

MEN'S LACROSSE

PSU falls to Stony Brook, former asst. coach

By Strago Yassin
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It was weird for Lars Tiffany to look across the field on Saturday and try to come to grips with the fact that he was now coaching against players who he'd spent the last four years recruiting.

"It was the hardest game emotionally that I've ever had to coach. It wasn't easy," Tiffany said.

On Saturday, Tiffany's No. 20 Stony Brook Seawolves held off the No. 19 Penn State men's lacrosse team in a tight 7-5 victory in New York.

In many ways, the win was a sigh of relief for Stony Brook's program because it was its first win against a ranked opponent since 2001.

It was also the team's first ever win against the Nittany Lions (2-3, 0-1, ECAC).

Though it's still early in the season, Stony Brook has given up double-digit goals only once this year. And in this low-scoring affair, goaltending made the difference.

Stony Brook goaltender Brendan Callahan had five saves in the opening 15 minutes to keep the Seawolves down

one goal after the first period.

In only his first year as head coach of Stony Brook, Tiffany is still very familiar with the type of game that Penn State is capable of playing. He said he respected the athleticism of the Lions, knowing he'd have to play a lot of zone to have a chance.

And a little luck always helps, too.

Tiffany recalled about five times during Saturday's game when Penn State

shots hit the goal post, negating opportunities for the Lions to score.

The Lions had their chances in this one and took a 5-4 lead into the fourth quarter, but the Seawolves scored three unanswered goals, including two extra-man goals from Jason Cappadora and Chris Tacey, to close out the game.

Nate Whitaker extended his scoring streak to 32 games with an assist to John Eremus, who finished the game with two goals.

Tiffany said he really didn't converse with the Lion players — being out there was already emotional to begin with. He

knew he had to keep his team, and maybe more importantly, himself focused.

"We all know it's just a game, not a civil war out there," Tiffany said.

He did, however, exchange pleasantries with Penn State coach Glenn Thiel.

Over the Christmas holiday he came back to State College to spend some time with Thiel at his home.

"My experience at PSU was great. I owe a lot to Glenn Thiel," Tiffany said.

"He gave me a lot of opportunities to grow as a coach," he said.

MEN'S TENNIS

Penn State gets victory in tune up for Big Ten

By Dan Winkleblock
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Go big — or go home.

That could be the motto for the No. 70 Penn State men's tennis team because of its recent play. The Nittany Lions (11-3, 0-2 Big Ten) have been either blowing out opponents, having won their last seven matches with shutouts, or being beaten

soundly by two tough Big Ten opponents.

The Lions went big on Friday, defeating Duquesne 7-0 at the Blair Racquet Club in Altoona. In their final non-conference match of the season, the Lions were impressive, sweeping the doubles to

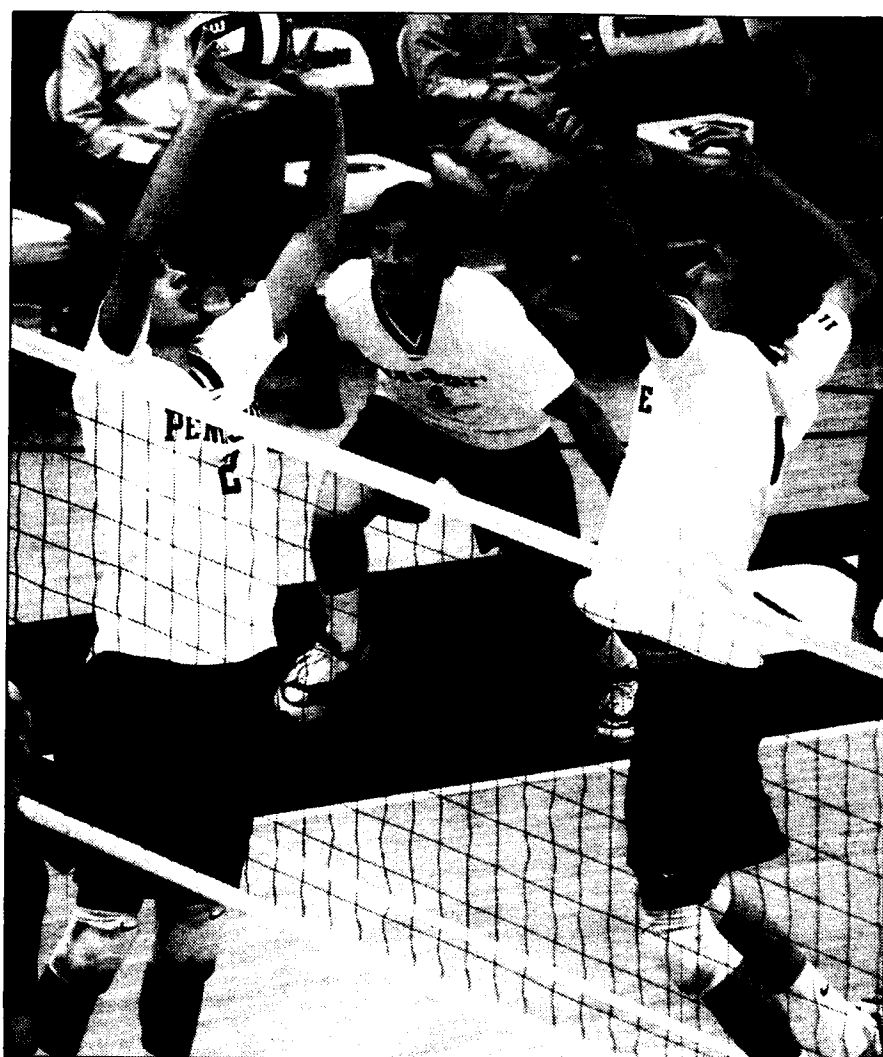
start things off. The No. 1 duo of Malcolm Scatliffe and Mark Barry took down Paul Clough and Rodrigo Lacayo, 8-1. That match did give the young team its first real brush with the adversity of a key injury, as Scatliffe injured his shoulder during a serve late in the match. Not wanting to take any chances during singles, Scatliffe sat out of his No. 2 singles spot, and the entire lineup moved up a spot. All of the players stepped up and won their matches in straight sets, a display of the team's prowess at singles.

