

Men's soccer dealing with fatigue

By Andrew Robinson
COLLEGIAN STAFF WRITER

Since Sept. 24, the Penn State men's soccer team has not gone more than five days between games. This past week, it battled through two games that went into double overtime and totaled 217 minutes of game time.

With two more games this week, fatigue is becoming a large factor. "I'm more than worried about it," Nittany Lions coach Bob Warming said. "It was 110 minutes on artificial surface [Sunday against Northwestern] and, even

though we had squad rotation, a lot of our key players played a lot of minutes."

This week, Penn State hosts University of Maryland-Baltimore County on Wednesday night at 7 and No. 16 Ohio State at 3 p.m. on Saturday. The Buckeyes don't have a mid-week game and will come to Jeffrey Field rested.

Warming has been rotating players in the lineup to try and preserve his key contributors' legs, but games against No. 1

Akron and Big Ten foe Northwestern meant the coach had to play his big guns longer. While the players have been piling up the mileage, junior striker Corey Hertzog isn't too worried about fatigue hurting the team.

"I don't think it'll be that much of a factor," Hertzog said. "We have Monday and Tuesday to recover and we're all pretty much in shape so it shouldn't affect us too much."

The game against the Retrievers could offer the Lions a chance to get some players rest, but as earlier games against St. Francis and Binghamton proved, every team that comes to Jeffrey Field is focused on Penn State.

Warming said UMBC plays a counterattack-based style of soccer, which means his players will have to do more sprinting back to cover when the Retrievers run.

While some of the players tallied a high number of minutes this weekend, senior midfielder Matheus Braga said the team used its off day Monday to recover and Tuesday's practice would be lighter to aid that process.

"Those games have made us tired but we have such a good recovery system before we practice," Braga said.

Hertzog, who won the Big Ten Offensive Player of the Week award, has played a major amount of minutes, but so far it hasn't

slowed his scoring. The junior leads the nation with 13 goals and has goals in three straight games.

Coming off 110 minutes on Northwestern's unforgiving artificial turf, Braga said there are a few changes in recovery but it doesn't radically affect the process. At this point in the season, the players are used to playing through some tiredness, but they would like to put UMBC away sooner rather than later.

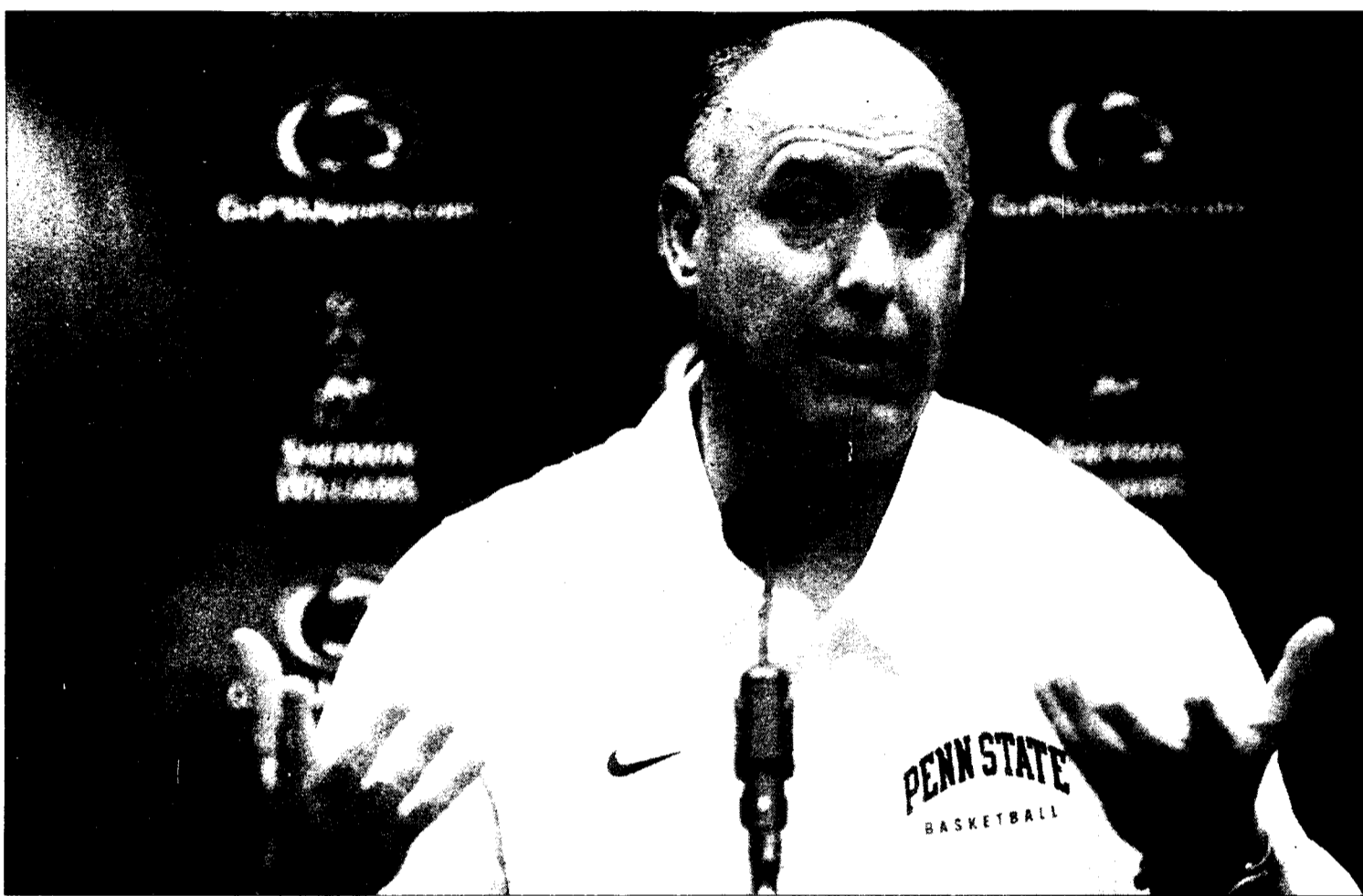
"It's not going to be a big deal," Braga said. "But we've got to make sure Wednesday we don't go to overtime again so we keep our legs fresh for the game Saturday."

