

Field hockey shutout by No. 3 Virginia

By Joe McIntyre
COLLEGIAN STAFF WRITER

After shutting out Old Dominion 4-0 Friday evening, the Nittany Lions got a taste of their own medicine on Sunday. During a hot and steamy afternoon at AstroTurf Field, the No. 18 Penn State field hockey team fell to the No. 3 Virginia Cavaliers, 3-0.

The team got shut out largely because of a solid effort from Virginia and its goalkeeper Kim Kastuk, who had five saves.

Virginia forward Michelle Vitese got the scoring started when she ripped a goal past Penn State goalkeeper Ayla Halus to give the Cavaliers a 1-0 lead 12:20 into the first half. About 10 minutes later, Elly Buckley scored off a penalty corner to lift the Virginia lead to two goals.



Morett

Virginia controlled the possession for the majority of the first period, outshooting the Lions by a 12-3 margin. Virginia got better scoring chances, too, with six penalty corner attempts to just one for Penn State.

Coach Char Morett said one of the reasons the Lions failed to create chances was because the forward players failed to play together as a group.

Passes were inaccurate and the few shots the team generated missed the cage and the team looked out of sync.

"It starts at the top and I think that our strikers, our forwards did not work together as a unit," Morett said.

"I thought it was very isolated pressure and so I think when you have that then, you know, there's a breakdown."

Penn State played stronger in the second half, but was dealt a serious blow to its comeback chances when Virginia forward

Paige Selenski scored off a Nittany Lion turnover just 1:39 into the period. It gave the Cavaliers a 3-0 lead and all but clinched the victory for Virginia.

Despite trailing by three, the Lions continued to create chances. The shots were even at seven for the second half and Penn State had the majority of the scoring chances with seven penalty corner attempts to two for Virginia.

But putting the ball on net and putting the ball in the back of it are two very different things, and Penn State left the field with a goose egg in the scoring column.

The thrill and excitement that was in the air during the season opener on Friday evening was

absent in Sunday's contest, red-shirt junior Lauren Alloway said. Alloway said if the Lions want to be successful, that intensity needs to be there every game.

"It was our first game so everyone was excited and maybe that excitement went away and we need to bring it back," Alloway said.

"People were diving in the first game, and they weren't in this one. So, I think we need to clear our minds and get this out of our head."

The Lions will attempt to rebound quickly next weekend as they face the No. 5 Connecticut Huskies on the road.

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Possession a crucial factor in weekend contests

By Zach Fleagle
COLLEGIAN STAFF WRITER

The Penn State field hockey team learned a lot about itself in its opening two games this weekend.

The team learned if it plays its game, it is capable of winning, and can do so in dominating fashion.

The hard part is matching up with the nation's elite without losing that mentality.

The No. 18 Nittany Lions took down No. 16 Old Dominion on Friday, 4-0, after a strong performance from new goalie Ayla Halus who recorded 13 saves on 15 shots in the shutout win.

Sunday was a different story, as the Lions struggled from the

onset against No. 3 Virginia and lost 3-0.

The Cavaliers took a 2-0 lead in the first half and added an insurance goal late, helping the Cavaliers coast to victory.

"I thought in the beginning of the game, like the first 5-10 minutes, we had the ball in our 25 [yard line] most of the time and we just didn't take care of it," coach Char Morett said. "We were sloppy with eliminating defenders and you can't throw the ball away against such a good team like Virginia."

Morett said the Cavaliers displayed the kind of speed that can dominate a game, something her team had not previously faced. The Cavaliers also dominated an

important aspect of winning — ball possession.

Senior Daneen Zug also knows the Lions (1-1) need to prevent running backwards like they did during Sunday's loss. The co-captain said better ball control would have helped the team play at its pace instead of trying to catch its opposition.

"I think we need to work harder off the ball to help the person with the ball," Zug said. "We had some good passes but they could have been stronger, they could have been more on target. Just connecting on those passes and working the ball up the field with possession."

Tightening up their play is something Morett said the Lions

will be working on this week and a solid dose of rest and film will help the process. The coach stressed that taking advantage of the opportunities throughout the game will be a key to the team's success.

Co-captain Lauren Alloway didn't want to read into the amount of goals scored against them on Sunday. Alloway said this week will be good preparation to build on what they've learned.

