

Campus Athletic Trainer Works Hard To Keep Delco Athletes Injury-free

by Frank Finnegan

If you are an athlete, you are probably very familiar with Penn State's athletic trainer Barb Rostick. Barb is the one you see at all the athletic events and in the weight room, and she is a very important person to the staff of Penn State Delco.

Barb has been with the University since the spring of 1989. She is responsible for organizing the intramural program, supervising the weight room, keeping the players on the athletic teams injury free, and a bundle of other things dealing with her job.

Next semester Barb will also be adding teaching on the college level to her long line of credits. Before she came to Penn State, she was a Health and

Physical Education instructor in Lower Moreland. Her classes at Penn State will be instruction in CPR and First Aid.

Barb is quite an athlete in her own right. She has played field hockey, basketball, and softball, as well as lacrosse, on the college level at West Chester University where she was a major in Sports Psychology. She now is quite a bowler.

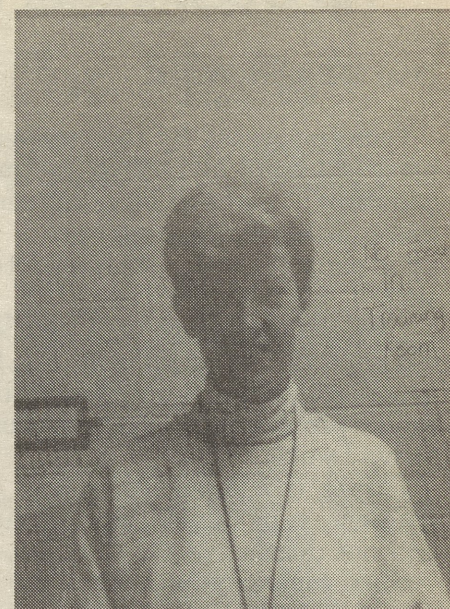
Though she has many responsibilities, Barb always finds the time to give the students some friendly advice, whether it be about relationships, designing a workout plan for students, showing athletes how to isolate certain muscles in order to give them a better work out, or just sitting down and having a good laugh with them.

Barb has this advice for students

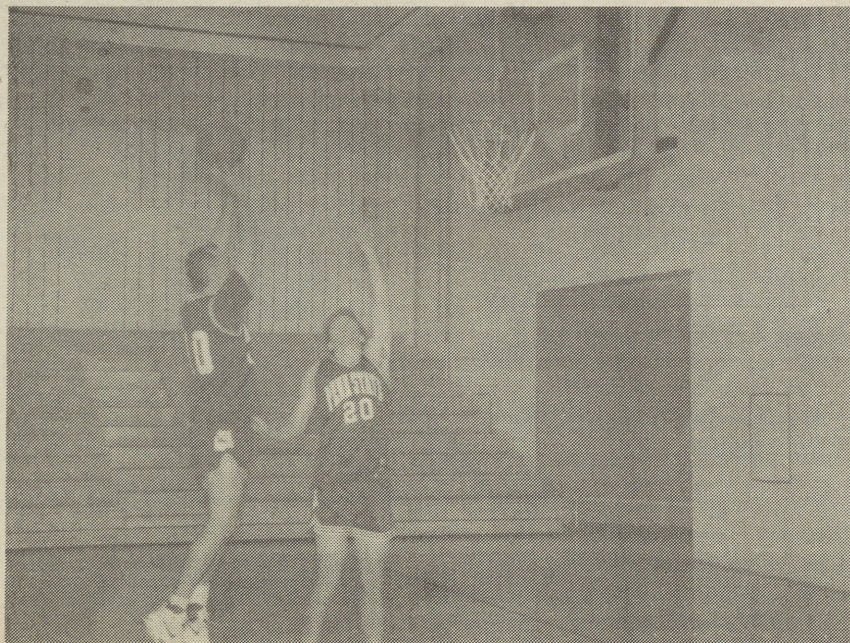
thinking about going into this line of work." It's a lot of hard work as far as training goes - you have to be prepared to spend a lot of hours with the teams." She then added "You really have to like being in a sports environment."

