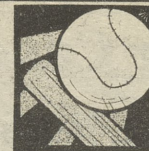
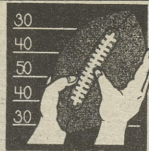




# Sports



## B-ball Teams Wrap-up Disappointing Seasons

By Erin Lulevitch

The fat lady is singing...the Penn State Delco basketball season is officially over.

First, the women. People said they couldn't win, and they were the punch line of more than a few bad jokes, but the team kept at it and battled their way on the courts to finish with a record of 3-16.

The women scored their first victory against Luzerne County CC on January 29, bringing an end to their string of losses. Former player Andrea Campbell jokes, "The team got better once 'Soup' (a.k.a. Campbell) left."

Player Margie Henry a second semester liberal arts major attributes the team's successes to a different cause. "I think our team came a really long way. Our playing improved as we got to know each other better, and I think that made the difference. I also feel that each person had her own talent that she brought to the team."

All of the women would unanimously agree that the help they received from their highly acclaimed coaches Brian Donoghue and Mike Menichini was enormous. Both were former basketball players from whom the women greatly benefited.

The men's team had a similar

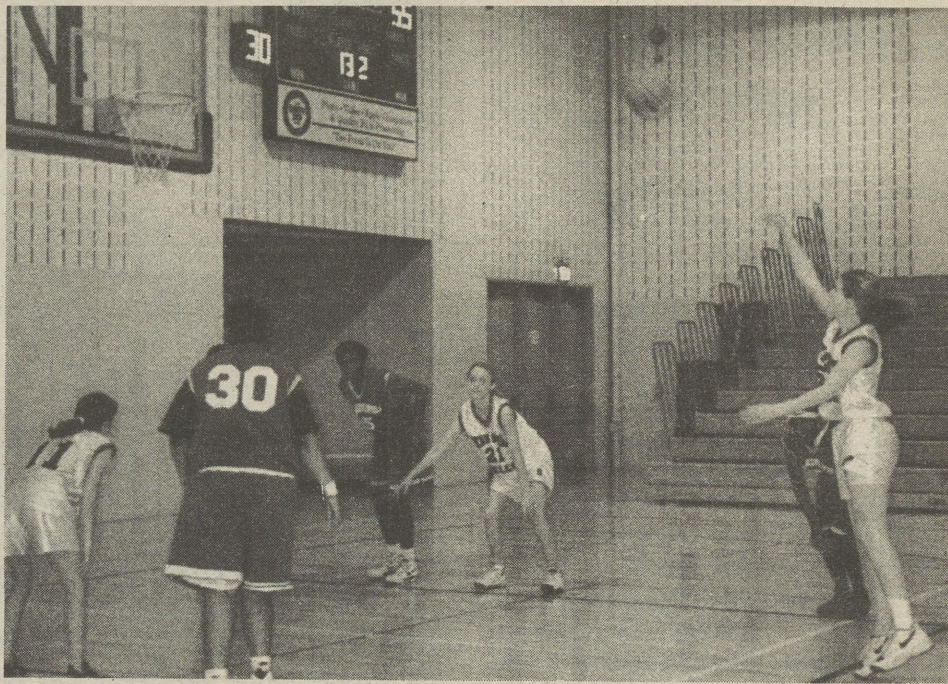
season to their female counterparts, ending with a record of 3-18. It now appears Delco will have to wait until next year to see 6'8" player Rich Wright dunk.

"It was a disappointing season," says freshman player Chris Dale, a second semester communications major. "We were a good team. The scores were always close. It just seemed like we fell apart in the last few minutes of the game."

Despite what their record indicates, the men's three team captains Chris Eggleston, Steve Spinosa, and Ronnell Durante, feel that the team worked well together and improved as the season went on. Dale described his first expectations to be "different" coming here, "but the sophomores made it real easy to make the adjustment from high school to college ball."

All of the players would agree that it's not just about scores and statistics. Perhaps co-captain Steve Spinosa puts it best. "Having fun. That's what it's all about."

For those who believe Spinosa's words to be true, both the women's and the men's teams ended the season as winners, regardless of their losing records.



Kate Rafferty shoots a free throw against Philadelphia Community College which went on to defeat the Lady Lions.

## Delco Is All About Being All-Conference

By JoAnne Johnson

All-Conference selections for the fall season in the Commonwealth College Athletic Conference (CCAC) are in, with a respectable representation from Delaware County students in every fall sport.

Delco's Eastern CCAC championship baseball team had three members elected All-CCAC, including Kevin Dorrian of Springfield, Ryan Mattei of Unionville, and Michael Pralle of Bishop Shanahan. In addition to the students receiving honors, Coach Adam Winters was elected Coach of the Year for baseball, for an outstanding performance in guiding the team towards success.

The tennis team had three members named All-CCAC: Chris Rudai of Henderson, Tom Forbes of Monsignor Bonner, and Randy Navickas of Ridley. Rudai, who won the CCAC open tournament, and

Forbes also received All-tournament honors for their outstanding achievement in the tournament. "This is a surprise," commented Rudai. "I didn't even know All-CCAC existed."

Sophomore Seth Brunner of Penn Wood was the lone recipient of All-Conference honors for the Delco soccer team.

