

## Wrestling

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This weekend, Wade and the No. 6 Penn State wrestling team will open the 2010-11 season with matches at Bloomsburg (3-0) at 7 p.m. Friday, and home against No. 15 Lehigh (1-0) at 2 p.m. Sunday.

While the heavyweight matchup won't be the overall determining factor Sunday, coach Cael Sanderson said he believes Wade can beat Rey if he goes into the match with confidence.

"Cameron has the best workout situation of any heavyweight in the country," Sanderson said. "He just has to go out there and wrestle smart. It will be a match that Cam can win if he goes out and does what he has to do."

Wade said the preparation the team goes through in the offseason is over, and it is time for the team to go out there and wrestle hard.

Sanderson will start six freshmen this weekend and has confidence they will be up for the challenge, but the team will be lacking upperclassmen leadership on the mat. Senior Brad Pataky, who is still nursing a strained knee, will not wrestle this weekend in the 125-pound match, and a date for his return has not yet been made clear.

"If it were the Big Ten championships this

weekend he would probably go," Sanderson said of Pataky. "But we want to look toward March and the national tournament for him."

While Pataky's status for the weekend is clear, junior Frank Molinaro is still questionable at the 141-pound class. Molinaro suffered a broken ankle in the offseason, and has been working to get back in time for the start of the year. Sanderson said doctors have not cleared Molinaro to wrestle yet, but added he will make the trip with the team to Bloomsburg on Friday.

If Pataky and Molinaro are unable to wrestle this weekend, the burden to provide leadership will fall on the broad shoulders of Wade. It is clear that Penn State's match against Lehigh will be the more difficult of the two weekend matches, but Sanderson has no plans to take Bloomsburg lightly.

And while Penn State leads the all-time series against Lehigh 61-34-3, Lehigh has been able to knock off the Nittany Lions each of the last two times the teams met, including a 23-14 victory last year.

The Nittany Lions will look to reverse that trend this weekend to insure they get their season off to a strong start.

"It's great to have in-state rivalries like this," Sanderson said. "It's a big deal to us, and we know it is a big deal for them."

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## Field hockey

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then-No. 7 Michigan State. On that stage, the Lions pulled off the upset, highlighting their progression.

Another upset, this one against No. 5 Princeton several weekends later, was another step toward putting themselves into a position to host the NCAA tournament's first two rounds.

Coach Char Morett said the team's growth from the beginning of this season is just what she expected. Minor position tweaks put her players in a position to play their best. The tough start, she said, forced the young players to grow up quickly.

"I think where we've grown is each individual gaining their own confidence and then showing confidence as a unit, as a team," the coach said. "I think our best games are when everyone plays defense together, when everyone attacks together."

Facing No. 4 Syracuse at 11:30 a.m. on Saturday at AstroTurf Field, Morett said chemistry will be very important, as the Orange play a very controlled, fundamental game.

"I think Syracuse does a really good

job of keeping the field spread and organized," Morett said. "It's going to be real important for us to give options to the ball carrier and put a big priority on possession."

The team's leading scorer Kelsey Amy said it's no surprise that effort will determine how successful they are.

And along with effort, steady defensive pressure will help their offense open up.

"It's definitely important, on the weak side we need to all push over to the middle," Amy said. "If we can stop them in the midfield, we have so much speed, a quick counter attack can work in our favor."

Senior captain Daneen Zug said the Orange will be another tough task, but her lofty goals of a title haven't changed.

"We're such a close team and we all have the same values and we all want the same things so I think the team unity has grown so much this season," Zug said.

"Working as one team is really motivational for all of us. We feel neck and neck coming into this. They're good, a great team but we feel that we can compete with them, definitely."

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## Women's volleyball

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D'Errico was unaware of the milestone the Lions have the opportunity to surpass this weekend.

"I know that in my career, I haven't lost at Rec Hall," D'Errico said before reaching down to the gym floor and superstitiously knocking on wood.

"I have no idea what the numbers are. I didn't know the streak or anything like that. We just focus on every match as it comes."

Penn State coach Russ Rose echoed similar sentiments as his libero, saying everybody plays well in front of their home crowd.

"I don't think we're any different than anybody else," Rose said. "I don't look at the streak and I don't know the number and I don't care about the number because I've been here for 32 years, and I've won matches at home and I've lost matches at home. I don't know my

record. I don't care. But I think everybody's good at home."

Penn State (21-4, 11-3 Big Ten) will have its toughest home test of the season with Illinois (20-4, 12-2) Saturday night. The Fighting Illini sit atop the Big Ten standings, one game ahead of the second-place Lions, and showed the importance of home-court advantage on Sept. 24. Illinois upset then-No. 2 Penn State in a five-set thriller in front of a sold-out crowd in Champagne.

However, just like they have had their way with most teams who come into Rec Hall, the Lions

have lost just once at home to the Illini. Coincidentally, that occurred on Nov. 24, 1995, the last home loss before the 87-match home winning streak began. Since that time, Illinois has not even won a set in Happy Valley.

"Anytime you play there, you're an underdog," Illinois coach Kevin Hamby said. "They have a long win streak there, and they've done a great job over time. Russ does a good job of preparing the team, and they play at a high level."

But the Lions also don't want to overlook the Badgers (15-10, 4-10),

tonight's opponent. Though Wisconsin is in ninth place in the conference and has only beaten Penn State at Rec Hall once in a five-set match in October 2002.

