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ROCKIN-N-ROLLIN

Win over IUP moves Rock men into tie for PSAC West's final playoff spot

By Phil Swartzlander
Rocket Assistant Sports Editor

The stands were packed, the stage was set, the rivalry was renewed and the Slippery Rock men's basketball team showed up and rocked Indiana University of Pennsylvania's world, 73-68, to move into a tie for the fourth and final playoff spot in the PSAC West.

The Rock (7-17 overall) and IUP (12-12) are now tied for fourth place in the division with matching 4-5 PSAC-West records, but IUP, despite the loss, sits in fourth place because of its better overall record.

The Rock started out hot, as junior Jamar Scales nailed a jumper, junior Matt Schaefer followed with two quick three-pointers and junior Erroll Robinson hit a three of his own to jump out to an 11-0 lead.

"We got that feeling that we couldn't be stopped, and we pounded the basketball," Head Coach Jamal Palmer said.

The lead was expanded to as much as 15 throughout the first half, as the Rock used a 55 percent shooting effort

from the floor and a hot 50 percent from beyond the arc in the game's first 20 minutes.

"During practice, coaches really emphasized getting open looks and knocking down shots. We did that," junior Darnell Johnson said.

The hot shooting torched the zone defense that IUP played until 16 minutes left in the second half.

"We knew that they would be coming in the zone, so we went with the four-guard lineup with Jamar Scales getting the start," Palmer said. "The four guards worked better for us."

Scales was also in the starting lineup because Cory Somerville, who usually starts, was sick. Scales took advantage of the start, scoring 12 points while leading the team with five rebounds and four assists.

The Rock came out hot to start the second half as well, going ahead by as many as 17 points before IUP used its strong inside game to cut the lead to seven.

"At times, we were playing silly basketball,"

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Junior Joe Vines drives past an Indiana University of Pennsylvania defender in Wednesday night's 73-68 win at Morrow Field House. Vines, who had 11 points and four assists, and his Rock teammates are looking for their first playoff berth since the 1999-2000 season.

STEVE REED/THE ROCKET

Intramural basketball more than just a game

By Andy Barlow
Rocket Contributor

Matt Lobaugh won the tip-off, sprinted down court, received a crisp pass and made an easy lay-up no more than five seconds into his team's intramural basketball contest Tuesday night at the Aebersold Recreation Center.

Lobaugh, a senior sport management major, is the captain of one of SRU's 16 competitive men's basketball intramural league teams.

His team, And 2 Basketball, is undefeated this spring in its division. Their goal: to win the league championship and, more importantly, to have fun playing the game of basketball the way it should be played.

"Our team plays well together because we all just like to play," Lobaugh said. "It doesn't matter to us who scores the most points or who plays the most minutes."

And 2 is made up of several of Lobaugh's former teammates on the varsity basketball team at Butler County Community College, which is perhaps why this team has exceptional team chemistry.

Lobaugh's teammates and close friends, Chris Harmon and Joel Rehn, are also key parts of the team. Add a few more talented and committed individuals, and this is a team to be reckoned with.

The SRU Intramurals Department, headed by Robert "Posey" Rhoads, organizes leagues in many different sports during every season throughout the academic year.

The most popular and competitive is, arguably, basketball. This winter, the department has organized three leagues with a total of 16 teams vying for the championship. Each team paid an entry fee of \$35, as well as the voluntary costs of team jerseys.

The winning athletes will be rewarded with a T-shirt and coffee mug, not to mention pride and more than a few bragging rights.

A great deal of organization goes into the success of the leagues. Each game is officiated by two referees and a scorekeeper. Also, ARC and Intramural Department employees can be seen throughout the building fulfilling their duties in order to run an impressively professional and efficient night of hoops action. According to referee Joseph Byrd, these games aren't just for fun. These guys mean business.

"It is extremely competitive," Byrd said. "Guys really get into it and, yes,

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Women's basketball falls to 1-8 in PSAC play

By Josh Rizzo
Rocket Contributor

Pride.

That is what the SRU women are playing for right now.

