 200 IM, coming in second place with

a time of 2:49.26. Cook also earned a second place spot in the 100-yard freestyle in 1:01.37 while Pfund followed just behind with a time of 1:09.71. MacManus swam the 200-yard freestyle in 2:11.33

and earned first place. Ragen collected four straight wins to open the meet. Behrend finished 120-86 over Bethany.

"My times aren't where I want to be, but with more hard practices to come I

know my times can easily be improved," Pfund said. "I feel like just getting back into shape is our biggest problem since we haven't been in the pool since March."

The team traveled to Baldwin-Wallace for their third road meet. Katie Van Epps and Ragen were double winners for the Lions during the meet. Van Epps and Ragen were also on the winning 400 free style relay team with MacManus and Stefanko. The team finished the relay first with a time of 3:57.63.

"Each swimmer has very high expectations of themselves even early in the season which really contributes to our performance at every meet," MacManus said. "Teammates who come to practice and meets with confidence make it easier for the rest of the team to feel the same way."

Spooner finished with the best time in the 200 yard back stroke with a time of 2:26.39. Tanilli swam it in 2:44.90 and Cook followed her finishing in 2:45.33. These times weren't enough to get the edge over Baldwin-Wallace though, and fell short 129-93.

"My goals are to get my times where I want them to be and just to do my best and have fun with it," Pfund said. "Also getting everyone just to do their best."

Behrend Baller takes his talent to the Big 10

ELESE MERKOVSKY
sports editor

Just a year ago, Nick Colella could be found shooting hoops in the Junker Center with his Behrend teammates. This year, though, Colella has made the step up to a bigger court. While he still will be suited up for the Blue and White his new home will be Bryce Jordan Center at University Park.

Colella, a 6'3 guard from New Castle, spent his first two years at Behrend. He was a large part of the success seen by the Lions as they went 21-8 last season. An Academic All-Conference selection, Colella saw time in 16 games off the bench as a sophomore averaging 8.2 points and 4.4 rebounds a game.

He was dismissed from the team for reasons not specified later in the season, but Colella had goals that were more than he could accomplish at Behrend. He wanted to play D 1 basketball.

Colella, a physical education major, transferred to University Park the fall semester of 2010. But his training took place way before he stepped foot onto campus.

All summer, Colella worked out, seeming

to live in the gym, and was constantly playing basketball in summer league.

"I got involved with every summer league that I could," Colella said. "Then basically became a gym rat. It was basketball 24/7."

Colella continued this work ethic at University Park as he practiced with the Nittany Lion's women's team. When he was not doing that or in class, Colella was once again working out in all his spare time.

By the time try-outs came around, Colella did what he felt he needed to, but was left waiting for a call to see if he made the team.

"I felt like I played good fundamental basketball," Colella said.

A few days after the try-out, Colella got a call while he was (not surprisingly) at the gym.

After meeting with the coaches, he found out he had made the 15-man roster. Now after all the time and effort Colella put into achieving his goal, he will be looked to provide depth in the Nittany Lion back court due to his solid ball handling ability and his defensive pressure.

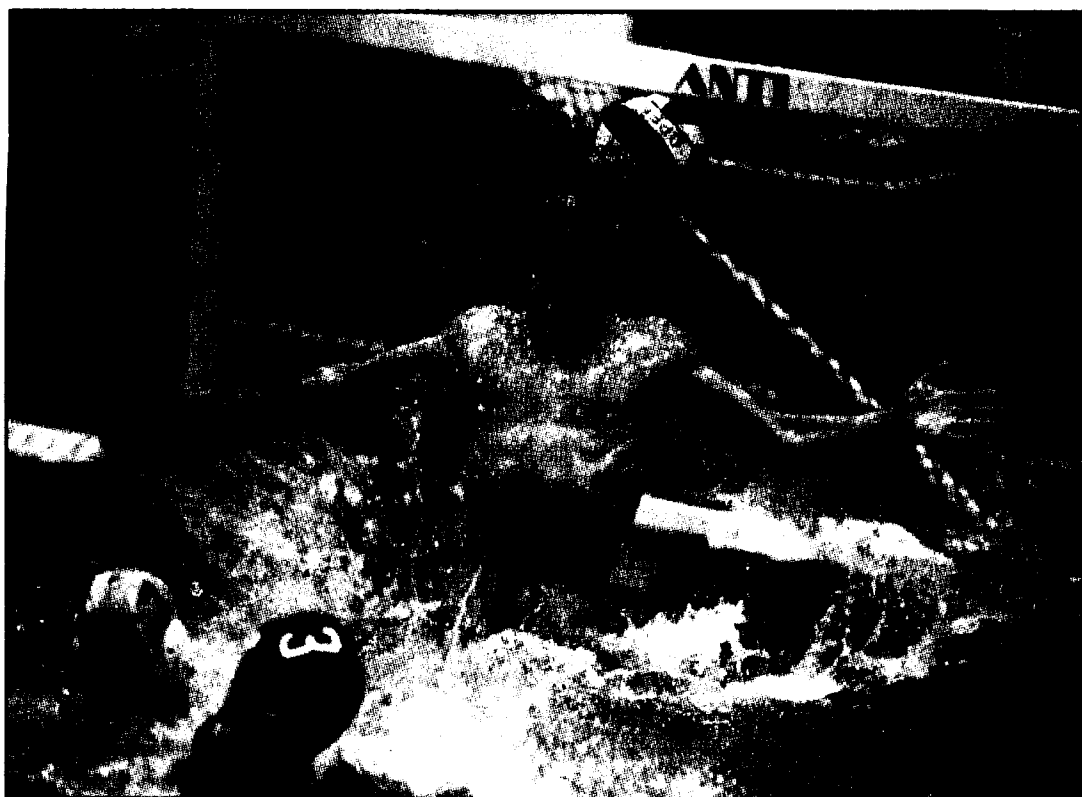
And while many people like to write off fairy tale endings as they get older, Colella sure gives people a glimpse of what can really happen if they refuse to give up on their dream.



PSBLions.com

Nick Colella in his sophomore season at Behrend.

MEN'S WATER POLO



PSBLions.com

Freshman Brian Shapter helped lead the Lion's to their best season yet, due to his previous experience between the posts while playing polo in high school at McDowell.

RECORD-BREAKING

Team breaks record with seven wins in season

MIRANDA MCCORMICK
staff writer

It looks like the men's water polo team is changing pace; they have recently set a new school record for wins. The team seems to be turning things around and moving in the right direction. Improvement is the number one factor for this team, and that's exactly what they are doing. Everyone has been stepping up their game, and they have also been working together as a team a lot better. This was a huge factor in this team's success.

"I couldn't have asked for a better season this year than the one we had," said team captain, Chris Dunleavy. "We were just fortunate to have a good group of guys with a lot of

chemistry in and out of the pool, which really allowed for us to have the best season that we could this year."

He is very proud of his teammates for all of their accomplishments this season and has said that their success would not be possible without every person on the team. Coach Joe Tristan agrees with his team captain. Tristan was impressed with what his team brought to the table this season and hopes to see it continue in the future.

"We had a great group of guys that wanted to play and be a part of a growing team," Coach Joe Tristan said. "We had a great freshman class come in and that really helped our

See Record-breaking on page B2

Behrend Bottom Line

NHL

Fleury or Johnson? Who should be the Pen's goalie?
Full story on **Page B4**

NFL

The Browns are making a run at the AFC North division this season. Full story on **Page B3**

ATHLETE OF THE WEEK

Junior Chris Bolea makes successful start at Behrend.
Full story on **Page B3**