

# Conference play leads to increased physicality

By Joe McIntyre  
COLLEGIAN STAFF WRITER

When opponents in the Big Ten match up for conference games, there tends to be a drastic increase in flying elbows, nasty hip checks and reckless stick swings.

And the Penn State field hockey team enjoys every second of it. In last Friday's contest with Indiana, the most intriguing part of the game may not have been Lauren Purvis' goal midway through the

## FIELD HOCKEY

first, but the verbal and physical jarring between Penn State forward Kelsey Amy and Indiana midfielder Kristy McFadden. After the game, Amy said it would have been impossible for anyone in the stands to miss the ongoing conversation the two were having during the game.

And as for coach Char Morett, she loves the physical style that comes with Big Ten play. She said it's the nature of the conference. It's what makes the Big Ten great.

And in the game against Indiana, Morett said the Lions did extremely well dealing with the higher intensity of play, but as for Sunday's matchup with Michigan, that was a different story.

"I would say in the past we were the team that was a little more physical in a game like [Michigan] and my concern is why we didn't get angry, why we as players just took it," Morett said. "I think we got it when we needed to get mad. We need to just get angry with it because it was very physical and I think it's a shame it didn't

"It's so much different than nonconference. Maybe because it means more, but it's more physical and it should be that way."

Lauren Alloway  
junior defender



Daniel Bott/Collegian

Hannah Allison (right) fights for a ball in a game against Indiana.

get controlled throughout the game."

On a goals of the week checklist Morett wrote down, the coach listed, "fight through the frustrating moments."

She said the team has to be mentally tougher going into this weekend's home contests against Iowa and Monmouth.

And though they had a better time with the increased physicality on Friday compared to Sunday, senior captain Lauren Alloway acknowledged if the Lions want to win the Big Ten, they better adjust to its rough and tumble attitude more quickly.

"It's so much different than out of conference," Alloway said. "Maybe because it means more."

but it's more physical and it should be that way."

Even first-year player Brittany Grzywacz noticed how much more teams get amped up for conference games.

The freshman forward said the physical play adds an extra dimension to the game she had never seen before coming to Penn State.

But that's not a downside to collegiate play at all, she said.

In fact, she relishes it. "It changes the intensity of the game because you have to put your whole body into it," Grzywacz said. "It becomes mental and physical, so I actually like that better. So it's definitely more fun."

To e-mail reporter: [jrm5401@psu.edu](mailto:jrm5401@psu.edu)

# Lions using normal practice schedule during short week

By Emily Kaplan  
and Lauren Henderson  
COLLEGIAN STAFF WRITER

They lost their first conference match in nearly four years last weekend. And this week, they only have four days of practice instead of the usual five.

But the Nittany Lions are still sticking to their routine.

The No. 4 Penn State women's

volleyball team lost to Illinois Friday, snapping its 65-match Big Ten winning streak.

And travelling back from Wisconsin after Sunday's match, they missed a day of practice Monday.

Yet the Lions are doing normal drills and regular preparation for when they return to action this weekend with matches against No. 19 Michigan and Michigan State at Rec Hall.

"We like to stick to our routine," junior co-captain Katie Kabbes

said. "It helps and it's been working so far."

Kabbes said the team usually spends the week before a match preparing specifically for its opponent, scouting out their key players. Setter Kristin Carpenter said Michigan has a "very active setter" in Lexi Zimmerman, so Penn State will be working on hitting the ball over on the second hit and scramble plays in the next few days.

"It's just going to be the same intensity with the four practices

that we have," Carpenter said. "So it's not going to be a bad or good thing. It's going to be just the same. It's no different."

Carpenter said the team will be working on defense as it usually does.

"We always do defense," she said. "We can't get enough defense."

Coach Russ Rose said every week at practice is time for Penn State to improve.

And this week is no different. "There's always a laundry list of

things that you can get better at," Rose said.

Though it's not a typical week, some players enjoy the day off.

Senior co-captain Blair Brown said it was a good chance for players to relax and rest their legs.

"It's good for us to have time, you know, finish our schoolwork that we didn't have done over the weekend," Brown said. "And just kind of get everything back into the swing of things."

