

SPORTS



No T.O. For Men's Basketball; Championship Around Corner

By Rob Duffy

The men's basketball team is finally geared up and ready to explode. The team includes returning players 6'3 guard/forward Ron Bright, 6'4 forward Pete Ranaudo, and 6'1 guard Carlo Faragalli. "We have a new team that needs to iron out a few things, but overall we are pretty good." commented sophomore forward Pete Ranaudo. "Were going to kick some ass."

"I see a championship in our future." added sophomore Bright.

This small group of returning players are backed up by an outstanding group of freshmen and sophomore players. The group is led by 6'3 sophomore Mike Menichini, 5'11 freshman Steve Spinosa, 5'8 freshman Jim Halligan, 6'1 freshman Ben Craddock, 6'3 freshman Nick Kotsornithis, 6'1 freshman Brian McNear, 6'2 freshman Cris Eggleston, 6'0 freshman Jon Pettus, 6'1 freshman

Mike Prail, and 6'4 Freshman Vince Donia.

The head coach is Bill Wiley, assisted by Joe Demaio, Joe Guinta, and Dave Fisher. "I am looking forward to this season. As long as the kids work hard we will do well this season," said coach Wiley.

On Monday night, November 20, PSU Delco played its first home game against Williamson Trade school. Penn State came out looking pretty strong and won the game 69-51. Delco has had three other games since then. One game was away at Cabrini, which Delco dropped by six, a home game against Widener, Delco won by a score of 79-62. PSU Delco's record is now 2-1 overall.

"It seems that our unity is not there yet." commented Pete Ranaudo.

The Lions are looking forward to producing another good team for the 95-96 season. They need support from the campus, so come out and root for the home team.

Cheerleaders Show Support For Winter Sports Teams

By Judy Chrupcala

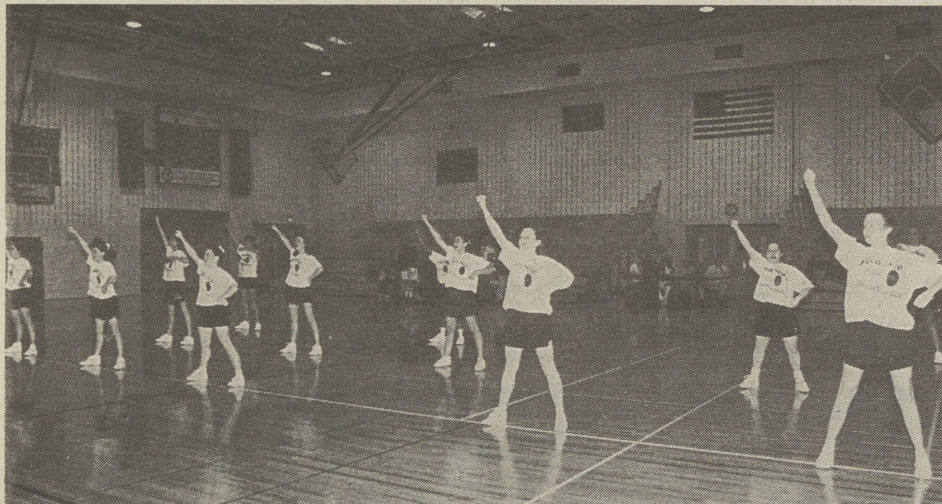
When it comes to showing support for campus teams, the cheerleaders plan to go all out this year. They have been practicing at common hour and every Friday in the gym from 4:30 to 6:30. The cheerleaders feel it is important to be at the Delco games, showing the teams that the students today supports them.

The cheerleaders met Thursday, November 9 to discuss fund raisers they plan for this season. They will be selling candy at the basketball games and during the day. They hope they

will make enough to buy uniforms for next year.

They also discussed the Secret Buddy plan. They will each choose a basketball player from the women's and men's teams and send them candy and notes before each game. Co-Captain, Jen Lewis thinks this will be a neat way to show them 100% support.

At their last meeting they elected new officers. Co-Captains are Jen Lewis and Gina Rumford. Secretary, Amy Styler and Treasure, Kewena Walker.



Cheerleaders entertain the crowd during a time out at the Williamson game which the men won 69-51.

Delco Hosts H.S. Tournament

By Tim McLaughlin

The Second Annual Penn State Invitational Basketball Tournament for high schools was played last weekend.

The tournament, held on Friday, December 1, and Saturday, December 2, benefited the campus scholarship funds. Two \$500 scholarships were handed out to the teams that participated in the finals. The tournament's originator and driving force is Mike Bradley, a member of the campus Advisory Board. He is also an alumnus of this campus.