"Our singles continues to be a strength," Bortner said. "We've done some good things there, and we're still improving — but we've got to get better at the doubles, which is still not up to par with our singles."

The shift in the lineup set the stage for freshman Chris Sherman, the talented doubles player, to see some action at No. 6 singles. The freshman took care of business, beating Rob Ojeda, 6-1, 6-0.

"In the Big Ten there are situations where different guys need to step in," Bortner said. "You need seven or eight guys who can play in order to be competitive."

MEN'S VOLLEYBALL



Penn State's Dan O'Dell (left) sets Nate Meerstein as Matt Proper looks on.

Lions prove prowess as season winds down

By Mark Parzych and Adam Michael
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The Penn State men's volleyball team taught a lesson in punishment this weekend at Rec Hall.

The No. 4 Nittany Lions (19-3) again proved that they are the best team in the East with overwhelming 3-0 victories against Mercyhurst (30-23, 30-17, 30-16) and Ball State (30-15, 30-20, 30-22). Mercyhurst (7-9) and Ball State (10-11) felt the wrath of a team set on annihilating anyone that stands in its way.

"There's a ruthless efficiency about us right now that I really like," Penn State coach Mark Pavlik said. "As long as our passing holds up, we're going to be awfully tough to score points on."

After losing to No. 2 UCLA last week, the Lions have a renewed sense of determination and intensity with eight regular season matches remaining. Now that the California trip is out of the way, the Lions' eyes are set on the NCAA tournament in May.

Penn State is looking to play more passionately for the rest of the season to prove to the West Coast powerhouses that the Lions will not go down without a fight.

"Teams that we know we should beat, we're not just beating them, we're destroying them," setter Dan O'Dell said.

EIVA Player of the Week Matt Proper played a stellar match against Ball State, leading the Lions with 15 kills and a season-high nine digs. Co-captain Nate Meerstein and Proper each recorded a match-high seven blocks as the Lions outblocked the Lakers and Cardinals 11-2.5 and 14.5-4, respectively.

The Lions' victory against the Cardinals appeared effortless in comparison

to their last meeting in January. Two months ago,

Penn State showed up in Muncie, Ind., as a team suffering from fatigue after a season-opening trip to Hawaii and an overnight road trip. The Lions came away victorious in a five-game show-down, but they weren't

pleased. This time, the tables were turned. Ball State returned from Hawaii this week and the relentless Lions took no mercy. According to Proper, it was payback time. Penn State executed its offense precisely, hitting 0.600 against the Lakers and 0.448 against the Cardinals. The Lions defense held both teams to less than 10 percent hitting.

"We've got guys that understand that the true measure of a great player is how well you can make the people around you play," Pavlik said. "And when it's all said and done, we block pretty damn well."