Barb really lives up to those words too, spending 200 hours a semester doing her job. Even though she spends this much time, she still prefers working at the college level rather than the high school level. Barb commented, "I really like working on the college level because it's a lot more relaxing - it's less structured than the high school level."

So, as you can see, Barb Rostick spends a lot of time making sure that the athletes of Penn State are in great shape throughout their seasons. Thank you, Barb, for all you do for our school.



Barbara Rostick
Campus Athletic Trainer



Freshman Craig Killinen shoots high over sophomore Andy Smerigan's block during a recent pre-game warm-up.

Photo by: DAVID RHOADES

Lady Lions Maul PCC In '90 Season Opener

by Frank Finnegan

The Lady Lions stepped on the court with the fire in their eyes on Monday, November 26. The game was against Philadelphia Community College, and our ladies basketball team was ready.

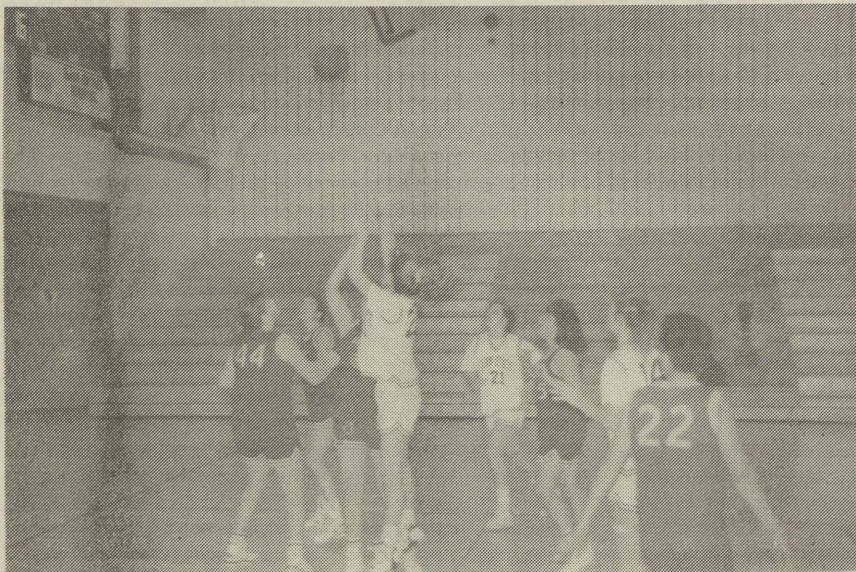
Mary Varano was on fire, scoring 25 points with six of the assists coming from her on/off court buddy, Anne Marie Stanley. This combination, along with Ginni McDowell, dominated both ends of the court, and with the fine play of the rest of the team, the women's basketball team thoroughly thrashed the girls of PCC.

This is the kind of action Delco fans will probably see throughout the women's season. The team, which had first struggled just to have enough players, is now a force to be reckoned with.

This combination of women should do the Delco campus proud in the months to come. The women's team consists of nine players, each of them a star in her own right. From start to finish they provide excitement and tough play.

These ladies would appreciate the support of the students, so come out and hear the Lady Lions roar through the season.

Player	Position	Yr.	Player	Position	Yr.
Colleen McAleer	Guard	So.	Gioia Gaudioso	Guard	Fr.
Virginia McDowell	Forward	So.	Kassy Gliem	Forward	Fr.
AnneMarie Stanley	Forward	So.	Trisha Konrad	Forward	Fr.
Mary Varano	Guard	So.	Nicole Rohana	Guard	Fr.



PSU freshman forward scores two points for Delco at a recent game against DCCC.

Photo by: DAVID RHOADES

Hoopmen Set For Winning Season

by Kevin Rockwell

The 1990-91 PSU Delco's men's basketball team is looking forward to another strong season. Winning the regular season CCAC championship for the past two years, Coach Bill Wiley is very optimistic of the team's chances of a third straight title and a better post-season performance.