Having been eliminated from the Pennsylvania State Athletic Conference playoff race, all the Rock (7-17 overall, 1-8 PSAC) can do now is attempt to build some momentum heading into the 2008-09 season.

Those attempts were put on hold Wednesday night when archival and nationally ranked Indiana University of Pennsylvania (23-2, 8-1) handed the Rock its seventh

straight loss, 71-59.

Despite the losing streak, the Rock had a chance to beat the Crimson Hawks in front of an excited home crowd, most of the whom were sporting the "White Out IUP" T-shirts, which were given out to the first 250 students in attendance.

Unfortunately for those fans, the team continued its trend of only playing one quality half of basketball.

The first half was what killed the Rock's chances for victory.

The Rock didn't register a basket in the first four minutes of the game, falling behind by

an 11-0 margin before getting on the scoreboard.

IUP used a smothering half-court trap that led to three SRU turnovers in the first two and a half minutes.

"Our problem this season is that our turnovers seem to come in spurts," said Coach Laurel Heilman. "Unfortunately, those turnovers came at bad times for us tonight."

The Rock couldn't find its rhythm offensively in the first half, missing a number of open chances. SRU trailed 34-15 at the half.

SRU shot only 39 percent (9-for-23) in the first half and went

0-for-7 from behind the arc.

After the half, however, the Rock's shots began to fall.

Soon after, the IUP lead began to dwindle away.

The Rock went on a 6-0 run to cut the lead to 45-38.

The Crimson Hawks answered quickly, going on a 10-0 run to extend their lead to back to 17, thanks to three consecutive Rock turnovers.

Trailing 55-38, the Rock went on a 13-5 run to get within seven, 59-52, with just under five minutes left in the game.

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Competitive bodybuilding not just about dumbbells anymore

By Terry Rodgers
Rocket Contributor

The SRU Bodybuilding and Fitness Club will hold its annual Mr. and Ms. SRU Bodybuilding and Fitness Competition in Miller Auditorium on Saturday, March 30.

The annual event is open to all students to compete, but chances are that very few know what goes into the training for the event.

"It usually takes the average person 12 to 14 weeks of hardcore dieting and training," Bodybuilding Club president Dan Tokarek said.

Fourteen weeks? How hard could it be?

"(It takes) a lot of hard work, dedication and confidence in yourself," said Rachel Lhota, who was named Ms. SRU at the

competition back in 2006.

In the weeks leading up to the competition, the student-bodybuilders' schedules would make a normal person cry.

Part of that schedule includes waking up at around 5:45 a.m. every day, with no exceptions, to hit the gym and start a cardiovascular workout before spending the day worrying endlessly about the seven or so meals to be consumed during the day.

"I do about a half-hour of cardio and abs, come back (home) and eat my egg whites

and protein then go to work," Tokarek said.

Tokarek, the reigning Mr. SRU, knows exactly what it takes to have a great regimen. He has been bodybuilding competitively for the last four years.

He said that on a normal day, he'll consume a chicken breast and brown rice for lunch, oatmeal and whey protein mix for an afternoon pre-workout meal and settle in for a meal of steak and brown rice when he gets home

after his workout.

Think he's done? Not a chance. Two hours later, he eats and has a protein shake, and just before heading to bed, consumes more chicken and green veggies.

"Basically my whole life revolves around my eating schedule," Tokarek said. "I'd rather miss a workout than a meal."

The reason for this seemingly nonstop consumption of "clean" foods is to keep the performer's metabolism up, which actually makes it easier to regulate the bodybuilder's weight.

Competitive bodybuilders generally already love to work out, which makes the trip to the gym the easy part.

Along with the morning cardio workout, they're in the gym two or three times a day.

The nutrition side of the training can be the nerve-wracking part, Brian Mortimer, the club's adviser, said.

"If you truly want to get lean, your diet must be controlled," Mortimer said. "Most of the guys and girls are already down here working hard. It really comes down to nutrition; They're already beating themselves up in the gym."

Although the diet is different for everyone, there is one aspect that's constant across the board: the fact that eating is the one thing on each performer's mind 24 hours a day, seven days a week.

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