WEIGHTLIFTING

Strength coach provides glimpse into Penn State program

By Jon Stewart
FOR THE COLLEGIAN

Many people wonder what kind of workouts Penn State sports teams use. For those fans, Paul Harrison offers some insight. Harrison, head strength and conditioning coach at Penn State, is in charge of every team sport's strength and conditioning program, with the exception of football. His workout has often been compared to the HIT (high intensity training) workout, which consists of doing an overall body workout, with one set per exercise, each done until the athlete can't complete any more repetitions.

Harrison, however, said that com-

parison is unfair. He said that the HIT weightlifting program gets a bad reputation, and that his workouts can include multiple sets per exercise. Like a HIT program, however, Penn State's workouts are brief but extremely intense.

"Some coaches feel that just by being in the weight room lifting, their athletes will become better," Harrison said. "We feel that the strength that an athlete gets from lifting just gives them the potential for better performance. We would rather they lift hard when they get into the weight room than lift for a long time."

Another hot topic that Harrison talks about is plyometrics. Plyometric train-

ing is usually thought of as a kind of jumping activity that is designed to enhance speed and explosiveness. Many of these plyometric drills are unnecessary, Harrison said.

"Any footwork or agility drill is inherently plyometric," he said. "Even running is a plyometric movement."

Harrison said that the workout will often vary depending on the sport for which an athlete is training. He said that all athletes use all their muscles when they perform, so it is important that every muscle is worked regardless of sport. However, sports have their own unique injury areas, places that are more likely to develop and injury because of the specific movements

that sport requires. To combat this, Harrison often adds extra sets of exercises that focus on these specific areas.

Some might look at the Penn State strength and conditioning workouts and conclude that the system is outdated or inefficient. This is inaccurate, Harrison said. He said that most people forget that ultimately, all that strength in the weight room does not directly apply to an athlete unless that athlete is a power lifter.

"We approach strength training as a supplement to enhance athletic performance not as a substitute for it," he said. "The strength gained in the weight room is only useful if the athlete can apply it to their sport."

Wrestling

From Page 10.

a lot of leverage. He gets in on those shots on most people and bring them in and scramble."

Davis, a redshirt freshman, wrestled and won later Friday night against No. 12 seed Wynn Michalak of Central Michigan, 6-5, setting a date for a seventh-place match Saturday morning.

Bradley's loss to Glynn and Davis' to Josholt started a series of five consecutive losses for the Lions. The stretch eliminated senior Adam Smith at 125-pounds, sophomore Nate Galloway at 157, and junior Joel Edwards at heavyweight.

Smith, a three-time NCAA qualifier, graduates in a month a half with no All-America medals, failing to reach his collegiate goal. He lost Thursday night to No. 1 seed Sam Hazewinkel of Oklahoma, and in the consolation round Friday morning to No. 8 Bobby Lowe of Minnesota. Galloway, while defeating No. 7 Matt Lebe, Paul Bjorlo and No. 4 Muzaffar Abdurakmanov, lost to No. 10 Brian Smith and unseeded Brandon Becker. Believing the referee was counting for him rather than against him, Edwards lost in the second period of the opening round on a defensive pin and found himself prematurely in the consolation rounds. He couldn't work his way back.

Saturday saw more success than Fri-

day. Bradley defeated No. 3 Travis Pascoe, 14-10 in sudden death overtime.

"He [wrestled] a very gutsy performance against somebody who's been ranked ahead of him his whole wrestling career," Penn State coach Troy Sunderland said. "To go out and win it after being down two takedowns right away says a lot about him sucking it up and overcoming adversity."

In his seventh-place match minutes later, Davis rode Ryan Flaherty of Wisconsin to a 5-0 victory. Just a week ago, Flaherty pinned Davis at the Big Ten Championships.

"He made a lot of good adjustments from the last match he had with Flaherty and listened to all the things we told him when we said he had to be ready to

go and how he had to wrestle the match," Sunderland said. "He did a great job making adjustments and doing what you need to do to take the opponent out of the match."

The key, Davis said, was avoiding one of Flaherty's key moves.

"He got frustrated because he thought he was going to pin me again," Davis said. "[That] headlock is something you can get caught in once, you can get caught in twice, but if you're smart enough, you won't get caught a third time."

On being seventh, Davis was pleased but not thrilled.

"Seventh, it's not first, it's not even third," Davis said. "But it's better than eighth."

Bradley got a second chance at Glynn. Combining a sluggish performance with a knee injury, which he sustained in the quarterfinal match, Bradley struggled and lost, 9-3.

He was also forced on his back, giving up the near fall, the first time that happened all year.

"Glynn had his number this weekend," Sunderland said. "That's the way it worked out. He had a better weekend."

Sunderland planned on reinforcing the strength of Bradley's season whenever he got to speak to him.

