

# SPORTS



## Lady Lions End Great Season

By Jobin Pathappillil

A hard playing Delco women's basketball team saw their hopes for a Commonwealth Campus Athletic Conference (CCAC) championship evaporate March 4th in Rec Hall at University Park. The top-seeded Ogontz team pulled past the Delco Lady Lions to post a 55-50 win. The Delco hoopsters ended their season with a second place ranking in the CCAC and fourth place in the Eastern Pennsylvania Collegiate Conference.

"We had a rough start, but we pulled it together at the end," said Rita Varano, who was the cornerstone of the defense. Katrina Young led the team with an average of 15 points and 10 rebounds per game.

"The whole experience was tremendous and playing in Rec Hall seemed like a dream come true," said Katrina about the playoff experience.

Other contributing members included Colleen Cowan 'thumper' (15), Diana Desimone 'd-bone' (21), Jen Forcey '4-c' (24), Colleen Krouse 'smack' (11), Jen McCallister 'shotie' (23), Michelle Rodriguez 'pigpen' (22), and Karen Milliken 'pinto' (14).

"Everybody on the team showed great enthusiasm both on and off the court," said Tiz Griffith, Athletic Director. "The freshmen showed great promise for next year".

## PSU Restores Sports Money

By Wes Tomlinson

"Women's volleyball and men's basketball are the two core sports that have been approved thus far for all Commonwealth Campuses throughout Pennsylvania for the next two years," Tiz Griffith, Delco Athletic Director, announced last week. "Several Commonwealth Campuses had planned to drop all sports for financial reasons," she added, "but as a result of many appeals, President Joab Thomas restored the funding, and all but one campus elected to continue with their CCAC sports programs."

"In the Eastern Conference, every campus except Schuylkill will offer soccer for their students, and Delco and four other Eastern Conference campuses will have baseball teams, with five others competing in the Western Conference CCAC baseball," Tiz said. "Delco and five other Eastern schools in the conference will have a women's basketball team."

Other varsity sports will also be offered. "Five Eastern Conference schools including Delco will have team tennis," she added, "and three other campuses, but not Delco, have cross country, but our students can participate as individuals in the overall Commonwealth Campus programs." This is also true for golf.

Several campuses, including Delco have club sports. "We currently have club volleyball, and there is an effort underway to have club lacrosse," Tiz explained. Archery is offered as a formal ESACT class, but there is no competition.



Last home game of women's basketball — Penn State Delco won.

Photo by: WES TOMLINSON

## Weightlifting's Hot at Delco

By Kia Walker

Weightlifting has become somewhat of a trend here at the Penn State University Delaware County Campus. You cannot walk into the weight room without seeing a group of students in there lifting weights.

One day while I was in the weight room getting ready to work out myself, I talked with catch some students about their weightlifting habits. Six students gave their thoughts: Kewana Walker, Niki X, Jeff Klein, Rita Johnson, Jason Reitelbach, and Larry Zhou.

**Why do you lift weights?**

KW: I want to build up my upper arm strength.

NX: To improve my muscle tone.

JK: To build muscles.

RJ: To look good and feel good.

JR: Health and looks.

LZ: For my health, for my looks, for my anger.

**What part of your body do you work on most?**

KW: My arms.

NX: Thighs and abdomen.

JK: Arms.

RJ: My stomach and love handles.

JR: Chest and arms.

LZ: Chest and arms.

**How long have you been lifting weights in the weight room?**

KW: Since January.

NX: Since the beginning of the semester.

JK: One week.

RJ: Four months.

JR: Two years.

LZ: Two some years.

**How often do you lift weights a week?**

KW: Three times a week.

NX: Three times a week.

JK: Five days.

RJ: Everyday.

JR: Five days.

LZ: Five days a week, two hours a day.

**How much do you lift?**

KW: It can vary.

NX: I lift from 75 to 90 on my legs, but I only 30 on my arms.

JK: 55 to 65 pounds.

RJ: One hour a day.

JR: Bench 295 pounds.

LZ: 245 pounds.

**Do you enjoy lifting weights?**

KW: Um...yes, there's no better feeling

like it. It's a relaxing feeling.

NX: Yes, because it's good for my body and I love the challenge.

JK: Sometimes.

RJ: Yes, as long as I have music and company.

