



SPORTS



Sports Banquet Honors Super Campus Athletes

By Phillip Hoertz

The Sixth Annual All-Sports Banquet was held on Sunday, April 24 at the Media Inn, Media. The banquet was held to honor all athletes here at Penn State Delco. Every athlete was recognized and received a Penn State Delco sports T-shirt.

Among the athletes who won awards from Athletic Director Tiz Griffith were: Jeff Danzi for men's basketball, Kathy Donnelly and Katrina Young for women's basketball, Jim Virgilio who won 2nd runner-up in the C.C.A.C tennis tournament, and Zang Duong and Nicole Gibbs who won the mixed pairs in the C.C.A.C tennis tournament.

Also, Director of Academic Affairs, Dr. Madlyn Hanes, handed out awards to athletes with a G.P.A of 3.0 or better. These students were, for women's volleyball, Laurie Bittersdorf, Jennifer Doyle, Rita Johnston, and Rita Varano; for women's basketball- Kathleen Donnelly, Nicole Gibbs, Karen Milliken, and Rita Varano; for team tennis: Nicole Gibbs, Allen McMillen, and Maria Vidgorchik; For men's basketball: Jeff Danzi, and James B. King; for men's volleyball- Steve Saukaitis, Matt Bellucci, and Mike Bowes.

The banquet was a successful ending to a successful sports year at Penn State Delco.



Delco's Robin Hoods take aim at their targets during their phys. ed. class.

Photo by: WES TOMLINSON

Volleyball Club Aces Tournament

By Mike Doyle

The Men's Club Volleyball team lost to PSU Wilkes-Barre on April 16 in the CCAC tournament, missing out on the chance to repeat as tournament champions. The team then stood at 6-3 heading into the playoffs on Saturday, April 23.

On March 26, Delco hosted a tournament here with Montgomery County Community College's A and B teams, as well as Penn State Berks. The home team won its first match 2-1, against MCCC's B team. Their loss in the second game of the match would turn out to be their last.

Delco followed that by sweeping MCCC's A team and Berks, 2-0. The win against Berks was especially sweet for the players. Up to that point, Berks had given Delco its only loss of the season.

"It was nice to beat Berks and avenge our loss. It was the first time we swept them," said team member Tom Pflieger.

"We got off to a slow start, but once we started running our plays at regular speed, we smoked everybody," Tom said, commenting on the team's successful tournament. "The reason we played so well was that our defense was exceptional in the last two matches."

In the CCAC tournament, Delco had won the first seed, but couldn't hold on to win the title and repeat. Tom said about the loss, "It was a tough loss, because we beat (eventual champions) Altoona."

Karate Club: More Than Just Defense Techniques

By Phillip Hoertz

Have you ever thought about trying karate as an extra-circular activity? If so, the Karate club here at Penn State Delco is an excellent place to start. Every Tuesday and Thursday from 7:30pm to 9:30pm, Paul Stromer, a graduate of Penn State University and a black belt, instructs "Isshinryu," a style of karate. The club is open to beginners, intermediate, and advanced students, and if students plan to continue Isshinryu at Penn State

University Park, a more structured club is available there.

At the beginning of a session, students go through routine exercises and warm-ups, such as stretching and practicing moves. Then the instructor takes over the class and students listen and follow instructions yelled in Japanese. Each exercise seems to get more involved than the one before. After going through about an hour's worth of exercises and practicing techniques, a quick water break is permitted. Returning from a short break, the class starts in on punching

and kicking techniques. Each move is practiced numerous times and practiced both left and right. The instructor gives guidance to all students as they practice their moves and techniques.

Towards the end of class, students do a number of moves in sequence with everyone else. Keeping everyone together as one and staying focused is the goal of this exercise. After a while, the instructor steps aside and allows sophomore Alex MacLean, president of the Karate club and a green belt, to watch over the class and help instruct them on their moves and techniques. Before the session comes to a close, students may ask any questions they may have of the instructor or anyone else.

The Karate club teaches much more than how to fight or defend yourself. IT teaches discipline, conformity, self control, how to focus yourself, and structure. The club also requires members to study the Japanese language and be able to write an essay in order to advance to the next level. As Stromer said, "The Karate club is more than you average club; it is like taking a minor class in school."

With an excellent instructor who relates well with students and teaches them much more than fighting skills, the Karate club has a lot to offer to students. MacLean says, "The club would like to see more student participation." Anyone interested in Karate should call 892-1234, ext. 700 for more information.



Sadie O'Deay

Photo by: WES TOMLINSON

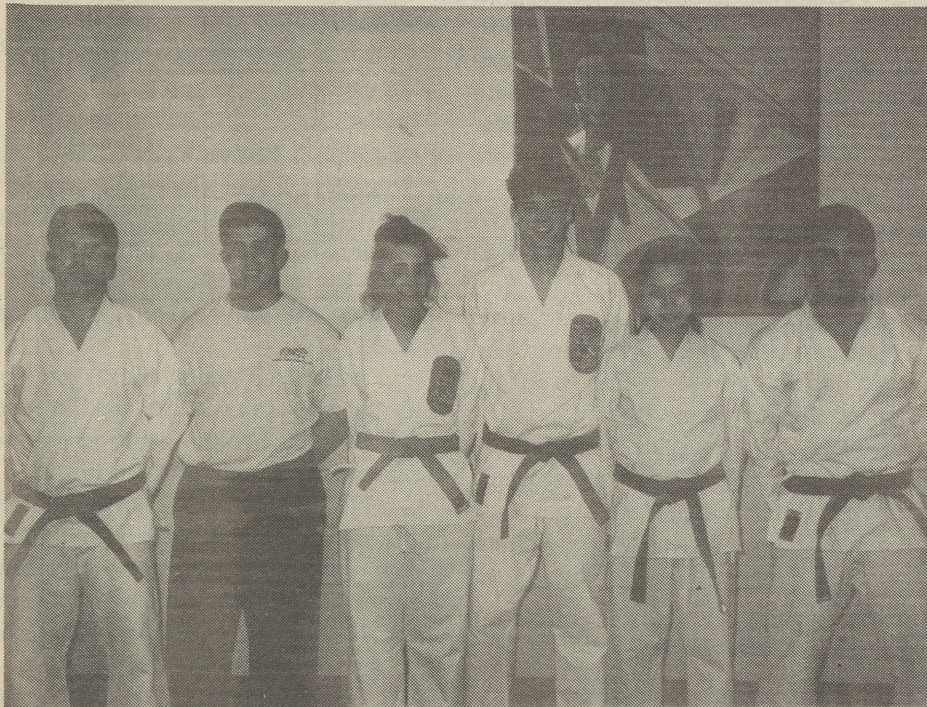
Sadie Races!

By Wes Tomlinson

Sadie O'Deay, Delco English major, has been racing mountain bikes on off-road trails for two years. Last summer she won a 14-mile race in Utah. She has raced in California, Arizona, and Ohio, as well as Pennsylvania. She competes in the Expert Class on her 24-speed Wheeler German-made bike.

On April 24 she competed in a 22 mile race in the Michaux National Forest, northwest of Gettysburg.

Sadie explains, "I average about 2 mph uphill and 45 mph going down hill. I have been lucky so far; I haven't broken any bones yet. Collarbone fractures are fairly common in this sport, but it really is a lot of fun. Mountain bike racing is exhilarating; it makes you feel alive!"



Karate Club members (left to right) Paul Strommer, instructor, Dave Knapp, Eileen Keough, Senator-at large, Alex Maclean, President, Jean Conboy, Vice-President, Mike Goldberg, Treasurer.

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