



Picture by Jerry Trently

Greg Stoditskie at Sat. meet.

Season Opens

Cross Country Team Wins

The C.C. Cross Country team opened its season with a victory over Cabrini and Albemarle Colleges last Saturday. Capitol runners placed in the first, second and third spots to assure the win.

Al Newhart of Capitol was the first to complete the very difficult five mile run with a time of 28:59; followed very closely by team mate Greg Sloditskie with 29:29 and team mate Dave Wicks, 29:41. Other runners competing for Capitol were Jerry Trently who finished 8th overall with a time of 32:45, and Al Feiertag, 14th overall with a time of 36:40.

While the strong start is impressive, coach Bud Smitley is a little worried when it comes to the depth of his squad: "We have quality runners out there this year, but they're all juniors.

"This year will be good, but next year will be even better with the full semester," Smitley explained.

Because Capitol Campus has a trimester schedule now, most teams are in mid-season-form before our teams are in training. "I'm looking for all of our

teams to fair better in the league next year," Smitley added.

Even with a team comprised largely of juniors, this year's team has promise. The team's number one man, Allen Newhart, has excellent times for his five mile (27:16) and ten kilometer (33:48) runs.

Rounding out the team are members Greg Sloditskie and Allen Feiertag. With the combined efforts of these talented athletes, this year's cross-country season should prove exciting and competitive.

Cross-Country Schedule:

Oct. 9th At York

Oct. 16th At Messiah

Oct. 23rd N.A.L.A. District 19 held in Phila.

Oct. 30th Keystone athletic conference race held in Reading.

Football Returns

by Robert Rejmaniak

There may be a N.F.L. strike going on but, at Capitol Campus Monday night football is soon to return.

This year's Intramural Flag Football season is set to begin as Athletic Director Bud Smitley sets up the schedule.

This year's league holds ten teams which should set the scene for some good competitive games.

The games will be played on the football field behind the tennis courts in the evenings until sunset. For the remaining half of the season, the games will be switched to the soccer field under the lights.

So if you miss Monday night football, these games are a must, and guess what, no Howard.

I.M. Football Teams:

- | | |
|-------------------|-------------------|
| 1) B.A.M.F.s | 6) No Names |
| 2) The Zoo | 7) Mean Machine |
| 3) STIMF | 8) B.T.I. Express |
| 4) The Weekenders | 9) Glowworms |
| 5) The Blasters | 10) Whitedogs |

Soccer Begins 5 Game Year

The Capitol Campus Soccer team is readying itself for a five game season this year.

The season will be made up of games against surrounding college campuses in the Harrisburg area. This year soccer is being played as a club sport instead of a varsity team sport.

"This will allow us to play some guys

that would otherwise be ineligible under the varsity program," explained Bud Smitley, C.C. Athletic Director. The team is coached part time by Bill Miles, with co-captains Joe Deane and Brian Billard taking charge during the remaining time.

The team will play Messiah (Oct. 9), Mont Alto (Oct. 16) and wrap up their season against F&M's J.V. team on Oct. 23.

The team's only home game comes on Wednesday, Oct. 20 at 7:00 p.m., under the lights at Capitol's soccer field.

Women's Volleyball Enters Field



Capital Campus will be fielding a women's volleyball team on the intercollegiate level for the first time.

The new team will be guided by a familiar name at Capitol Campus. Mike Doll, a 1980 CC Graduate, active with the United States Volleyball Association for the past few years, has been appointed head coach for the Penn State Capitol Campus Women's Volleyball Team.

"The team is going to face some tough competition, especially Altoona," Doll says, "so I don't expect too much since the first year on the intercollegiate level is always difficult.

Doll, who has extensive experience coaching women's volleyball on the local level, said "I'm pleased to be back at Capitol and helping out with the women's volleyball team."

The 1982 schedule will begin this Saturday when the netters ravel to Cabrini College. Other matches include Penn State York at York on Oct. 6; Oct. 12, at Messiah College; Oct. 16, Penn State Berks at Capitol; and Oct. 20, at Penn State Altoona.

"I just need people to come out and play and not worry about tournaments," said Doll. Therefore, anyone interested should come to the Athletic office in the Multi-Purpose Building or call 948-6266.

Bowen Coaches Basketball

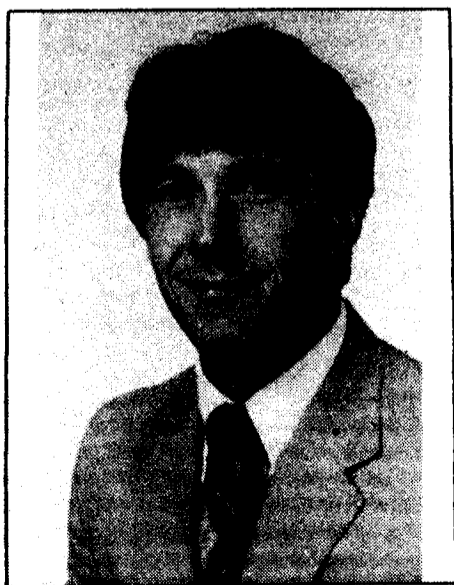
Charles Bowen has returned to his hometown to become head coach of the Capitol Campus basketball team.

Bowen, a member of the 1968 Class B state basketball team at Middletown High School, comes to the campus with a long list of basketball accomplishments.

He is a graduate of East Stroudsburg State College, where he received both his B.S. and M.Ed. degrees in health and physical education, and served as assistant coach for the women's basketball team. That team went on to compete in the Eastern Intercollegiate Athletics Women's Regional championships.

While in college, he was co-captain of a record-setting freshman basketball team. And, in his senior year, was named Eastern Collegiate Athletic Conference's Player of the Week.

Bowen coached basketball for both Susquehanna County and Dallastown high schools.



As the season approaches, Bowen looks to his player's personal achievement to be his top goal. "I want to see each member play to his potential," he said.

The team starts practice on October 15 in preparation for its November 18 season opener.

