

Icers make longest trip of season to face rival URI

By Greg Garcia
COLLEGIAN STAFF WRITER

Tim O'Brien may have put it best when talking about this weekend's series against rival Rhode Island.

"You don't have to get the guys pumped up for this one," the senior forward said. "They know how big it is."

The No. 8 Penn State Icers will make their longest road trip of the season this weekend when they head to the Brad Boss Arena to face the No. 13-ranked Rams. The teams will face off at 7 p.m. on both Friday and Saturday.

Playing at the Brad Boss Arena will be no easy task for the Icers (8-2-0, 2-0-0 ESCHL). The Rams (11-2-1, 2-1-1) have defeated every opponent for two seasons playing

in front of their loyal fan base. The streak finally ended when the Icers toppled their bitter rival in 2005.

The Icers and the Rams are extremely familiar with one another. Since 2002, the Eastern States Collegiate Hockey League rivals have faced off 29 times, with the Icers holding the edge 18-9-2.

A key player in the series is URI sophomore forward Shawn Tingley. Tingley, a Division I transfer from Providence, has already posted 24 points this season. His team-high 11 goals are good for fifth best amongst the ACHA.

Junior forward Paul Daley said the team did not put much thought into Tingley, or any other individual player for that matter. He said the focus is on playing their own style of hockey and executing the team's systems.

As far as the goalie situation,

coach Scott Balboni said he has still yet to decide who will be starting in net Friday. Last weekend, sophomore Dan Ivanir and freshman Mathew Madrazzo split time replacing senior Teddy Hume.

After a sluggish 5-3 victory last Friday against West Chester, which began ESCHL play, the Icers made an attempt to change some things.

The following night, the Icers had an offensive surge by scoring 10 goals while dismantling the Golden Rams.

Cera said the Icers took on a different philosophy while playing on the ice. The new philosophy includes players knowing each others' roles, playing with non-stop effort and looking to continue the productivity on every shift.

"We have made good strides," Cera said.

O'Brien and Daley agreed

Saturday's game was the team's best all-around thus far.

Now, the Icers will try to turn those last 60 minutes into 120 minutes of effort this weekend.

"Saturday was our best game," Daley said. "Now we have play like that for the entire weekend."

To e-mail reporter: gjg5044@psu.edu



Asit Mishra/Colegian

Tim O'Brien (10) pushes himself through two Ohio University players.

Foster, Penn State men eye top spots at regional meet

By Zack Feldman
COLLEGIAN STAFF WRITER

When Ryan Foster began running cross country for Penn State, his team was not in this position.

Ranked No. 2 in the Mid-Atlantic region, Penn State's men are a far shadow from their 10th place ranking this time in 2009 before their regional meet.

But a returning frontline of Vince McNally and Kyle Dawson, and a middle pack of Foster, junior Chris Cipro, senior Owen Dawson and sophomore Danny Pavola

that has brought the team toward the top of the scoreboard all year, the team is optimistic about what they can accomplish Saturday afternoon at the Blue-White Golf Course, which kicks off at 1:15 p.m.

"I think we could be as good as winning the region, but if we don't show up, we could be as low as fifth," Foster said. "I think we're going to have a really good day, but it's going to be a dog fight."

While the majority of the core lineup comes from a cross country background, Foster, a senior, has already made his mark in the record books in a separate event.

Foster, a native of Tasmania, Australia, earned the Australian national record and Penn State record with a 2:19.6 second 1,000-meter race last indoor track season, in addition to resetting his own school record with a 1:47.32 800-meter race during outdoor, the second-fastest time by a collegiate runner in 2010.

This season, Foster has placed in Penn State's top-five in all but one meet, with his best finish coming recently at the Oct. 31 Big Ten Championships.

Foster did not run cross country his freshman year at Penn State, instead running back in Australia. What brought Foster into cross

country initially was his desire to compete when he would otherwise be training.

"If I wasn't running [cross country], I'd be doing similar stuff anyway," Foster said. "It kind of works out well that I do training that's really good for track season but lets me compete in cross country."

