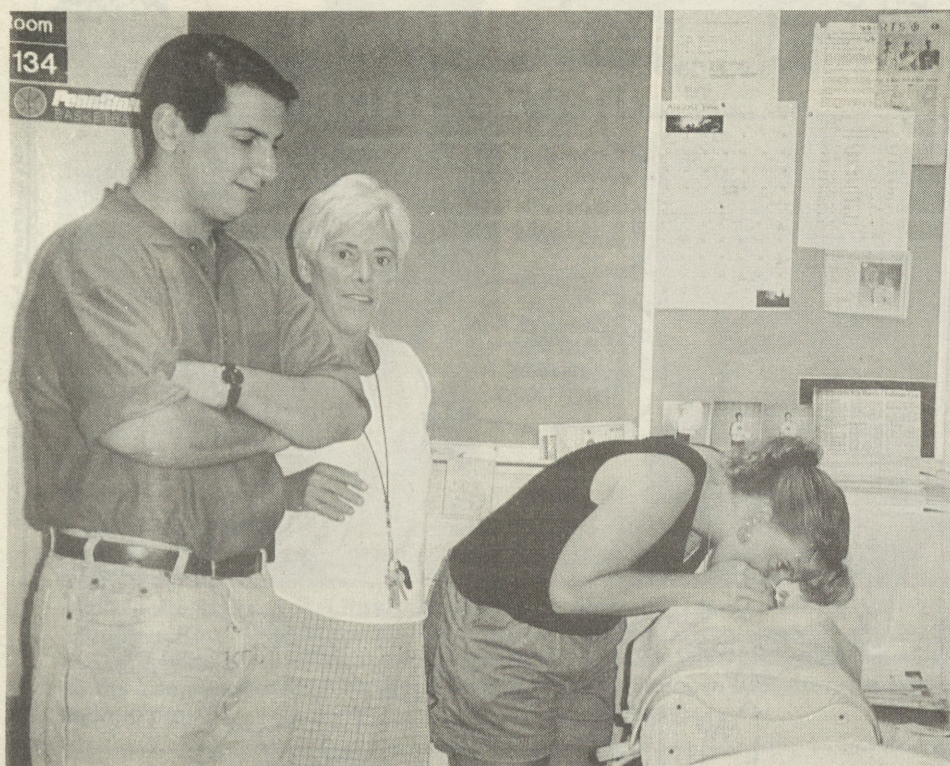


SPORTS



Sophomores Vince Scienci and Stacy Macauley recently joined Athletic Director Tiz Griffith in CPR training, required of students who help monitor the gym and weight room.

Photo by Razquel Arredondo

Tiz Griffith Recognized For Spirit And Success On Campus

By Greg Jurkowski

Tiz has done it again! That's right Doris "Tiz" Griffith, Athletic Director, coach and physical education instructor, has gotten herself yet another award through her dedication and contributions to the campus community.

She will be awarded the Commonwealth Educational System (CES) Faculty Achievement Award for the College of Health and Human Development this coming October at the College's Faculty and Staff Awards Ceremony at University Park.

This award was established by the College and its Alumni Society to recognize and reward the unique contributions that a CES faculty member makes to the College and the campus community. The award recognizes excellence in teaching, advising and service. Last spring, Tiz was also named Outstanding Tennis Coach of the Year for the eastern section of the Commonwealth Campus Athletic Conference.

Joe Biscontini, Regional Director of Public Relations captured the essence of Tiz in the program notes he

wrote for the Awards Ceremony.

"A passion for sport and its science, the spirit of team, and the value of individual achievement and involvement characterize Doris 'Tiz' Griffith's teaching and coaching. As campus athletic director, this former member of the U.S. Field Hockey Team and member of the Temple University Sports Hall of Fame and the Pennsylvania Sports Hall of Fame single-handedly built the campus's extensive intramural program, and serves as a teacher, advisor, coach, and mentor to hundreds of students each year.

"Her leadership in community health and wellness programs prompted a colleague to describe her as 'our unofficial good will ambassador — one of the campus's greatest assets.'

"Tiz's passion for her academic discipline is matched in her active involvement in campus governance and her regular participation in student recruitment and programs.

"Another colleague noted 'we are grateful for her contagious warmth and positive energy.'"

Need A Break From Reality? Step Into The Commons Scene

By B. Feick

So you've just spent two hours in class and an hour in the library, you have 30 minutes free before your next class, and you need to relax. Where do you go?

To the Commons/Athletic Center, of course, to check out the variety of recreational options there.

You could hang out in the cafeteria, watch the soaps, and chow down on cheese fries, but maybe you'd like something a little more active. If so, go next door to the Lion's Den.

There you'll find a regulation pool table, "Lethal Weapon 3" pinball, air hockey, and video games like "NBA Jam" and "Virtua Fighter". Profits from the video and pinball games go to the CLASP (White Rock) tutoring program for children in Chester, so you can feel good about all the quarters you drop in the machines.

The Lion's Den also houses a large screen television with VCR and the offices of the Student Government Association (SGA) and the Student Activities Committee (SAC). The Lion's Den is open Monday through Friday from 9 AM to 9 PM.