The fifteen member team has a strong core, with four returning players from last season. The Lions are coached by Bill Wiley and his assistant Lou Tosti. This year's five starters are Greg Branche, Joe Giunta, Scott Smith, Tim Rayer, and Andy Smerigan. Sophomore Joe Giunta, who missed last season's play due to an injury, has been burning up the courts so far by averaging twenty-five points per game through the first four games of the preseason.

The team has been holding practices every Monday, Wednesday, and Friday from 6:00 to 8:00 and Tuesday and Thursday from 4:00 to 6:00, since the beginning of November. They have been preparing for a rigorous preseason schedule where they will face six opponents in eight days.

Though the team has won only two of its first four preseason games, Coach Wiley feels "optimistic that once they start doing the little things, they should do well in the CCAC season."

This season's schedule includes twenty-five games. Twelve of these are preseason, with ten regular season league games, and three nonleague match-ups.

In a Tip-Off Tournament on December 1 and 2, PSU Delco hosted Williamson, Delaware County Community College,

and Cabrini. The Delco Lions went up against Williamson, while DCCC played Cabrini. The championship and consolation took place on Sunday, December 2.

The team is planning to practice nearly every day of the winter break and will be in the Neuman College tournament on January 4 and 5.

The regular season is set to open on January 16, with an away game at PSU Ogontz. The home opener will take place on January 19, versus PSU Schuylkill at 3:00.

Coach Wiley feels that the team has a lot of depth. He claims that "other teams won't be able to play nine men like us."

Even though the team has won the regular season league title for the past two years, they have been eliminated in the playoffs. This year's team, as well as Coach Wiley, is confident that they will go further and maybe even win the championship.

Player	Position	Yr.
Bob Bowden	Forward	So.
Greg Branche	Forward	Fr.
Jim Clavin	Guard	So.
Dave Fisher	Guard	So.
Joe Giomento	Center	Fr.
Joe Giunta	Forward	Fr.
Dan Jnemer	Center	Fr.
Graig Killinen	Guard	Fr.
Jason Newman	Guard	Fr.
Brian Rasiuc	Center	Fr.
Tim Rayer	Guard	So.
Andy Smerigan	Guard	So.
Scott Smith	Center	So.
Keenan Wilson	Forward	Fr.

MENS AND WOMENS BASKETBALL

DATE	DAY	MENS/WOMENS TEAM	TIME	OPPONENT	LOCATION
Dec. 7	F	Women	7:00	Bucks County C.C.	A
Jan. 4&5	F&Sat	Men	TBA	Newmann Col. Tourn.	A
Jan. 7	M	Women	7:00	Luzerne C.C.C.	A
Jan. 10	R	Men	7:30	Manor Jr. College	H
Jan. 11	F	Men	7:00	Valley Forge J.C.	H
Jan. 12	Sat	Women	1:00	Northampton C.C.C.	H
Jan. 14	M	Men	7:00	Cabrini J.V.	A
Jan. 14	M	Women	7:00	Bucks C.C.C.	H
Jan. 16	W	Women	6:00	Ogontz	A
Jan. 16	W	Men	8:00	Ogontz	A
Jan. 19	Sat	Men	3:00	Schuylkill	H
Jan. 19	Sat	Women	1:00	Schuylkill	H
Jan. 21	M	Men	8:00	D.C.C.C.	A
Jan. 21	M	Women	6:00	D.C.C.C.	A
Jan. 23	W	Men	7:30	PSU York	A
Jan. 23	W	Women	7:00	Phila C.C.	A
Jan. 26	Sat	Men	1:00	Scranton	A
Jan. 28	M	Women	7:00	Schuylkill	A
Jan. 28	M	Men	7:30	Williamson	A
Jan. 30	W	Men	7:30	Mont Alto	A
Jan. 30	W	Women	4:00	Mont Alto	A