The volleyball team had a strong showing of honorees, especially considering it only consisted of seven members. Bonnie Bracken of Academy Park, Dana Russo of Ridley, and Cintia Rivera of Henderson were among those who were honored.

"It's nice that athletes get recognized like this," said Rivera, "especially if the season didn't live up to high expectations. This makes up for the disappointment."

Congratulations to these student-athletes who excelled in their sport and in their representation of Delco.

## Men's Volleyball Club Setting Out To Win Title

By Mary Doolittle

This year the men's club volleyball team is setting out to have a great season. Last year the team finished second in the CCAC (Commonwealth College Athletic Conference) Tournament and this year they are coming back even stronger.

The team is led by Captains Mark Eisele and Rob McCoy, with Alex Tran, one of the best setters in the league this year. "Not only do we have an impressive six-man team, our seven-and-beyond men are almost as strong, giving our team a deep bench," said Tran.

This year there are many new teams in the league. Last year, at every tournament there were about three teams. This season, however, with a rise in the popularity of the sport, many colleges have formed volleyball clubs or varsity teams. Now at the tournaments there will be about five to seven teams; a situation which creates a lot more competition in the league.

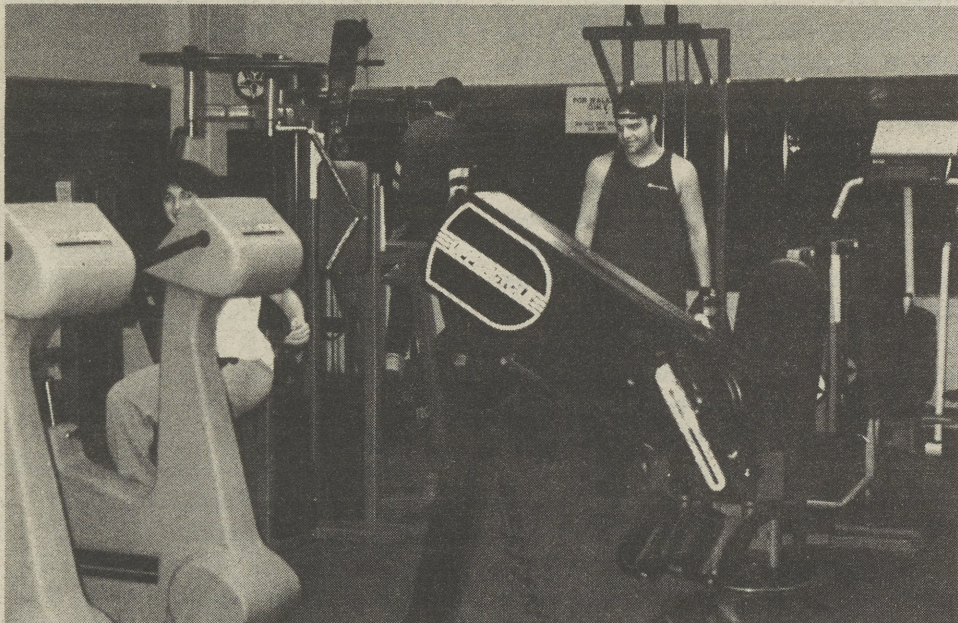
The practice schedule this season isn't as laid back as last season, and

there's more of an emphasis on conditioning than in the past, due to the increase in competition. On Mondays the team has long hours of practice, which include such exercises as the superman and laps on one foot around the gym.

"Even though everyone dislikes the conditioning, we all realize that it will be beneficial in the long run. Matt has emphasized playing structured volleyball and cares about our well being on and off the court," comments Scott Hoffman, 2nd semester DUS major.

This season the team has also gotten funding from the Student Activities Fee Allocation Committee so now coach Matt Clark can receive pay for his hard work. The team has many freshmen this year, which makes the team look good for this season and next.

The team looks to compete this year and encourages everyone to come out and support them as they try to capture the crown in both the CCAC and the Eastern Pennsylvania Community College (EPCC) leagues.



The weight room is used by faculty and students on campus to get into shape for summer.

## Need To Boost Your GPA? Lift Up To Better Grades

By Cynthia Moore

Are you looking for a way to cure the March blues?

Well, the best thing you can do is get on a regular exercise program. It is perfectly normal for college students to feel depressed or stressed during the month of March. Since less outdoor activity is available many people experience symptoms associated with seasonal disorder. Although it is still difficult to exercise outside, many scientists believe the best answer is physical activity. You can do that indoors at Penn State Delco in a variety of ways.

The fitness room is one of the little gems at Delco that tend to get overlooked. Located on the first floor of the Common building near the gym, it includes a cardiovascular room and a free weight room. The cardio area

contains two treadmills, six stationary bikes, several stair masters, and rowing machines, for a complete aerobic workout. Also available is a versa climber for both an upper and lower body workout, and an uppercycle, which acts as a bike for the arms.

If you are someone who does not like to workout with a lot of people, you may want to get there in the morning or later in the day. According to Barbara Rostick, Professor of exercise science, "There is a bit of a crowd during common hour, but now the fitness room has extended hour. This way more people may want to take advantage of the opportunity to get in shape". The fitness room is open from 10:00 a.m. - 5:00 p.m. on Mondays and Fridays, and open from 10:00 a.m. - 10:00 p.m. on Tuesdays, Wednesdays and Thursdays.