

Men's basketball wishes to start new home win streak

From BASKETBALL, Page 13.

Despite the lack of size and 0-6 record, Lehigh has somehow managed to out-rebound its opponents by more than four per game. Compare this to Penn State's minus-eight rebounding margin, and it could spell trouble for the Lions.

Penn State head coach Jerry Dunn had stressed the need to improve the team's rebounding from last season as one of his biggest priorities and has yet to see results.

One area where the Lions are seeing increased production is from its behind the three-point line. Four different Penn State players (Chambliss, Jamaal Tate, Tyler Smith and Brandon Watkins) have led the team in three-point shooting in a game. The balanced long-range attack seems to have a different Lion step up each game, with Chambliss the most recent, against the Owls.

In addition, Penn State gets a boost with the addition of 6-11 freshman Jan Jagla to the active roster. The big Ger-

man import — who missed the first four games as a precaution against NCAA violations and will be making his home debut — should help with rebounding and has a soft outside touch, hitting both of his three-point attempts at Temple.



Dunn

The Mountain Hawks are led by guard Matt Logie. The junior leads the team in scoring with 13.3 points per game after a 20-point outburst Saturday in a loss to Vermont.

Although Lehigh is 0-6, the Lions would be wise not to take the Mountain Hawks lightly. Lehigh has an average margin of defeat of 6.2 points and has not lost a game by double digits.

In addition, the last time these two teams met (to open the 1999-2000 season), Penn State only pulled away late after being tied at halftime in a 69-56 victory.

Rose not happy with way season ended

From VOLLEYBALL, Page 13.

On paper, the Lions' season doesn't look bad at all. They finished third in the Big Ten, without question one of the toughest conferences in volleyball.

With their 21-8 record, they continued their streak of 25 straight seasons with 20 wins or more, which began in the program's second season. They spent the entire season in the Top 25, and finished rated No. 16 in the nation. Their loss at NCAA came at the hands of UCLA; the No. 8 seeded team in the country, a program with one of the richest traditions in collegiate women's volleyball.

However, things were supposed to be a lot better this season for the Lions. They were ranked No. 3 in the preseason poll, and voted as the favorite to win the Big Ten. They took a big hit early, losing junior middle blocker Robyn Guokas, who led the Big Ten in blocks in conference play last season, but they still had two solid middles in sophomore Cara Smith and senior Nadia Edwards.

There were several points during the season when the Lions seemed ready to make a turn towards being a national force, but each time they were

met with disappointment. Just eight days after what was their most dominant performance to date, a 3-0 sweep against Minnesota, the Lions were upset by Michigan. Three days after shocking then No. 5 Wisconsin, they were shut out in perhaps their worst performance against Ohio State. They were then upset again in consecutive weekends by Illinois and Michigan State.

All season, Rose questioned whether his team had physically prepared for the season enough, and never felt like his squad was consistently playing together. He blamed himself for not motivating them well enough, and acknowledged that a lot of work will need to be done over the offseason to remedy some of those problems.

"I don't think anyone had a premeditated notion to try and ruin this team," Rose said. "But some bad decisions made individually affected the team."

Rose's squad loses three starters including Schumahcher who was selected to the All-Big Ten team for the third straight time after pacing the team with 4.47 kills per game. He also loses Edwards, who finished 10th in the conference in hitting percentage, and

setter/outside hitter Shannon Bortner, perhaps the team's most passionate player. Back row player Amanda Rome, who also got a number of starts, will also graduate.

However the Lions do return Levy, who recovered midway through the season from sub-par conditioning and a foot injury to finish seventh in the conference with 3.71 kills per game, returns.

They also return Smith, who finished third in the conference in blocks. Freshman Ashley Pederson will also return after a solid first season, in which she averaged 2.04 kills per game.

For those that return, the challenge is to turn around a national power. They have seen what their lack of chemistry has done to a dominant national program, and they have until late August to figure out how to fix it.