JR: Love it!

LZ: Yes!

**Do you lift alone?**

KW: No, I lift with my sister in strength training class.

NX: Yes.

JK: No.

RJ: Not by choice.

JR: Both with and without people.

LZ: If I have to.

**How long will you continue lifting?**

KW: Until the end of April, this semester.

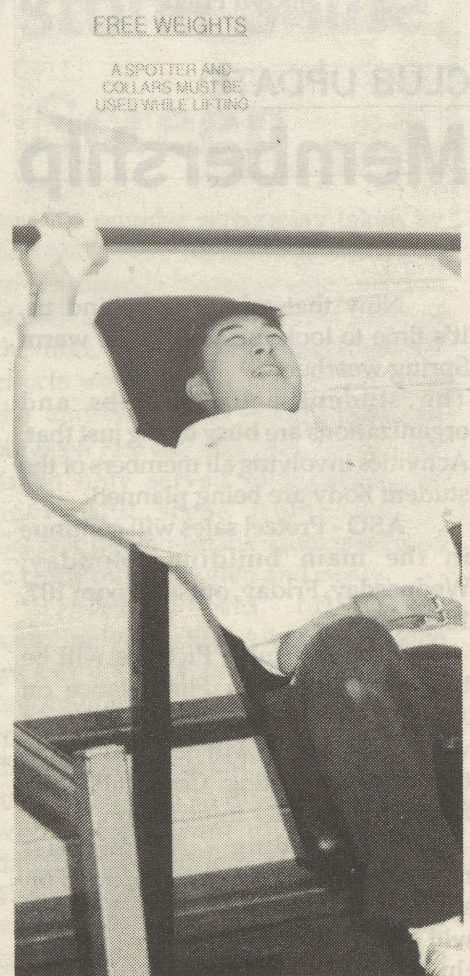
NX: Forever!

JK: Through summer.

RJ: Until summertime, then I participate in aerobic activities.

JR: Forever!

LZ: Till death do us part.



Larry Zhou, DUS, works out in Delco's weight room.

Photo by: WES TOMLINSON

## Intramurals Spring Brings A New Variety

By David Schiff

As the warm weather begins to arrive, the campus is getting ready for a whole new set of intramural sports. Now that the basketball intramural champion has been decided, we can look forward to beach volleyball, tennis, softball and hockey intramurals beginning in early April. Anybody who is interested in joining any of the above sports should see Athletic Director Tiz Griffith, in Room 136 of the Commons Building.

As for the Basketball championship, Team #3, consisting of Ted G., Fred, Jason M. and Frank were the winners, beating Team #4, consisting of Pete, Vic G., Chris Todd, John Sciotto and Duff.

Overall the basketball intramural league was really fun. there were nine teams that all were very competitive with each other. Although not every team could win the title, everyone had a lot of fun competing in the league. Other players that competed in the basketball intramurals included:

Team #1: Andrew, Tim, John Smith, Scott Watson, and Ted T.; Team #2: Marshall K., Brain, Jobin, tamer and David S.; Team #5: Brian C., Steve O'Neilly, A.J., and Larry; Team #6: M. Donahue, C. O'Brien, and G. Staffi; Team #7: Shotie, John L., Walter, Jeff, and Tracy Ragsdale; Team #8: Lonnie Golden, Dick Barrett, and Ron Hill; Team #9: Anthony M., Leon, Kareem, and Tom Sibley.

## High School All-Star Basketball Returns to Delco

By Wes Tomlinson

All-Star Delco high school basketball is returning to the Delco campus in the form of four team competitions on April 3 and 4 in the campus gym.

Tiz Griffith, Delco Athletic Director, said, "This is a high profile sports event which has attracted many college and university coaches and scouts to recruit the outstanding high school basketball players in our area. Some students who have played in the tournament in the past have made their decision to enroll at Penn State Delco as a result of seeing our campus and playing basketball here."

Delco men's basketball coach Bill Wiley, who is also head of the Delaware County Coaches Association, is enthusiastic about the scheduling of the All-Star Tournament at the Delco campus this year. He said, "This will help the Delco campus to attract some top caliber freshmen basketball players."

Games will be played at 6:30 PM and 8:00 PM each evening. East-West and North-South competitions in the first round will set-up the two teams for the final game.