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MEN'S SOCCER



Warming



Tyler Sizemore/Collegian

Men's basketball coach Ed DeChellis speaks during his team's media day at the Bryce Jordan Center yesterday afternoon.

Lions relaxed for year

By Jared Shanker
COLLEGIAN STAFF WRITER

This time last year, Ed DeChellis was dealing with the pressure of trying to take his team to the next level after celebrating in New York with a NIT title.

As the Penn State men's basketball team prepares for the 2010-11 season, DeChellis is dealing with the pressures of being on the head coaching hot seat following an 11-20 season, just three Big Ten wins and a first round exit from the conference tournament.

However, DeChellis said the pressure he's feeling this season isn't any more burdensome than last year's after winning the National Invitational Tournament (NIT) title or any other year for that matter.

"You feel pressure every year. The job is what it is; it's a very high stress, high pressure job in college athletics coaching," DeChellis, readying for his eighth season, said. "I put the pressure on myself."

"Is there any more pressure than there was last year? I feel pressure every year. I don't lay awake thinking about that."

Some fans were surprised athletic director Tim Curley brought back DeChellis, 95-123 (.432), Big Ten after last year's disappointing season and last-place conference finish. DeChellis said he understands the criticisms from the fan base but has moved on from last season after spending much of the offseason watching tape.

The players have followed suit, deciding to put the sour taste of unrealized potential in the rearview.

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Team holding high expectations

By Alex Angert
COLLEGIAN STAFF WRITER

Taylor Battle is no stranger to the buzzer beater.

There was the one two years ago with 0.3 seconds left against No. 23 ranked Illinois that painfully bounced on the rim forever before falling in.

And then there was the game tying three pointer in the first round of the National Invitation Tournament against George

Mason that sent the game into overtime and the Lions to an eventual victory.

But for all the big shots Battle has made in his collegiate career, never has he had the opportunity to take one on the biggest of all stages — the NCAA Tournament.

This year, Battle and the rest of the Lions are hoping that chance finally comes as they have set the bar high going into the season with dreams of playing in the Big Dance.

"You see all kinds of crazy endings," Battle said on Media Day. "People hitting big shots, upsets,

it just seems like so much fun. I just want to be there playing on CBS, where everyone is watching."

Like a doe-eyed little boy, Battle talked about his dreams of being able to play in the NCAA Tournament.