"I want to let him know that he has nothing to be ashamed of and that he left it all out on the mat," Sunderland said.

Lacrosse

From Page 10.

Shari Maslin hit the post with a shot that would have sealed the deal for the Lions.

With the score still tied at the end of two overtime periods, the game headed into sudden death. The third overtime was the charm for the Lions, as Chambers fed Burke in front of the net for the game-clinching goal.

Though the two teams won 15 draws each, Chambers and freshman Jessie Lieb controlled the most important faceoffs at the start of the three overtimes, which

allowed the Lions to out-shoot the Tigers 5-1 in the extra sessions. The final draw control in sudden death proved to be decisive as it allowed the Lions to play for the last shot of the game.

With the victory Saturday, the Lions have now defeated three of the four teams that made it to last season's Final Four — Vanderbilt, Virginia and Princeton — and have seemed to prove that last season's 6-11 campaign, which left them short of the NCAA tournament, is a distant memory.

"We're only six games into the season. We have a lot of other games to play," Isidor said. "But we're a different team than we were last year. That's for sure."

warmups. She hit her head with her leg and fell on her neck and developed a hematoma on her leg. It affected her during the meet, as she fell off the beam and also on bars. It isn't expected to be a long-term problem.

At the end of the night, seniors Kate Stopper and Allen were honored for their time at Penn State. Both were presented with a blanket and a handshake from Penn State president Graham Spanier.

Penn State will now begin its postseason play as it has Big Ten Championships and Northeast Regionals.

"We just need to stay the course," Shephard said. "The goal is to keep everyone healthy and focused."

Swimming

From Page 10.

which were seventh fastest in the country. Juniors Amberlie Biedermann and Sarah Haupt, and senior Deirdre Dlugonski are also All-Americans for swimming in the medley relays.

Relays were a strength for the team, as the Lions scored points in all five. In addition to the medley

relays, the team of Dlugonski, Haupt, sophomore Lauren Preyss and senior Lauren Semchyshen finished 15th in the 200-yard freestyle relay. Dlugonski, Preyss, Semchyshen and senior Jennifer Eberst finished 13th in the 400-yard freestyle relay, setting a school record with the time of 3:21.86. Preyss and sophomores Claire Hawley, Margy Keefe and Erin Morris took 15th place in the 800-yard event.

Individually, Haupt is an All-American in the 100-yard backstroke, finishing 11th in 54.01 seconds. The distance group yielded three All-America honors, with Morris finishing 15th in the 500-yard freestyle and 13th in the 1,650-yard freestyle.

Hawley took home 12th in the 1,650 freestyle, and diver Alicia Riccobono earned her All-America honor for finishing 16th in the 3-meter event with a score of 460.15.

Baseball

From Page 10.

Delaware cut the deficit to one run in the fifth inning, but the Lions bounced right back by scoring eight consecutive runs.

Yesterday's game was fairly similar. Tied at 1-1 heading into the bottom of the fifth, catcher Aaron Greenfield led off the inning, and it initially looked as if he hit a home run.

However, the officials ruled the ball bounced off the top of the fence, coming back into play. So, instead of a home run, Greenfield had to settle for a triple.

On the next play, Greenfield was thrown out at home on a fielder's choice.

A 1-4-3 double play later, the inning was over — and the Lions had nothing to show for the leadoff triple.

"If you stay aggressive, be smart about it and stay focused and concentrated at your own at-bat, good things will happen," Wine said of the team's mentality.

Luckily for Penn State, the bats came alive in the sixth frame.

The Lions recorded four straight singles to drive in a run, as Clint Eury later doubled off the right-center field fence to send in another two runs — making the score 4-1 and

effectively putting the game out of reach.

And while the offense played uncharacteristically well, the pitching staff continued its consistent performance.

Sean Stidfole struck out a career-high 11 batters, as Penn State finished with 28 total strikeouts during the three-game stretch.

The Lions never trailed during the weekend, and they're currently above .500 for the first time this season.

"To tell you the truth, I wasn't real sure of our record going into this weekend," Wine said. "That's one of our strengths. We're taking it one game at a time."

Gymnastics

From Page 10.

Allen also won the Ann Carr award on Senior Night.

The Lions finished on what Clark says is "pretty much everyone's favorite event," the floor exercise. Even though it wasn't the high score of the night, it might have been the best event. The top five spots in the event all went to Penn State. Clark scored a 9.875 to finish No. 1. She was followed by Uzelac, Jennifer Orlando, Pirki and Hoover. They scored a team total of 48.925.

Hoover was injured during pre-meet