"I think a good thing is looking at our mistakes and reacting from them and changing them," Alloway said. "So I would really like everyone just to encourage them to watch [the game] with me on [Sunday's] film. And see as a team instead of our coaches

telling us what to do, having each other help one another"

Morett knows the Lions finished the game much better than the way they started Sunday and is confident they can play with anyone if they can hone their abilities. That will be the difference of winning and losing this season, she said.

"There were so many times that we missed a five-yard little pass or we gave the ball up and it's like, you can't be doing that. We need to be better than that," Morett said. "I hope our possession stats improve going into this week of practice and hopefully at Connecticut."

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By Jacqueline Bigar

HAPPY BIRTHDAY for Monday, Aug. 30, 2010.

This year, you are focused and determined. You can break out of patterns and rigid thinking that might have become too comfortable. This ability brings a new type of experience. Others see you as becoming wise. If you are single, you could meet someone very exciting and most different. If you are attached, the two of you have always dreamed of a special trip. This is the year. TAURUS can be stubborn but has a lot to offer.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-Slow; 1-Difficult

ARIES (March 21-April 19)

*** (Curb going overboard, especially at work. You are an information-gatherer, a solution-finder and at the base of many brainstorming sessions. A key associate or partner could be contentious. Let him or her be. Tonight: Your treat.

TAURUS (April 20-May 20)

***** When the Moon is in your sign, you cannot retreat into the background. Others will demand your time and attention. Be graceful with a child who puts you on a pedestal. He or she needs your time. Tonight: Whatever fills your mind with delight.

GEMINI (May 21-June 20)

*** Maintain a low profile. You might not always get the results you desire immediately. But you can study alternatives, center yourself and know what works best for you. Take some much-needed personal time — just for now! Tonight: How about going to the movies?

CANCER (June 21-July 22)

***** Meetings prove to be most

beneficial. Remember, it is important to listen to and integrate others' ideas. Only then can you create the best product or situation. Communication could be intense, consider screening your calls. You do need to get something done! Tonight: Where people are.

LEO (July 23-Aug. 22)

*** You have no choice but to lead. Give this concept some thought. It is healthy to allow others to step up to the plate — it is important for both you and others. Could someone be unusually cranky? Tonight: A force to be dealt with.

VIRGO (Aug. 23-Sept. 22)

***** Whether inquiring or seeking out more information, finally you have a receptive audience. Others leave out facts in order to make their point. Are you at all capable of the same behavior? Tonight: Let your imagination take over when making plans.

LIBRA (Sept. 23-Oct. 22)

***** Your patience might be tried. Could you be making a situation worse by going over it again and again in your head? Overanalyzing takes out some of the feelings but allows your point of view to float through. Find someone to play devil's advocate. Tonight: Talk over dinner.

SCORPIO (Oct. 23-Nov. 21)

***** Others come forward and actually might challenge you — yes, you. You are strong and determined, as are those you are dealing with. A brainstorming session proves to be worthwhile and enlightening. You'll find a resolution. How much of your frustration are you swallowing? Find another path to handle this feeling. Tonight: Go with a suggestion.

SAGITTARIUS (Nov. 22-Dec. 21)

*** Get into a project, refuse to be

waylaid. What was OK might not be any longer. Be willing to say "no" to another person if he or she interferes with your focus and concentration. Clear out work, making time for the frivolous. You might opt to take up a new hobby out of the blue. Tonight: Make relaxing a theme.

CAPRICORN (Dec. 22-Jan. 19)

***** Your sense of direction mixes with your creativity, providing answers and solutions. You might even delight a child or a new friend with a suggestion. Though you are serious-minded, playfulness emerges. Let your hair down. Tonight: Enjoy every moment, even if it is Monday.

AQUARIUS (Jan. 20-Feb. 18)

*** If you can work from home, by all means, do. You might feel as if someone is pushing you beyond the call of duty. Your instantaneous reaction is to retreat. Realize that someone cares a lot about being right. Does it really hurt you to let this person think that he or she is right? Tonight: Stay centered.

PISCES (Feb. 19-March 20)

***** Keep conversations open-ended, knowing what works for you. Your personality and good will conquer a partner's resistance. Rethink a personal decision once someone is a little easier to deal with. He or she can be very difficult. Tonight: Chating up a storm.

BORN TODAY

Actor Timothy Bottoms (1951), investor, philanthropist Warren Buffett (1930), actress Shirley Booth (1898)

Jacqueline Bigar is on the Internet at www.jacquelinebigar.com

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