"I think next season starts right now," Smith said. "We have to do a lot of work over the summer to get stronger, and we have to learn to pick each other up when we're down and learn to play as a team."

"This was not the right way to end a season. Losing in the second round is not acceptable."

Nebraska football uses Olympic lifting program Penn St. spurns

From WEIGHTLIFTING, Page 13.

should mimic the action on the field. Accordingly, a baseball player would not include bench press in his routine, since he rarely, if ever, makes that motion on the baseball field. Instead, he would concentrate on core movements in his hips, the muscles he uses to turn quickly on a pitch.

That is not to say that an action in the weight room can somehow replace practice or duplicate a skill.

"You must take into account what you are training for," says University of Pittsburgh strength coach Buddy Morris.

"It's scientifically proven that if you train slow, you'll be slow."

Morris is referring to the HIT practice of restraining from explosive free-weight movements in favor of controlled motions based on constant resistance.

A very generalized Olympic-style program consists of four days a week, cycling through a period of concentration on strength and a concentration on speed. Eply explained that his program trains slow (with high weights and low reps) and explosively (less weight with

more bar speed) for two days each.

Morris said the Panthers train dynamically, emphasizing strength speed on Monday and Tuesday, and speed strength on Thursday and Friday.

Monday, a Pittsburgh player will do limited sets of bench press with weight close to his one rep max. Tuesday, he will do the same with squat. Morris refers to these as max effort days. Other exercises are filled in to work the rest of the body.

Thursday, the player will reduce his bench press significantly (by as much as 50 percent) and work more on bar speed and moving the weight at higher velocity for more sets.

The same happens the next day with squat.

Simply stated, the program operates on a cycle between intensity (heavy weights) and volume (amount of sets and reps).

Both Nebraska and Pittsburgh rely on cycles throughout their training. It not only varies throughout the week, but it is periodized so that an athlete performs a different regimen every two to three weeks.

"The body adapts to any stimulation after a while," said Morris. "So you've got to change the stimulation after a while."

Olympic style programs rely primarily on free weights as opposed to the machines used in HIT. The main argument for this is that free weights force a lifter to support the whole weight using various smaller, stabilizing muscles in his body.

"When you work out on a machine, you're operating in just one plane," said Morris. "But you play in multiple planes. Machines do part of the work for you."

Eply stated it a different way. "If you take a kid and put him on a machine, you're taking him out of his playing element," he said.

"If he's sitting down, he's in the wrong situation."

HIT advocates machine use because they allow the lifter to perform more controlled motions, reducing tension on tendons and joints.

This is one source of criticism about mainstream programs, with detractors saying it is unsafe and puts undue pres-

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Buddy Morris

University of Pittsburgh strength coach

sure on the player's joints and back from the jerking motions required to perform the lifts. This is further emphasized by the fact that power-lifting exercises often rely on momentum, which is a necessary result of the highly explosive manner in which the moves are done.

However, coaches such as Morris and Jeff Madden, the strength and conditioning coach at the University of Texas, which has its own Olympic-style program that incorporates elements of HIT in the off-season, believe that the risks of explosive movements can be minimized.

"We do fundamental lifting, we do momentum drills, we think we do injury prevention also," Madden said.

He employs a staff of 10 assistants, and believes that they can properly

supervise Texas players to make sure the athletes follow proper technique.

"Ever time you step on the field there's a chance you're going to get hurt. You're pushing the body. It's the nature of the beast," Morris said.

"To say that power-lifting is going to cause injury, that's just bullshit. Pardon my language. If it's done right, it's perfectly safe. And our guys never attempt a heavy lifts unless one of us is watching."

But like HIT advocates, Eply, Morris and Madden know that the program can only go so far.

"No matter what, your kids have got to have high energy and work ethic," Eply said.

"The best way to get results is for your players to go all out no matter what system they're using."

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