

ATHLETE OF THE WEEK



USA NAHILL/the Justice

Anat Ben Nun '09

■ After sustaining a hamstring injury in the fall, the jumper attained All-American status for the second straight year.

When last year's University Athletic Association indoor track rookie of the year Anat Ben Nun '09 pulled her hamstring at the start of last semester, she had to keep herself from falling into a sophomore slump.

After initially neglecting the injury, she finally had it examined when it took a turn for the worse.

"I stretched [the injury] way too much," Ben Nun said.

"It wasn't anything serious, but it took a lot of time to heal."

But when she returned to competing this season, Ben Nun jumped right back into last year's form, with her season culminating in a third-place finish in the triple jump at this weekend's Nationals after she finished second at NCAAs last year.

Ben Nun initially eased her way back from the injury by competing in the high jump, a less physically taxing event, and then worked her way back to the triple jump, her personal

specialty.

In her first meet back, she finished second place at the Tufts University Indoor Invitational Feb. 3.

"I took it one step at a time," Ben Nun said.

"My goals just kept getting higher. It started with jumping over 11 [meters], then it was qualifying [for Nationals], then it was [making] top-eight [at Nationals], and once I was in the finals, it was top-three. I was just really glad that I achieved all of my personal goals."

Ben Nun expects to continue jumping with the outdoor track team this season.

As for next year, she hopes to make it back to Nationals and do even better, since she hopefully won't be coming right off an injury again.

Nevertheless, she is cautious of getting too far ahead of herself.

"I can't make any promises to myself," she said.

—Julie Ganz

just Briefs

AP BRIEFS

Men's tennis falls to MIT in first match of the spring season

INDIANAPOLIS—Defending champions Florida, Ohio State, Kansas and North Carolina drew No. 1 seeds in the NCAA men's basketball tournament, earning those spots Sunday by winning their conference championships.

The 65-team tournament begins Tuesday night in Dayton, Ohio, with a play-in game between Florida A&M and Niagara, the two lowest-ranked teams.

Starting Thursday afternoon, it's wall-to-wall action on the court and in the nation's biggest office pool.

Syracuse fans won't be able to pick their team. The Orange, the 2003 champions, were among the more surprising omissions from the field. Drexel, Kansas State, Air Force and West Virginia also were sure to be disappointed after being left out.

A year after George Mason became the nation's favorite underdog, mid-majors won't get a great chance for another run. Only six of them, down a couple of spots from last season, were included in a field dominated by the power conferences. George Mason, which lost to Virginia Commonwealth in the Colonial Athletic Association championship, was not among them.

The Atlantic Coast Conference sent seven teams in the tournament, up from four last year, highlighted by former national champions Duke, North Carolina and Maryland. The Big East, Big Ten and Pac-10 sent six.

Going by the top seeds, the East is the toughest of the regionals with North Carolina and Georgetown, the regular season and tournament champions of the ACC and Big East, as the top two seeds. Washington State, the regular season runner-up in the Pac-10, is the No. 3 and Texas, which lost in overtime to Kansas in the Big 12 title game on Sunday, is the best of the No. 4s.

Joakim Noah and the Gators (29-5) hope to become the first repeat champions since Duke in 1992. Florida, which won the football championship in January, will begin its bid for another basketball title in the Midwest region with a game Friday against 16th-seeded Jackson State in New Orleans.

The Gators, who return all five starters from last season's national championship team, emphatically won the Southeastern Conference tournament, routing Arkansas 77-56, recovering from a late season slump.

Wisconsin got the No. 2 seed in the Midwest and will play No. 15 Texas A&M-Corpus Christi. Other games in the region are: No. 3 Oregon vs. No. 14 Miami of Ohio, No. 4 Maryland vs. Davidson, No. 5 Butler vs. No. 12 Old Dominion and No. 6 Notre Dame vs. No. 11 Winthrop, which has an 18-game winning streak, and No. 7 UNLV vs. No. 10 Georgia Tech and No. 8 Arizona vs. No. 9 Purdue.

In the West, Big 12 champion Kansas (30-4) opens against the play-in winner Friday in Chicago.

UCLA, with the most NCAA men's basketball titles in history, became a No. 2 seed after losing its first game in the Pac-10 tournament to California.

North Carolina (28-6) drew the top seed in the East by defeating N.C. State for the ACC title. Coach Roy Williams, mask-wearing center Tyler Hansbrough and the Tar Heels, a deep young team that plays at a fast pace, will make the short trip to Winston-Salem to play Eastern Kentucky on Thursday.

Big East champion Georgetown, with John Thompson III as its coach and Patrick Ewing Jr. coming off the bench, is the No. 2 seed and takes on No. 15 Belmont.

Ohio State (30-3) beat Wisconsin to win the Big 10 tournament and its No. 1 seed in the South. The Buckeyes play No. 16 Central Connecticut State on Thursday in Lexington, Ky.

