SPORTS

THE DAILY COLLEGIAN

Hargis excited about incoming recruit

By Mike Still

COLLEGIAN STAFF WRITER

Four high school All-Americans. Eight standout recruits.

Penn State swimming and diving coach John Hargis will get a WOMEN'S talented verv group of swim-SWIMMING mers when his 2010-11 women's

swimming recruiting class steps onto campus next year.

But ultimately, he's most anticipating the arrival of a group of all-

around great student athletes. "This is a group full of young ladies that are extremely driven to

compete at the level,' said. very

Claire

Carroll Senior N.C.; Hailey Campbell from but with its character and high a very deep group of young ladies Lakeville, Minn.; and Gabi interest in quality academics too. — young ladies that really want to and Shishkoff from Franklin, Mass.

Also coming to Happy Valley next fall are highly decorated butterfly and individual medley specialist Chelsea Weedman from Poway, Calif.; freestyle and backstroke standout Leah Davis from North Carolina; Becky Yokosh from Oconomowoc, Wisc.; and a fast butterfly and freestyle sprinter, four-star recruit Mackenzie Powers from Sycamore, Ill.

Hargis is not only pleased with the talent of his incoming class,

the recruits have already been day one.' accepted into Schreyer Honors College.

Because of NCAA rules, Hargis was not allowed to release the names of which recruits were accepted, but he confirmed that two had been accepted and one more was waiting to find out.

"These are girls that have been brought up and developed in environments that have developed good young women," he said. "It's

- young ladies that really want to The coach added that a few of step in and make a difference from

> Hargis' current swimmers are just as thrilled to have such talented teammates joining them next year

> "We're getting girls who will help us toward the ultimate goal of winning Big Tens," freshman Amy Modglin said. "It's really exciting for the future of Penn State swimming."

To e-mail reporter: mas5860@psu.edu

Lions mindful Big Ten meet

By Margaret McAvoy COLLEGIAN STAFF WRITER

Written on a white board inside

McCoy Natatorium is a countdown until the Big Ten Championships meet.

Penn State women's swimming and diving team heads to West Lafayette, Ind., to compete in the meet that ultimately means everything to it.

For a Penn State team looking to win its first conference championship since 2005-06, West Lafayette is all that matters.

As they head into this weekend's meet against Pittsburgh, Maryland and Villanova, the Nittany Lions aren't changing anything in their strokes.

Senior captain Michelle Myers said the practice regime will remain the same, other than reducing yardage.

"Everyone knows Big Tens are right around the corner," senior Lindsey DeForrest said.

ahead — focusing on our racing abilities.'

The Lions are using this weekend's race to prepare for the big one in February.

With the annual winter trip to Naples, Fla., behind them, the Lions are relaxed and actually happy to be back inside the natatorium.

The training program in Naples is a Penn State tradition,

designed to take away the stress of everyday life, get away from the cold, incorporate team building and mainly focus on swimming

"It's a chance to bring the team closer and concentrate on swim-Today marks 36 days until the ming and swimming only," freshman Amy Modglin said.

But conditions down south this winter weren't exactly normal in the sunshine state. With temperatures in the 40s, the team still swam outside in a non-heated pool.

Myers said it was freezing but was surprised with how well training went.

Even with two practices a day and tough conditions in the water, the Lions came out of Florida feeling relaxed and ready for what lies ahead.

The swimmers expect solid competition this weekend, but Modglin said winning is definitely the goal.

DeForrest said details such as turns and finishes are the things "That's why we are focusing that count at this time in the season.

> This time of year is when those white board numbers start shrinking, and that's when the swimmers realize everything counts.

"We know we are going to swim fast," Myers said. "Every day, every set, everything is making us stronger.'



To e-mail reporter: mcm332@psu.edu Penn State's Lyndsey Smith competes in the girls 200 yard breaststroke during an Oct. meet.

Tryouts:

highest Hargis 'They're well-rounded." Highlighting the stellar class

Singley from powerhouse Hargis

High School in Southlake, Texas; Chelsea Howard from Durham,

are All-Americans

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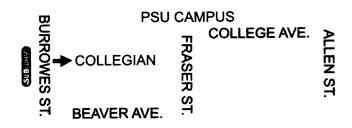
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