

SPORTS



Hoopsters Shoot For Wins

By Greg Jurkowski

"We're going to be a small team, but a tough one. No one will want to play us," Coach Bill Wiley said about this year's upcoming season of men's varsity basketball.

This year's team will be comprised of both returning and new players. Four players are returning from last season. Two are full-time starters: Chris Eggeston, who averaged 20+ points per game, and Steve Spinosa, who averaged 16 points per game last season. The other two are part-time starters Ben Craddock and Mike Pralle.

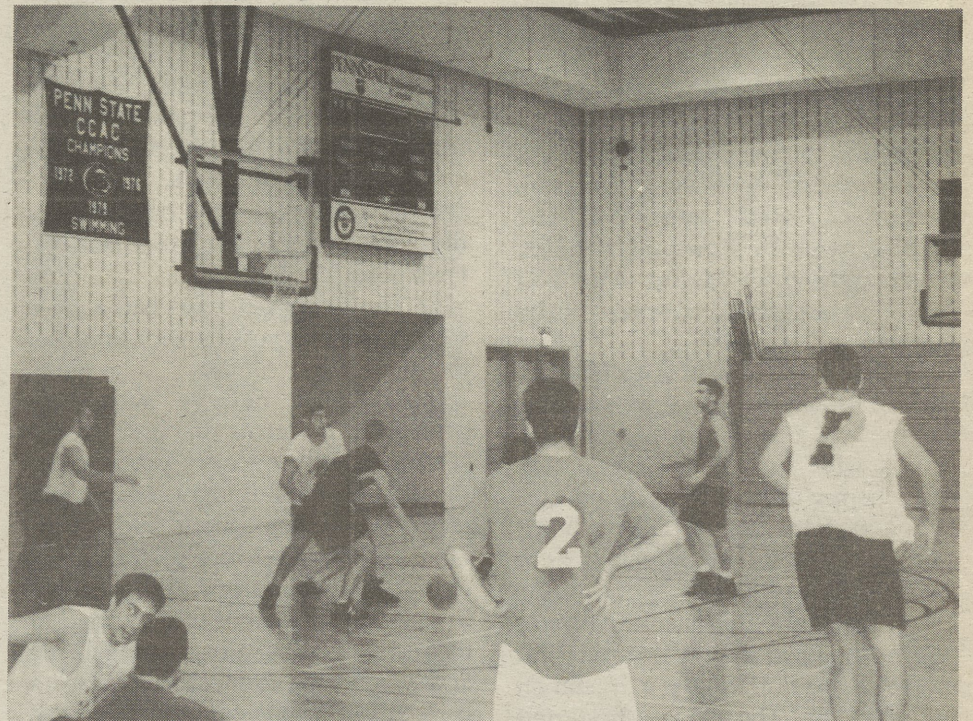
Two new players that show much promise and could land starting spot on this year's team are freshmen

Ronnell Durante and 6' 8" Rich Wright.

Some of the strong qualities of this year's team are its strong backcourt depth and that it has three or four players who can shoot over zones.

When asked which teams will be tough to beat this season, Coach Wiley mentioned PSU Abington and PSU York. Both teams had strong seasons last year and have quite a few players returning for this season. He also believes that PSU Wilkes-Barre and PSU Hazleton will put up a good fight, but won't be as tough to beat as Abington and York.

The men's team will host their first game against PSU Berks at 8pm on Dec. 3. All are encouraged to come out to the gym and cheer the team on to their first victory.



The men's basketball team is working hard to improve on last year's season. Sophomore Ben Craddock drives in for a shot as his teammates look on.

Photo by Greg Jurkowski

WOMEN'S BASKETBALL

DATE	OPPONENT	TIME
Nov 21	Phila. Bible College	7:00
Nov 23	Manor	1:00
Dec 03	PSU Berks	6:00
Dec 04	Northampton CC	7:00
Dec 07	Luzerne County CC	2:00
Jan 11	Phila. CC	2:00
Jan 14	PSU Ogontz	6:00
Jan 18	PSU Mont Alto	1:00
Jan 20	Manor	6:00
Jan 22	PSU York	6:00
Jan 25	Northampton CC	6:00
Jan 27	PSU Berks	6:00
Jan 29	Luzerne CCC	6:00
Feb 01	Phila. CC	1:00
Feb 02	PSU Altoona	2:00
Feb 06	PSU Ogontz	6:00
Feb 08	PSU Mont Alto	1:00
Feb 15	EPCC Tournament	TBA
Feb 18	PSU York	7:00
Feb 23	PCAA Tournament	TBA

Home Games In Bold Print.

MEN'S BASKETBALL

DATE	OPPONENT	TIME
Dec 03	PSU Berks	8:00
Dec 07	PSU Hazleton	1:00
Jan 04	Delaware County CC	1:00
Jan 08	PSU Wilkes Barre	7:00
Jan 11	PSU Scranton	3:00
Jan 14	PSU Ogontz	6:00
Jan 18	PSU Mont Alto	3:00
Jan 22	PSU York	8:00
Jan 25	PSU Schuylkill	3:00
Jan 27	PSU Berks	8:00
Jan 29	PSU Hazleton	8:00
Feb 01	PSU Wilkes Barre	3:00
Feb 06	PSU Ogontz	8:00
Feb 08	PSU Mont Alto	3:00
Feb 11	PSU Scranton	7:00
Feb 15	PSU York	3:00
Feb 17	PSU Schuylkill	7:00

Home Games In Bold Print.

