

Sports

Soccer Record Falls To 0-3

By Tom Glazewski

The soccer team started off with a disappointing record of 0-3 after losses to Beaver College, Lancaster Bible College and Valley Forge Christian College.

Athletic Director Duane Crider, who helps out with the team, said the team played well in the 3-1 loss to Beaver College, but played terribly against Lancaster Bible College and lost 6-1.

"We didn't play well in the home opener," he said.

Crider did express some concern about the team's start, but at this same point last year the team was 1-2.

The team is learning from their mistakes.

Crider said that the Valley Forge game, which they lost 2-1, was a good learning experience for the team.

After four games, the team hoped to be 3-0.

"We've got the talent, but their capabilities and why they are actually doing are two different things," Crider said.

The biggest single problem is that the team is playing with little or no substitutions.

There are 15 players on the roster, but schedule conflicts rarely allow them to be together at the same time.

The team had 12 players for the Beaver College game, 13 for the Lancaster Bible College game, and only 11 for the Valley Forge Game.

"It's hard to play 90 straight minutes of soccer; it's tiring," Crider said.

Another problem with the limited number of players is injuries. The team is forced to shift the goalie around.

The goalie for the first few games was actually an injured field player whose movement was limited.

"The team has a tremendous attitude," Crider said.

Captains for the team are returning player Jim Cieri and junior Dave Fisher.

Also returning from last year's team are Matt Dobb, Karl Brown, Kevin Clark, Mike Leber, John Nagengast and Dennis Glauck.

The team's final four games will be at home: Wednesday, Oct. 12 at 6:30 vs. Allentown; Monday, Oct. 17 at 6:00 vs. Mont Alto; Monday, Oct. 24 at 7:00 vs. Misericordia; and Thursday, Oct. 27 at 4:00 vs. Columbia Union.



Tom Glazewski

The soccer team takes a time out at a game.

Coach, Players State Reasons for Poor Record

By Josette M. Kloker

In order to improve their 0-3 record, Penn State Harrisburg's soccer team needs to recruit more players, according to Coach David Edu.

"In the game of soccer, one person cannot go out and play alone; it is a joint effort," said Edu.

"If you don't have enough players, you cannot play the game as effectively as possible."

The soccer team, last years NAIA Divisional Champion, usually plays with 11 players which is just enough to fill all positions.

In fact, they recently played the first portion of a game with only 10 players.

Edu said the team needs at least four more players to be substitutes.

"We need people, even if they are not experienced, to give breaks," said Edu.

"What is keeping us going is about eight or nine returning players," he said.

He said he feels one of these returning players, Jim Cieri, is a key part of the team.

"Jim is an all-around player. He gives me 120 percent every time he's out (on the field). I don't know what we would do with out him," said Edu.

Other veteran players include: Karl Brown, Kevin Clark, Mathew Dobb, Dennis Glouck, Michael Leber, and John Nagengast.

Edu said he also feels one newcomer, Dave Fisher, is vital for the team's success.

Fisher, who has been playing soccer for 15 years, played at University Park his first two years.

He agreed with Edu that the team needs more players, but he thinks there are other problems contributing to their losing streak.

He said he does not feel there is a consistant coaching influence.

Edu finds it difficult to attend practices and games because he lives in Maryland.

In his absence, Duane Crider, Penn State Harrisburg's athletic director, is in charge.

According to Fisher, Edu only attends about one practice a week and has only been at two of the four games played thus far.

Edu does not feel that he is neglecting his duties as coach of the team.

He said the practices are to assure that the players "keep in shape."

As far as he is concerned, practices are not the time to discuss strategies to improve their losing record.

Kevin Clark, a returning player, said, "I feel like we're playing musical chairs; which coach is going to be there which day."

He said he feels that if someone makes a commitment to be a coach, he should honor it and be at all of the practices and games.

Clark also said this inconsistency causes a lot of confusion because some of the players listen to Edu and others listen to Crider.

Edu said he will "try to make most of the games."

Their next home game is Oct. 17 against Penn State, Mont Alto Campus.

Students Suffer from Back Pain

It's a good thing most of us are young when we go to college; otherwise our bodies couldn't stand the abuse.

Take your back, for example. Everything you do subjects your back to strain and stress--running from one class to another with tons of books in your arms, biking while carrying heavy backpacks and slouching over homework for hours.

No wonder by the time young people are in their late 20s, they join up to 80 percent of the population who suffer from back pain.

Everyone knows the benefit of good posture as we stand or sit, but better posture during the night also can be a big factor in preventing back aches, says Arthur Grehan, executive director of the American Innerspring Manufacturers, an association concerned with back pain prevention.

Better posture is achieved not so much by how you sleep, but on what you sleep.

"Research has shown that the best type of bed for the back is one that maintains the spine in its normal erect position while lying in a supine position," Grehan says.

In other words, while you are lying down, your spine should have a slight "S-curve" to it, just enough that you can slide your hand in the space between your lower back and mattress. Too much space indicates your mattress is too firm. Not enough space means your mattress is too soft.

A too-soft mattress offers no support for the spine. In a recent survey of orthopedic surgeons, a firm innerspring mattress was their number one recommendation. An innerspring mattress and box spring set was also judged the best for their back and overall health by 93 percent of college students in a nationwide poll conducted by Research & Forecasts, Inc. of New York.

Autumn Session Looks Good for Baseball Team

By Todd Ross

The Penn State Harrisburg baseball team is beginning its autumn session with hopes of "creating a strong program," said Coach Gary Pritchard.

The start of the 1988-89 session marks the second year for Coach Pritchard.

The baseball team finished last year's session with a record of 13-10-1.

Pritchard said this year's team will be "very competitive" because of "good athletes" but is concerned with depth on the bench.

To build a strong baseball program, Pritchard said, first interest in the students to come out for the baseball team.

The team has only 15 people out for the autumn session.

Many students on this campus work and the practice hours, 4-6:30 p.m., cut into that time.

Others feel that the activity will interfere with their school work.

Pritchard said he hopes he'll have "the full cooperation and encouragement" of the faculty and administration in building a strong program.

A warming trend toward athletes will encourage students to feel they may participate in sports and maintain a good grade point average.

The schedule for the 88-89 season has been changed to include more competitive schools than have been played in the past.

The new schools are Wilkes College and the U.S. Naval Academy.

"Fundamental baseball," Pritchard says, "is our strength."

"Phenomenal hitting," a team average of 347, "was our strong point last year and will be this year along with strong defense."

"Our weakness is our pitching because of the small number of people out for the team and the lack of experience of those players," Pritchard said.

The fall season is an abbreviated season with the purpose of giving the coaches a chance to position players and see the strengths and weaknesses.

The baseball team's next home game is Saturday, Oct. 8 against the Wilkes-Barre Penn State Campus.

The spring season begins Mar. 10, 1989; practice begins indoors Feb. 1.



Joe Kupec

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