To e-mail reporter: [exk5049@psu.edu](mailto:exk5049@psu.edu)

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By Jacqueline Bigar

HAPPY BIRTHDAY for Wednesday, Sept. 29, 2010. This year, your imagination and intellect go into fifth gear. As a result, you often see solutions way before anyone else. Travel, new experiences and an opportunity to live life in a new way continue to reinforce the process of growth toward less rigidity. If you are extroverted, you could meet someone quite exotic, spiritual or even a foreigner. This person is likely to be part of the many openings of your year. If you are attached, decide as a couple to do a workshop together or plan that special trip. Share more and love more. GEMINI presents many different views.

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

ARIES (March 21-April 19) \*\*\*\*\* Your efforts to make inroads with a loved one or another key person in your life finally seem to reap results. Still, be careful with this person. He or she could be more flaky than you anticipate. Tonight: Meet up with friends.

TAURUS (April 20-May 20) \*\*\*\*\* Your fiscal wisdom might be more in demand than you realize. Although you could feel taken back or astounded by another person's reaction, you need to maintain a steady course. Tonight: Check in with a loved one or child who could be hurting.

GEMINI (May 21-June 20) \*\*\*\*\* Trust in your ability to mend bridges. Others appeal to you for your ability to network. They like your originality and style. Confirm an important meeting. Don't make assumptions. Tonight: Beam in exactly what you want.

CANCER (June 21-July 22) \*\*\*\*\* Pull back. You also might want to come in late to work or call in. Worry a little less. The quality of a project can only be enhanced by some downtime. You might take another person's comment too personally. Tonight: Talking up a storm.

LEO (July 23-Aug. 22) \*\*\*\*\* You might want to zero in on the essentials while others want to talk fluff. You might wonder how you can reconcile the difference. Recognize that the chasm might not be as deep as it looks. You might discover people's moods are what is causing the separation, not the ideas. Tonight: Where the party is.

VIRGO (Aug. 23-Sept. 22) \*\*\*\*\* You could be overly tense. Though you don't mean to cause a problem, you could. Calm down and have a long-overdue talk this morning. If you are uncomfortable, you don't want to put off this conversation any longer than you need be, for your sake. Tonight: A must approach.

LIBRA (Sept. 23-Oct. 22) \*\*\*\*\* Stretch by walking in another person's shoes. Through empathizing, you'll gain both understanding and detachment. Be careful with a crack or sarcastic comment. Don't take it personally. Tonight: Feed your mind.

SCORPIO (Oct. 23-Nov. 21) \*\*\*\*\* Deal directly with others. Sometimes you prefer to let someone else be your messenger. Express compassion and give up being a judge. You'll come out on top of your game. Tonight: Listen to a loved one's suggestion.

SAGITTARIUS (Nov. 22-Dec. 21) \*\*\*\*\* Others provide a lot of insight into their behavior without realizing it. You might be smiling within, but don't share those thoughts at the moment. Timing means everything. A boss could flip from one point of view to another. Tonight: Where people are.

CAPRICORN (Dec. 22-Jan. 19) \*\*\*\*\* Just as you think you have a complete perspective, you realize some details have been left out. Though this experience could be frustrating, don't miss a beat as you seek out information and perhaps another's expertise. Tonight: Burning the midnight oil.

AQUARIUS (Jan. 20-Feb. 18) \*\*\*\*\* You could be more in control of a situation than you realize. Even though someone clearly disagrees with you, that doesn't mean you aren't right on. Question what is happening within your immediate circle. Tonight: You need some fun!

PISCES (Feb. 19-March 20) \*\*\*\*\* Keep your best interests in mind, which might look like taking the day off again or simply not sharing a lot. It is best not to say anything until you clear your head. A close friend or loved one also could be somewhat unpredictable. Tonight: Do only what you want.

BORN TODAY  
Singer Jerry Lee Lewis (1935), TV host Bryant Gumbel (1948), Polish labor leader Lech Walesa (1943)

Jacqueline Bigar is on the Internet at [www.jacquelinebigar.com](http://www.jacquelinebigar.com).  
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