Coach Beth Alford-Sullivan said mid-distance runners have succeeded often in cross country, mostly due to the mental component of transitioning. She added Foster's ability to put in the effort for the season as well as the summer beforehand is what makes all the difference.

"Foster is a big strong kid who likes to run 800 meters. It takes less than two minutes, and now he has to race and compete hard for 25 minutes," Alford-Sullivan said. "That's just tough determination. I'm very thankful for his efforts to step up and cover us, and step in and be a guy that can make a difference."

Foster said he began toward the bottom of Penn State's pack sophomore year, building himself up to this year, where he said his goal was to place in the top-seven every meet. His determination to improve in each meet sets him apart.

"The difference is the mental toughness," Alford-Sullivan said. "Mostly, it's because he wants to be a part of the team and to make

the team better."

Alford-Sullivan said she believes Foster is back for his senior campaign to end his college experience with a full year of competition.

"With Foster, he's ending his collegiate round, so he had a decision to make. Do I want to make a difference in cross country and train for it this summer and put myself in the position to be a difference maker?" Alford-Sullivan said. "He wants to have the best of it all for his final go, and that's what you've seen — good training, and just being a tough dude."

Foster said he has seen a "boom and bust" cycle with the 2008 team advancing to the NCAA championships, then losing the majority of the team to graduation in 2009, when the team had only McNally as a representative at the NCAAs.

The Mid-Atlantic region has proven to be among the toughest in the country, year-after-year. The No. 27 Nittany Lion squad's main competition will come from No. 17 Princeton, the top-ranked team in the region, while unranked Georgetown enters third in the regional rankings.

While Princeton might have a stronghold on the top spot, Alford-Sullivan said the team is looking forward to showing they belong in the conversation.

"We deserve our second-ranked position in this region," Alford-

Sullivan said.

"We've beaten Villanova twice. Georgetown had a rough go at their conference meet the last time they raced. Going into it, we're the second best team, and we have to watch our back."

A top-two finish guarantees the team a spot at the Nov. 22 NCAAs. Even a third-place finish could net the team an at-large selection, though Alford-Sullivan said the team has little room for error.

"We've got to run with one eye looking backward, because you've got great programs here, so the guys have no room for error," Alford-Sullivan said.

"If Villanova were to upset us, and I think they're our closest contenders for that second spot, I think that will help us quite a bit. If for some reason a Georgetown or a Navy upsets us, it's going to kind of play on how the rest of the country goes."

Alford-Sullivan said the way the team's results have come together has been unexpected, but hopefully it will not be the last surprise of the year.

"Across the board, the guys are rocking along," Alford-Sullivan said.

"The team's achieved a lot this season. And they can continue to surprise me, and that would be awesome."

To e-mail reporter: zef5005@psu.edu



Ryan Foster competes during the Oct. 16 Penn State National.

MEN'S CROSS COUNTRY

RENTAL SEASON HAS BEGUN
THE GRADUATE
PARK PLACE
TOWN SQUARE
GN CENTRE
BURNING CORNER

Submit your application
Reserve an apartment

Fully Furnished, Luxurious and Affordable Student Living

Deluxe
Two Bedrooms
at Park Place
and Graduate

GN Associates

Office Hours:
Mon-Fri 8:30-5
Sat 11-4

gnrealty.com - 119 S. Burrowes St., University Park - (814)238-1878

Love the Greater Philly Area?

Check out The Daily Collegian's Classified section or online for today's listing of employment opportunities, real estate, and cars in the Greater Philly Area!

The Daily Collegian

NCAA Field Hockey CHAMPIONSHIP

1st & 2nd rounds are here at **PENN STATE!**

Saturday, November 13th
11:30 Penn State vs. Syracuse
1st 50 Penn State students get in free with ID

2:00 Ohio State vs. Albany

Sunday, November 14th
2:00 Finals

Games at the Penn State Field Hockey Complex Behind Wagner Building
Sunday, November 14th