Plummer retires from the NFL after being traded to the Buccaneers

DENVER—Jake Plummer poured a glass of water, took a giant gulp and then talked for almost five minutes about how he was officially retiring from the NFL before stepping away from the podium without answering any questions.

The Denver Broncos quarterback was in a hurry Friday. He had a handball tournament he needed to attend.

The Broncos traded Plummer to the Tampa Bay Buccaneers March 3 for a conditional pick in the 2008 draft. The Bucs made the deal despite being aware of Plummer's retirement plans. He said on the Web site of The Jake Plummer Foundation last Saturday that he was retiring.

Yet there was still doubt whether he'd follow through with retirement. Maybe it was leverage to get traded to the Houston Texans so he could be reunited with former offensive coordinator Gary Kubiak?

Plummer has three years left on his contract and was due \$5.3 million in 2007. He led Denver to the AFC championship game two seasons ago, but lost his starting job after 11 games last season to rookie Jay Cutler. Plummer was 40-18 as Denver's starter, including a 1-3 mark in the playoffs.

"I poured my heart and soul into this game, not just in the NFL, but in college and in high school," Plummer said. "I'm ready to move on with my life and try some new challenges."

One of those challenges is handball. He and his brother, Eric, were scheduled to play in the Colorado state handball doubles tournament this weekend.

"Life is grand, life is exciting," Plummer said. "I'm excited to move on and encounter and take on new challenges with my life. I'm excited to see my family more, to be spending time with my friends. You guys can probably know that 'I'll be at a mountain, either at the bottom or the top of a mountain somewhere. Don't worry about Jake, he'll be fine.'"

Plummer went out of his way to heap praise on his teammates and how much they meant to him.

"Anything in the NFL I've ever achieved, anything I did that was positive, exciting, got you on your feet, I couldn't have done it without the guys surrounding me, the guys that gave me the love, gave me the energy," Plummer said. "If anything, that's the hardest thing. I'll miss those guys."

Plummer gripped the edge of the podium and stared down. "Just know I'm going to be fine," he said. "I appreciate everyone's support. So, thank you."

With that he retreated down the hall of the Denver Athletic Club to get ready for his handball match.

Judging numbers

19 points for Tate Sherman '08 in the second half of the men's intramural basketball championship game last Tuesday. After scoring only five points in the first half, Sherman scored eight straight points to lead Duvey's Dozen to a 53-36 victory over the Jackhammers.

3 seconds away from all-American status for the men's indoor track distance medley relay team of Dan Suher '08, Ralph Cherry '07, Matt Jennings '09 and Keith Thibault '10. The ninth-place finish at the NCAA Championships this weekend was one spot shy of the honor.

7th place out of 37 competitors for épée Kai Keller '07 at the NCAA Regional fencing championships this weekend. Keller, seeded ninth, qualified for the NCAA Championships for the third time in his career.

17 individual matches lost by the women's tennis team to New York University and Middlebury College this weekend. Colleen Donnelly '08 was the only player to pick up a victory, winning 6-3, 6-4 against Violet Stephanie Tu Saturday.

UPCOMING GAME OF THE WEEK

MTennis v. Bates College at HOME

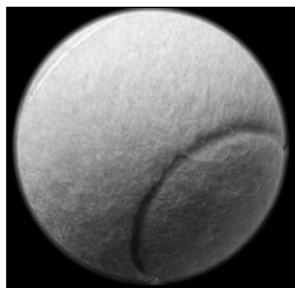
The Judges take on the Bobcats Sunday at 2:30 p.m.

Coming off mixed results at the Middlebury College Invitational, the men's tennis team will try to gain momentum in its first home competition of the season this Sunday.

The Judges scored a 9-0 victory over Connecticut College last Saturday, but were then shut out by host Middlebury 9-0.

The team is now 1-2 on the season and searching for consistency in its play and in its lineup. In last Saturday's matches, star Sam Jonas '07, who usually plays No. 1 singles, switched places with No. 2 singles player Mike Vulfovich '07.

Before the men's match, the women will host Bates at 11 a.m.



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FINAL INTRAMURAL STANDINGS

Men's A-League

Including playoff games

	W	L	PF	PA	Pct.
Duvey's Dozen	8	1	62	43.1	.889
The Jackhammers	8	1	73.4	48.2	.889
Beantown	6	3	63.2	56.3	.667
Almost Arthritic	5	3	47.9	53.3	.625
Snipas	5	4	51.3	48.4	.556
Kyle's Woolies	4	4	56.6	57.5	.500
The Hulk	2	6	53.4	59.4	.250
Boo-chak-e-ballers	1	4	48.7	66.8	.200

Women's A-League

Including playoff games

	W	L	PF	PA	Pct.
The Sugar Lips	7	0	57	16.4	1.000
Dead Dawgz	6	2	46	28	.750
Team Booyah	4	2	41.2	33.8	.667
The T-Birds	3	4	25.3	31.3	.428
The A-Team	1	4	25.8	34.2	.200
Heller's Angels	1	5	16.8	62.4	.167
Dephers	0	5	11	54.8	.000