

Royster

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a bigger load just because of the possibility that we don't get that early quarterback play," Royster said in early August.

"It's gonna be important for our offense to establish a good running game just to give our quarterbacks confidence."

But Joe Paterno has some concerns about Royster being able to sustain that run game.

"He's a little heavy," Paterno said Tuesday.

"He's about 220, and I keep telling him that he's not going to have the kind of endurance he

needs unless he loses some weight. But he knows what's going on. And he's a good back."

In early August, Royster said he was trying to lose some of the extra weight before the season, but given the extra carries he'll be getting, he wanted a way to absorb some of the blows.

He isn't nearly as concerned as Paterno about the weight being an issue, tweeting Wednesday, "stop trippin about my weight people... im 218 pounds... 4 lbs heavier than a year ago... 4 lbs!!"

Paterno said he is just trying to get the most out of his record-setting running back.

"I think he's one step away, just a little bit more intensity away

from being better," he said.

Last season, Royster rushed for 1,169 yards and six touchdowns.

But left tackle Quinn Barham has few doubts of Royster's capabilities.

Royster may be downplaying the record, but Barham said helping his fellow senior achieve the mark would be one of the crowning achievements of his football career.

"It'd be an honor," Barham said.

"That's one of the goals this year is to help him break that record."

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Spikes

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two hit baseball after the first. Unfortunately for the Spikes, though, they would not be able to recover after falling into an early deficit.

"After the first inning I think that we outplayed them," State College manager Gary Robinson said.

"We just couldn't get that big hit with two outs. And it's very frustrating."

The Spikes begin their final series of the year at 7:05 tonight, and it happens to be against their rival, the Williamsport

Crosscutters (41-32), the Single-A short-season affiliate of the Philadelphia Phillies.

State College will play two games at Historic Bowman Field before finishing the season Sunday night at home.

Currently, the Cutters are on track to qualify for the playoffs by way of winning the New York-Penn League's wild card spot.

"We're going to go out there and we're going to play spoiler," Brown said.

"We're going to play our hardest. We've got nothing to lose at this point. So just hopefully knock them out."

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Brown

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three-time defending national champions' 2010 home slate — it'll be Brown who the Lions will be counting on to be their go-to-girl.

"For most teams in the country, the game plan is to just play keep away from her," Villanova coach Josh Steinbach said. "Anytime [Penn State's] in trouble, she's who they're going to give the ball to."

Steinbach — whose Wildcats

were swept by the Lions in last weekend's Carolina Classic — said Brown's production will be especially important to Penn State this year, as it's a team missing some of the marquee players from the past three seasons.

The 2010 Lions are a team reshaping its identity, playing for the first time in four years without Megan Hodge and Alisha Glass, who graduated last spring as a part of the winningest class in school history.

"Obviously, they lost a lot from last year," Seton Hall coach Kris

Zeiter said. "But they always seem to have strong replacements. And I think players like Brown set them apart."

And the new-look Lions need Brown to be a factor this season.

In 2009, Hodge's 560 kills accounted for more than 30 percent of Penn State's offensive production. Brown, in comparison, tallied just 347 kills last season, less than 20 percent.

"This year she has just a different load to carry because we don't have the same arsenal of players or an experienced setter around

her," coach Russ Rose said. "So she's gonna have to adjust and yet still be efficient."

According to her teammates, Brown has been quick to embrace the challenge.

Balza said she's already noticed Brown being more vocal than last year, especially in practice, where she'll instruct her teammates or offer instructions mid-drill.

Brown, a captain, said it's something that has just come naturally.

"I think my role has definitely increased, with the seniors leaving last year, and well the sen-

"...I think players like Brown set [Penn State] apart."

Kris Zeiter
Seton Hall coach

iors leaving every year," Brown said.

"So it's all about just getting the whole team to work together right now."

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Icers

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The tryouts will consist of a four-day process beginning Wednesday night. Balboni said they will feature on- and off-ice drills which will give the players a chance to show off their skills.

There will also be officiated scrimmages, which Balboni said gives other players a chance to shine.

"A grinder isn't going to look good in skill drills, but he's going

to look good in the game," Balboni said.

"We try to make sure we can see each player in their role and put the best kids together for a team."

Balboni said after the first night, the coaching staff will try to weed out where they want to be and get a core group of 40 guys to return for the rest of tryouts.

One thing clear for the tryouts is class standing means nothing.

"Whether it's a freshman, sophomore, junior, senior to me is irrelevant," Balboni said. "To me we want to put the best guys on the

ice to put our team together."

Balboni said some veterans will not participate during tryouts as they recover from injuries. One of those players, junior forward Nick Seravalli, is expected back in late-October while recovering from groin-reconstructive surgery.

New assistant coach Josh Hand got his first chance to see some of the team Tuesday night at a team veteran skate, and is excited to get the season under way.

"It was great to finally see some of the team play," Hand said. "I think we brought some good guys

"We try to make sure we can see each player in their role and put the best kids together."

Steve Balboni
Icers head coach

in, and there's some good guys walking on and there's obviously a lot of talent as far as the returners."

Hand said the tryouts are a chance for the players to show the coaching staff the work they put in during the off season.

"I know it's cliché, but hard

work pays off," Hand said. "The preparation that they did during the summer will hopefully pay off in the tryouts and that will carry over into the regular season and into our national championship run."

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Men's soccer

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best," Braga said. "The two preseason games were good for us, two wins and we're good to go now we're good for the season."

The 2010 version of the Lions won't be the only thing making a debut Friday. Bob Warming will make his first regular season appearance as the head coach of the Lions after coming over from Creighton in May.

Warming replaced Barry Gorman, who manned the sidelines for 22 seasons as the head coach. Senior midfielder Drew Cost said with all the changes going on "it's been wild" getting a grasp on the new way of doing things.

But the entire team has bought into Warming's beliefs and the coach has praised the senior class all preseason.

"Being with coach Gorman for three years, yeah I

would say it's a big difference," senior defender Andres Casais said. "It's a big tradition here, but I think our team is ready to focus on the future and start a new era here."

Penn State begins the season ranked No. 16 by College Soccer News and was slated to finish tied for third in the Big Ten by the coaches in the preseason.

Getting off to a quick start on the road will be a key focus for the team this weekend as it looks to build off a 2009 season that marked its first NCAA appearance since 2005.

This year will celebrate 100 years of soccer at Penn State, but as for the man in his first year of coaching, his sights are set on the games yet to be played.

"I'm trying to make these guys better every day to challenge them every day," Warming said. "It's good to know your history but it's more important to know where you want to go and what you want to be."

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