If you'd like a higher level of physical activity, check out the Exercise/Weight Room and the gym down the hall from the cafeteria. Both are open 10 AM to 5 PM, Monday through Friday, and 7 PM to 10 PM, Tuesday through Thursday. The gym is good for pick-up games of basketball

or floor hockey, and the Karate Club meets in the small gym (back of the large gym) Tuesday and Thursday evenings.

The Exercise/Weight Room has been refurbished and is getting more pieces of equipment. With the walls freshly painted, new carpet installed, and mirrors on the walls of the weights area, it has a bright new look.

"Look for a lot of great changes there," said Raquel Arredondo, Student Services Specialist. "We are updating the equipment and re-arranging the floor plan to make it more user-friendly."

In addition to two more aerobicycles and a new stairmaster, additional sets of dumb-bells have been purchased. Also, a television and VCR are being installed, so users can watch videos on aerobics, weightlifting, health, and nutrition while they work out.

Barbara Rostick, returning to the campus after a two year hiatus, will be the trainer on duty in the weight room to help students use the various machines and design a program that's best for them. She will be available 11:00 to 2:00, Monday through Thursday, and 10:00 to 1:00 on Fridays.

"The weight room is a hot spot between 10:00 and 2:00 each day," said Ms. Arredondo. "Be prepared to show your student ID and where appropriate clothes. No jeans, because they tear the bench cushions."

New Coaches Spark Fall Sports

By A. Regar

Athletic Director Tiz Griffith is very upbeat about this year's varsity sports teams.

"It's going to be an exciting year with so many new coaches," she said. "And already we have a large number of freshmen expressing interest in the varsity programs. It should be a wonderful experience for them!"

The three new coaches all are connected with fall sports. Bill McCourt is doing team (co-ed) tennis, replacing Tiz Griffith who is retiring from that position after ten years.

Mike Clark, brother of trainer Matt Clark who supervised the weight

room last year, is coaching the soccer team, which also accepts both male and female players. And Adam Winters is the new coach of the men's baseball team.

The winter/spring varsity sports will enjoy continued leadership from their returning coaches: Bill Wiley for men's basketball, Brian Donoghue for women's basketball, and Raphael Hidalgo for women's volleyball.

Students interested in playing any fall varsity sports should attend an important meeting on Wednesday, August 21, at 3:30 PM in the gym of the Commons building. Physical for fall sports will follow the meeting from 4:00 to 6:00 PM in the training room, 134 Commons.

TEAM MEETINGS for FALL VARSITY SPORTS

Wednesday, August 21, 3:30 PM in the gym

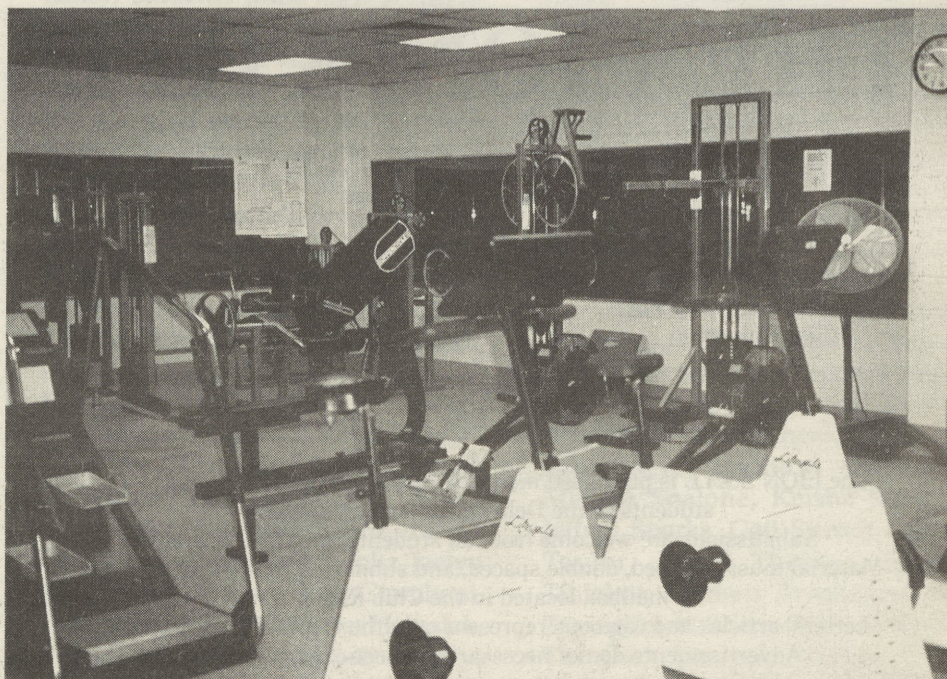
Followed By

PHYSICALS
for All Players

4-6 PM in the Training Room, 134 Commons

All women interested in playing tennis or soccer and all men interested in playing tennis, soccer, or baseball should attend.

See Athletic Director Tiz Griffith in 136 Commons for details.



The Exercise and Weight Room in the Commons/Athletic Center is getting a refurbishing with new paint and carpets and expanded equipment.