It's Intramural Time Again!

By Amy A. Winnemore

With the fall intramurals wrapped up, it's time to get in shape for the new activities going on now. Leading off are co-ed floor hockey and aerobics, which happen every Monday and Wednesday during the common hour.

"It's a good way to interact with other students, and to let out energy," says Cora Suratt (third semester Art major).

Starting in the Spring semester are basketball, tennis, and outdoor

hockey. Delco will also be having its own version of the Olympics.

"We'll be playing soccer, European handball and some other sporting events," explained Intramurals Coordinator Vinnie Serenci (fifth semester English major).

All these activities will be co-ed and also open to any faculty or staff member brave enough to play against the students.

For more information, stop in Room 136 on the first floor of the Commons Building.

Volleyball Team Ended Season With A Vengeance

By JoAnne Johnson

If you have been wondering what all that noise coming from the auxiliary gym is, it could be said that reconstruction was in progress...sort of. The Women's Volleyball team has been on a quest to avenge their loss to PSU Hazleton in the Commonwealth College Athletic Conference semi-finals by reconstructing their team spirit and skills.

The agenda: focus and beat

DCCC and the Community College of Philadelphia to advance to the semi-finals of the Eastern Pennsylvania Collegiate Conference. Then, at Philly's home, the Delco team fought valiantly, only to fall to CCP in the end. But when faced with DCCC, they stepped up to the challenge by beating them with a vengeance, 15-7 and 15-5.

"We played that game like every game should be played," commented Captain Bonnie Bracken.

Even though they ended with a

win that night, the ladies had their sights focused on CCP—but this time the fight would be at their house. The cheers of the crowd were barely audible over the insults and jeers being spit out by Philadelphia.

Bonnie Bracken added, "In that game, we beat ourselves. It was all mental; we let them get to us." The Lady Lions lost 15-11, and 15-7 in those matches.

Luckily, Delco's record was good

enough to allow them to play DCCC in a best out of five semi-final game. The girls went into the games fired up, and actually won the first match. However, due to controversial calls, they were finally edged out, three games in a row, with only a few points separating a loss and a win.

Cindi Rivera, team setter, commented, "I really don't know what happened. We had the unity, we had the heart, we just didn't have the plays."

"It's Showtime": Freshman Fighter At Home In Ring

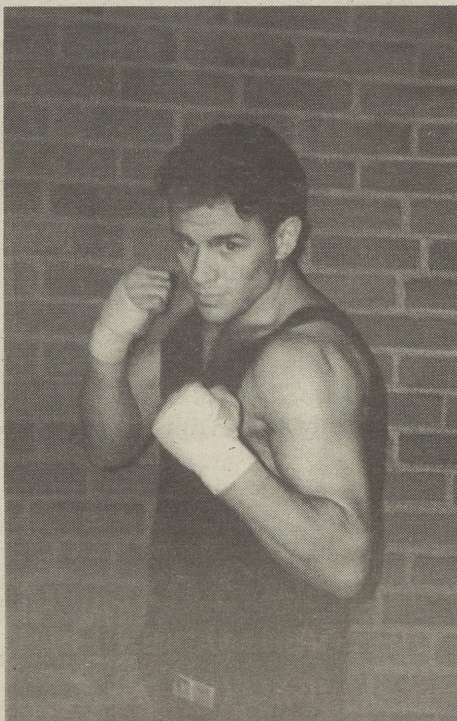
By Margie Henry

"I used to be little and I got beat up a lot," Dave Stowell said with a smile when asked what sparked his desire to pursue an amateur boxing career. "I thought [boxing] would be the sport for me because it is only you out there and you learn to depend on yourself."

The first semester Health & Human Development major nicknamed "Showtime" began boxing in his freshman year of high school. He competes about eleven times per year and was one of the featured boxers in Mainline Fight Night at Valley Forge on October 26.

Stowell has only lost one match in the four years he has been competing.

"My first match was when I was in tenth grade and I was terrified. I didn't know how to deal with my fear and so I beat myself."



Dave Stowell, amateur boxer.

Since then, Stowell said that one of his greatest achievements in his boxing career is that he has learned how to control his nervous energy and make it work for him.

To increase his confidence, he laughs, "I never go into a fight without my lucky underwear, which I forgot to wear in my first fight, and a picture of my girlfriend in my boot. I have English in my background and a knight would never go into battle without the favor of a lady."

Stowell earned his nickname because he is known to put on a good "show" and get the crowd cheering. Two of his biggest fans include his parents who "have always been supportive". The walls of his mom's beauty salon are decked with his numerous newspaper and magazine clippings, and his dad worked as one of the coaches in his corner for the Mainline boxing tournament. Stowell's parents share his view that

boxing is a true test of ability, skill, and conditioning and is "more of a work of art than a violent display of brutality".

To stay in shape, Stowell trains two to five hours a day. His workout begins at 6:00 am with a four to six mile run. Following his classes here at the Penn State Delco campus, he resumes his routine with two hours of intense training at his boxing club, an hour and a half of weight lifting at the Y, and a thousand crunches to finish up.

Although Stowell does not plan to continue competitive boxing after he graduates, he feels that boxing not only has made him more physically fit, but also more mentally focused.

"Boxing made me realize what I want to do in life. With a degree in kinesiology maybe I can be the strengthening and conditioning coach for the heavyweight champion of the world!"