

# sports

## Student athlete of the week: Erin Davis

By **WILLS KING**  
STAFF WRITER  
WPK5004@PSU.EDU

As the beginning of the college basketball season draws closer, athletes are preparing themselves for another year of experience. School work must be completed sooner, job schedules are tightened and time management creates more stress than ever. However, for Erin Davis, a second year veteran of the Penn State Harrisburg women's basketball team, the excitement of another season of collegiate sports provides enough motivation to handle changes such as these with no problem.

Davis, a sophomore, faces the struggle of a time crunch in college like so many college students. Between maintaining strong academic success, holding a part-time job and keeping up

with the commitments of being on the basketball team, the native of Cranston, RI., must prioritize tasks in her daily life. But these

changes are not necessarily negative or inhibiting.

"The time crunch really provides me motivation to keep

up to date with everything," said Davis. "I understand how it could seem difficult for some, but it actually helps me to focus."

result is a player with a focused mindset and a strong work ethic.

Team-oriented attitudes and a hunger for improvement are necessary for any sports team to be successful, but Davis is particularly encouraged for this year's squad because the team from last year had a limited number of players. With 11 players this year, five more than last season, the women's basketball team is revamped and ready for a good, competitive season in the NEAC.

"We have a bunch of new talented players who should help us out a lot," said Davis. "We should have a better year than last year."

With a mindset so positive, it should come as no surprise that Erin Davis embraces the changes that occur in everyday life with the beginning of the basketball season. When the season begins, she will finally have the opportunity to see how much it will all pay off.

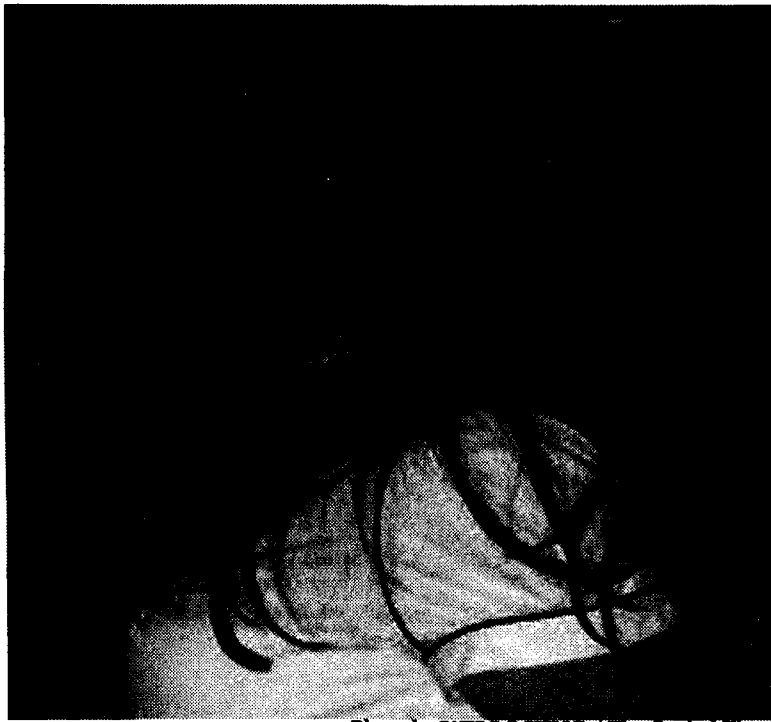


Photo by **WILLS KING** / The Capital Times

Davis has been playing basketball since falling in love with the sport in elementary school. An avid fan of the Boston Celtics, she enjoys the competition, the thrill and the teamwork that is involved with the sport and has provided her with a passion.

"I'm a big sports fan in general, but basketball is the one that I really enjoy watching as well as playing," said Davis.

Playing both the guard and forward positions on the court, experience has helped Davis to develop the skills to compete at the college level. She began playing on the varsity team in high school as a freshman, and she carried that over when she came to Penn State Harrisburg. The

## Weight room, CUB set for update

By **MORGAN DYSINGER**  
STAFF WRITER  
MED5152@PSU.EDU

Here at Penn State Harrisburg, many changes are being made all over campus to adapt to the desires of our prospective incoming student population, and the needs of the current community as a whole. We have already seen vast improvements made to the Olmsted Building, and now the attention has been focused upon another part of the property.