Two years ago, those dreams almost came true as the Lions just missed out. But last year, they didn't even come close.

Only one year removed from winning the NIT championship, Penn State struggled for most of the 2009-10 season and finished with an 11-20 overall record with

only three Big Ten victories.

However, the Lions are putting last year behind them — as well as the season before — with high hopes and lofty goals.

"Making it to that NCAA Tournament, I haven't been there yet," forward DJ Jackson said. "It's a big goal of mine and I know everybody else. It'd be great. It's what I dream about so I'm going to do my best to make that happen."

Jackson is one of five seniors on this year's Penn State squad along with Battle, Jeff Brooks. See **EXPECTATIONS**, Page 11.

MEN'S BASKETBALL

Bowl chances in question for Lions

By Andrew J. Cassavell
COLLEGIAN STAFF WRITER

During the past five seasons, a trip somewhere warm around New Year's Day has almost become a certainty for Penn State football fans.

A week and a half ago, those travel plans still hadn't changed.

Then Illinois invaded Beaver Stadium, won by 20 points to mark Penn State's worst home loss to an unranked team in 26 years, and the bowl game question shifted from "where they'll

go" to "will they go?"

The loss brought up questions of a possible return to the "Dark Ages," when the Nittany Lions went a combined 26-33 from 2000-04. They made only one bowl appearance during that five-year span.

"Just going to any bowl would prevent that mentality from seeping in — hey, it's not 2004 again," ESPN.com Big Ten writer Adam

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Astorino

FOOTBALL



Bryan Heritage/Collegian

Hayes (front) jumps for a ball.

Hayes ends cold streak

By Alex Angert
COLLEGIAN STAFF WRITER

Maya Hayes had been going bananas lately.

Over the past few games, the freshman striker has had multiple clean looks at the goal with opportunities to score. And more often than not, the ball went straight into the keeper's chest for an easy save.

But with her team down one and in desperate need of a goal Sunday, Hayes finally got to breathe a sigh of relief after scoring for the first time since Sept. 15 against Bucknell.

"It's just been an on-going thing,

kind of a monkey on my back," Hayes said.

"I've been pushing through and trying to get the opportunities."

Those opportunities have been there but they haven't translated into any goals — until the 78th minute of Sunday's game.

Hayes received a pass from teammate Dani Toney and ripped a shot from 15 yards out into the goal, prompting the freshman to leap into the air and exult in celebration.

"It felt really good," Hayes said. "It literally felt like the monkey jumped off my back in that moment."

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More coverage on the women's soccer team. | **SPORTS**, Page 12.

WOMEN'S SOCCER

MLB
San Francisco at Philadelphia
4 p.m., FOX

Q: When was the last time the Dallas Cowboys started the regular season with a 1-1 record?

Monday's answer: NASCAR was founded in 1948.

LaRussa to return to Cards

Tony La Russa ended the usual post-season suspense, agreeing to a 16th season as St. Louis Cardinals manager.

The team announced a deal Monday that included a mutual option for the 2012 season.

Financial terms were not disclosed on the new contract, finalized 15 days after the end of a disappointing season that left the 66-year-old La Russa wondering if he'd worn out his welcome.

"For the last 10 days or so, Tony and I have had daily dialogue," general manager John Mozeliak said.

"And I'm happy to report that we're welcoming him back."

'Skins to keep Haynesworth

The Washington Redskins insist Albert Haynesworth will remain with the team through Tuesday's trade deadline.

Coach Mike Shanahan said Monday there's "a pretty good chance" that Haynesworth won't be sent elsewhere, even though the two-time All-Pro has missed three of six games and has clashed often with the coach this year.

"God, I'll be so glad when that's over with so I don't have to talk about this anymore," Shanahan said.

"I've answered this question for the last six months, every day. You'll just have to wait and see."

Haynesworth was away from the team for nearly a week, missing one game, following the death of his half brother in a motorcycle accident on Oct. 7.

New rule will prove pointless

The new NFL rule against helmet to helmet hits — that players might be suspended depending on the severity of the hit — will not change anything in the league. When a safety spots a ball en route to a receiver during a play with only a fraction of a second to react, there is no difference in what will go through his mind now compared to what went through it before the new rule.

Football for defenders is a game of milliseconds, and this new rule will put a stop to very few of these hits. Players have to focus on taking down the ball carrier anyway they can and don't have much time to consider the repercussions.