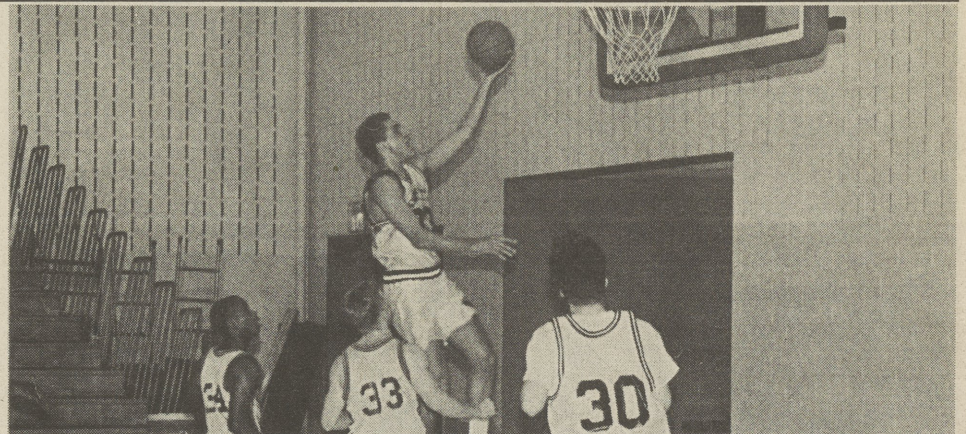
This year the tournament crowned a new champion since last year's winner, West Philadelphia High

School, was not in the field to defend their title.

The teams that battled for this year's boys title were Academy Park, Chester High School, St. Gabriel's High School and national powerhouse Redemption Christian Academy High School from New York, which boasted five players on their roster over 6'7".

The girl's tournament featured teams from Academy Park, John Bartram High School, Garnet Valley, Sun Valley, Penncrest, and University City.

Penn State Delco thanks anyone who attended the tournament for their contribution to the scholarship fund.



"I want to be like Mike!" It's not Mike Jordan, it's Mike Menichini with a magnificent finger roll in Penn State's win over Williamson Trade School.

Karate Club Chops At Delco, Fights For Honors At Contest

By Nicholas Felici

"For me it's like a pressure release valve," said Matthew Voss (Third semester sophomore, Environmental Sciences). "You can take out all your frustrations here in order to establish a clear mind and be able to focus wholly."

The Karate Club is back in action for the third solid year. One of the smallest yet most serious clubs on campus, this core group of students concentrates on attaining the most out of the organization. "The club serves many purposes, from maintaining and improving physical stamina and conditioning, to building confidence in one's capabilities."

For Matthew, it is all of these... and also a chance to beat around a defenseless punching bag after a stressful day of school.

Headed by Sensei Paul Strommer, a blackbelt and graduate of Penn State, the Karate Club is stronger than ever, with years of experience now under its belt. Strommer created the club after receiving his business degree and deciding to come back to the Delaware County Campus, where he had enrolled for two years prior to transferring to University Park.

The club trains a few evenings per week. Their usual practices begin

with strenuous workouts and timed striking responses, and end with the introduction of a few new techniques. Students also learn the language of the martial arts and the discipline that comes from learning the ideals and philosophies of the ancient schools.

The club just recently participated in the Bushi Karate Championships, held in Hatfield, Pennsylvania on November 19. The event included displays in weapons kata, demonstration techniques with staffs and nun-chuks that are strictly limited to blackbelts. There was also a self defense demonstration for women and children, as well as Kumite matches, which were actual rounds of fighting.

Penn State Delco was entered in the individual kata division, which involved certain moves, stances and fighting skills.

The Karate Club members competed in the Green Belt Division, in which there were twenty competitors, and the Yellow Belt Division, in which there were ten competitors. The club won an award for each division.

Matthew Voss took home the first place award in the green belt division, while Ed Hammond won the third place award in the yellow belt division.

Lady Lions Face Loss Of Key Players In Jan.

By Michael Menichini

It's that time of year where the curling irons and high heels get replaced with ponytails and taped ankles.

The smell of cK One fades as the pungent odor of sweaty socks and wet hair fills the air like a dense fog.

The beginning of the 1995-1996 women's basketball season has just gotten underway, and the team is anticipating a productive year.

Coach Brian Donoghue and assistant coach Bill Dougherty feel that this year could go either way with the Lady Lions. "We're losing three key players at the semester break", said coach Donoghue.

Colleen Krause, Michelle Rodriguez and Alicia Algeo will be leaving the Delaware County Campus to pursue their majors at University Park. "It is going to be difficult to regroup with the loss of these players, but I know the rest of the team has the heart to pull through," said asst. coach Bill Dougherty.

For the time being, though, the

team has these three players and will use them to their advantage.

The team practices everyday but with work schedules and class conflicts, it is difficult to get all the women at practice. They do find ample time on weekends to gather as a team and work on the things that will allow for them to be a well balanced team. To achieve this balance, the women must have a firm grasp of the offense as well as the defense. Practicing allows for the women to have an idea how their fellow teammates play. This can prove to be very crucial when the season moves into full swing.

As the year continues and the women begin to mend together the loose ends, they will find that the little things such as boxing out, rebounding, defense and hustling will play a major role in them winning games. With the help of Jennifer Moser, Nakia Daniels and Erin Donaldson, the Lions will look to utilize their talent and maybe upset some unsuspecting teams.

The Lions lost their season opener on Monday, Nov. 27 to Lincoln University by a score of 55-34.