One of the integral changes currently in progress is the work being done to the athletic facilities in the upstairs portion of the Capital Union Building. In an attempt to try and unify our Health Services and Athletic Department, new offices for the nurses and doctors on campus are being constructed on the second floor near the old weight room facility. The idea behind this change is that the "Wellness Services" on campus are all under one roof, as opposed to

being spread out between the Olmsted Building and the CUB.

Recreational, intramural, and fitness coordinator Julie Stoehr spoke of how it made sense to bring the medical staff who are available to the community into the CUB so that they may be a more effective resource to the athletes and anyone else who requires medical attention.

In addition to creating the medical office space on the second floor, there is also work in motion to improve the quality of the weight room facilities. By the beginning of the spring semester, the weight room will have been completely repainted and the floor covered in a rubber material that is commonly used in fitness buildings. It not only provides a durable surface to exercise on, but it also absorbs a wealth of sound and weight from those tread upon it.

Stoehr's next big project revolves around the actual equipment in the weight room. With the use of funds from the SFA, the budget, and memberships from non-

PSH community members, she hopes to gradually replace all of the fitness equipment within the next two years in order to attract more people to make use of it. Not surprisingly, the rising fuel prices have also affected this process, but she is doing all that she can to make changes with the current resources at hand. The relationships with the affiliates of the gym who are outside the realm of PSH are highly valued, as their generous contributions through their gym passes greatly help the finances of the CUB.

Many students look into what type of athletic facilities a college or university can offer them before they make a decision, and Stoehr hopes to make ours at PSH much more appealing. Stoehr will also be relocating to the second floor of the CUB, and wishes to stress her openness to suggestions regarding the weight room, and warmly welcomes general visitors.

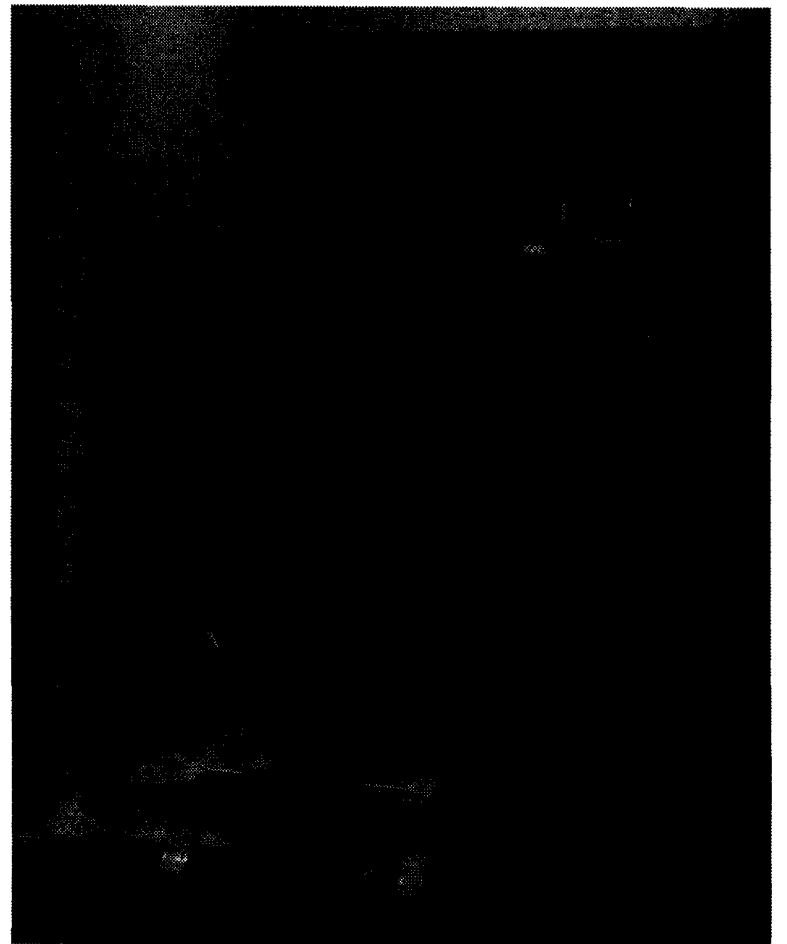


Photo by **DIANA LE** / The Capital Times