Rose pointed out that Wisconsin beat No. 24 Northwestern last Saturday night, which swept Illinois just the night before.

"It's part of our tradition not to lose at home," freshman outside hitter Deja McClendon said. "This is one of our biggest goals. It's a streak we're not willing to break."

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## Women's soccer

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Lions 1-0 in a 45-minute scrimmage, but the current team isn't looking at that match as any kind of indicator. This season, Penn won the Ivy League title with a 9-6-2 record and have gone 4-0-2 over the last six matches.

Oddly, Friday's meeting will be the first official game between the two schools, but one of Penn State's potential second round opponents is a familiar foe. Region host West Virginia, who plays Morehead State Friday, was Penn State's foe in the first

game of the year.

Redshirt freshman Tani Costa lifted Penn State to a 2-1 overtime win in that Aug. 20 game, and has been the Lions' hottest goal scorer of late, dropping five goals in the last three games. Overall, the Lions are hoping last Sunday's game against Michigan was an anomaly and they can keep their offense rolling into Morgantown.

"We're feeling confident but we know we have to come out hard against these teams," senior forward Dani Toney said. "We have to really focus, take it one game at a time and just keep winning and keep working hard."

While Penn is a strong defensive team, conceding just .88 goals per game and only allowing 15 goals all season, Penn State coach Erica Walsh doesn't expect a repeat of the Michigan game. The Wolverines packed up to nine players inside their last 20 yards, something Walsh said takes more than two days of practice to perfect.

Walsh does expect Penn to push numbers behind the ball, but also said the Quakers are a dangerous, clever team. As far as West Virginia, which has gone on a 14-1-1 run after a 2-3-0 start, Walsh said she hasn't seen much of the Mountaineers since that August meeting.

Prior to Wednesday's practice, the

team's last in State College before leaving for West Virginia. Toney and senior captain Megan Monroig talked to their teammates about expectations going into the tournament.

"They made it very clear that everything's about Penn right now. Expectation is a big part, our team expected to win the game Sunday, they expected to win the Big Ten and your body's going to do what your mind thinks it can do," Walsh said. "I talked a lot about expectation, that we want to make a run in this tournament and not to be happy that we have a Big Ten trophy."

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## Men's soccer

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When the whistle blew for halftime, the Lions found themselves down one goal after Northwestern's Red Losee received a cross and beat Penn State keeper Brendan Birmingham in the 44th minute.

In the first 45 minutes, Penn State outshot the Wildcats, 8-5, but had few quality scoring opportunities.

"We were lackadaisical," defender Matt Smallwood said. "They weren't putting a whole lot of pressure on us and [were] put-

ting nine guys behind the ball. Guys were taking four or five touches on the ball and not moving it across the field fast enough."

At halftime Warming told his crew to make more one-two touches, moving the ball quicker, and also had to give his team a motivational boost.

Warming said getting on his players and demanding an attitude adjustment is a part of coaching he doesn't always enjoy.

But in this case, the coach's efforts were well worth it.

Hertzog tied the game at 1-1 in the 73rd minute after receiving a cross into the box from Smallwood. And only three minutes

after Tyler's go-ahead goal in the 84th, Hertzog struck again, this time from the 18-yard box on a shot inside the back left post.

For Hertzog, the three goals in 14 minutes were a direct result of the faster ball movement.

"Obviously it worked, and we need to bring that to Indiana," the junior said. "We score three goals in a half. How many can we score in a game?"

On Sept. 24, the Hoosiers pulled out a 3-2 victory in Happy Valley in the final seconds of the match.

The two teams will meet again today at 3:30 p.m. at Jeffrey Field in the semi-finals


of the Big Ten tournament in a single match for the Lions.

Though revenge will be on its mind against the tournament's No. 1 seed, Warming wants his team to stay focused and recover the best it can against a well-rested Indiana team.

"The number one tool for recovery is not sleep, it's not food, it's not water," Warming said. "It's not any of those things. The number one tool for recovery is mentality. If you come out and you are determined to fight and win, you can do it."


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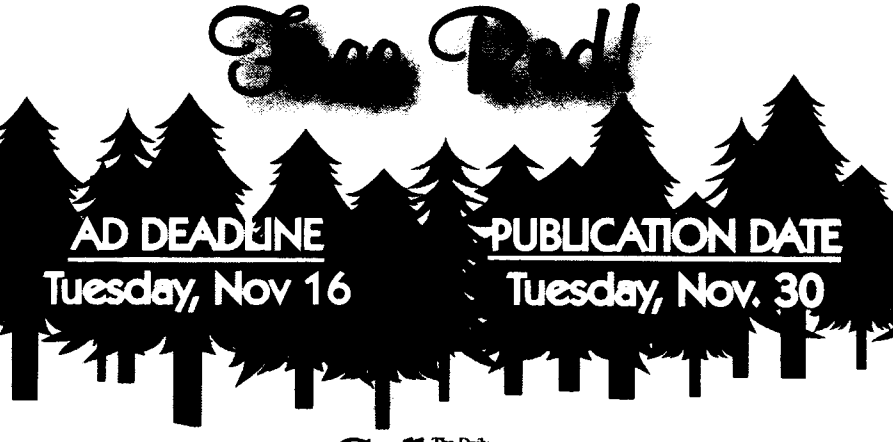
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