Dean Judith Levy announces retirement

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Ursinus College Dean Judith Levy, currently in her sixteenth year at Ursinus, plans to retire at the end of the year. During her time at Ursinus, Dean Levy has played a key role in shaping the faculty, curriculum, and growth of the school.

Dean Levy said one of the best memories that she will take away from Ursinus is being a part of the vast changes that have occurred over her time here.

“The curriculum that [Ursinus students] experience was not the curriculum when I came in. The faculty worked very hard for a whole semester to develop this curriculum,” Levy said.

The curriculum that Levy has helped to create is more rigorous and varied, which she says “makes a big difference in what the institution looks like and what the students experiences.” Levy said that there were not many courses that focused on art when she started at Ursinus, and that each department offered fewer courses in general.

“There has been a tremendous transformation which affects the course curriculum, which then affects the majors and opportunities you have as a student,” Levy said.

Dean Levy attributed the success of these changes to her “long-term team.” The personnel in Dean Levy’s office have been together for over 10 years now.

“There is a lot of stability in the Dean’s office,” Levy said.

This stability, according to Levy, allows the department to work comfortably towards bettering the student experience at Ursinus.

One of the most successful additions to the curriculum, according to Levy, is the Independent Learning Experience. The ILE, which wasn’t always a fixture at Ursinus, allows students to complete internships and to study abroad as a means of satisfying this requirement.

“The nature of what students have opportunities to do has changed,” Levy said.

Levy mentioned that it is not just the Dean’s office that proposes these changes, however. There have been a host of changes during her career, and she noted that many can be credited to student action.

Faculty to challenge students in charity game

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On Saturday, Nov. 19, 2011, the Helfferich Gym, located in the Floy Lewis Bakes Center, will hold The UC Grudge Match, a basketball game that matches up current Ursinus students against members of the faculty and staff. Members of Professor Stephen Bowers’ business management course will be hosting this event.

“We wanted to do something that engaged both students and faculty in our project,” said Ryan Pugliese, CEO of the UC Grudge Match management group. “A student vs. faculty basketball game is not something that has been done in at least the past three years since I’ve been here.”

For the project, every group is required to raise money for a charity organization of their choice. Teams must use their own money to fund the project, but once they earn that start-up money back, the remaining proceeds are given to the charity.

The profits made from the UC Grudge Match will benefit Livestrong, an organization started by cyclist and cancer survivor Lance Armstrong in 2004. The goal of the group is to raise money for cancer research, raise cancer awareness, and encourage those who have survived cancer to live their lives to the fullest. Livestrong is perhaps most popularly known for their yellow bracelet campaign, launched in May 2004.

The game will feature popular faces from many different organizations around Ursinus. Some representatives of the student team include football player and Inter Greek Council President Chris Howard, USGA President Jervis Hudson, Resident Advisor and actor Pat McAndrew, and David Nolan, a member of the Bearitones and UC Golf Team.

“I’m going to be hitting shots all day,” Nolan said. “The faculty team better watch out because it is going to get crazy in the gym.”

The students will face a faculty team that includes physics professor Dr. Tom Carroll, Wellness Center physician Dr. Paul Dohgranghi, Neuroscience professor Dr. Joel Bish, and Director of Student Activities Todd McKinney.

“Look for a dazzling display of three-point shooting by Dean McKinney,” McKinney said. “Everyone who is willing to come get schooled, be there.”

Other than the game itself, the UC Grudge Match will include other attractions designed to make the game more enjoyable for the fans. For example, The Bearitones and B’Naturals will put on a half-time show that will feature songs from their fall concert.

“We will also be holding raffles,” Pugliese said. “We are currently in the process of working with local businesses to get prizes for the event. We know that Pizza Stop will be supplying a sizeable gift card as a prize and that we will be holding a 50/50 drawing where the winner takes half of the money raised.”

Tickets for the UC Grudge Match are $5 and are being sold during lunch and dinner hours.
**Assange Loses Court Case**

Wednesday, Nov. 2
LONDON –

WikiLeaks founder Julian Assange lost a court battle on Wednesday to stay in the United Kingdom and will be extradited to Sweden to face questioning in a sexual assault case.

**Syrian Tank Strikes Continue**

Thursday, Nov. 3

**DAMASCUS, SYRIA** – Syrian tanks continued to shell the besieged city of Homs less than a day after the government in Damascus agreed to a plan to remove its armored vehicles and stop a violent crackdown against dissent.

Activists claim that seven people were killed overnight.

On Wednesday, Damascus appeared to sign an Arab League plan that was hailed as a major step in ending the seven month conflict.

The deal requires Syrian President Bashar al-Assad to attend talks with an opposition group and to open international monitors and foreign press to enter the city, all compromises that the government originally said it would not make.

Activists doubt the sincerity of the deal, and were planning more protests as if nothing had changed.

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**Irish Embassies Closing**

Friday, Nov. 4

**VATICAN CITY** – Ireland’s government announced Thursday evening that it would be closing its embassies in Iran, the small Southeast Asian country of East Timor, and, most surprisingly to many, the Vatican.

Although Ireland has cited cutting costs as its reasons for the closures, many speculate that the closure of the embassy in the Vatican is related to the fallout from sex abuse scandals in recent years.

In July, a report accused the Vatican of helping to cover up child sexual abuse at the hands of Catholic priests in Cork, Ireland, a claim that the Vatican denied.

The embassy closure is shocking to many, considering the deep ties between Ireland and the Vatican historically. Ireland is now the only country with a major Catholic history not to have an embassy in the Vatican.

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**Game continued from pg. 1**

in Wismer Lower Lounge on Mondays and Fridays. The first 100 people to buy tickets get a free Livestrong bracelet. If you would like to know more about the UC Grudge Match, please contact Ryan Pugliese at rpugliese@ursinus.edu.

**Levy continued from pg. 1**

used to find current President Dr. Bobby Fong last year in order to find a permanent replacement for Levy.

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**Irish Embassies Not Halted by Attacks**

Thursday, Nov. 3

**PARIS, FRANCE** –

A French satirical weekly newspaper whose offices were firebombed after running a cartoon of the Prophet Mohammad chose to reproduce the image along with other caricatures.

The satirical weekly, Charlie Hebdo, defended "the freedom to poke fun" as part of a special four-page supplement distributed on Thursday with copies of left-wing daily newspaper Liberation.

On Wednesday, an arson attack gutted Charlie Hebdo's Paris headquarters.

No one has claimed responsibility for the attack, which occurred hours before the issue with the Mohammad cartoon appeared on newsstands.

The cartoon ran on the cover page and featured a caricature of Mohammad with the caption, "100 lashes if you don't die of laughter."

French Muslim groups have decried both the printing of the cartoon, and the firebomb attack.

The cartoonist who drew the image said, "Let's be cautious. There's every reason to believe it's the work of fundamentalists but it could just as well be the work of two drunks," in Thursday's supplement.

(Reuters, hosted on NewsDaily)
The program has no set minimum grade-point average and favors personality over straight A’s. “I don’t remember students’ transcripts. I remember that they were excellent people,” Cristol said. “In the real world, that’s what people remember after the fact, not your GPA.”

Cristol said applying earlier increases students’ chances of landing the internship of their choice and getting the financial aid they need. Tuition for the fall and spring programs comes in at more than $25,000 while the summer program costs more than $10,000. Despite the cost of tuition, Zdonek said she could never put a price tag on her “wonderful” BGIA experience.

“I would recommend it in a heartbeat,” Zdonek said.

Student spearheads Peer Advocacy program

In the summer of 2011, the dean’s office set out to better define Ursinus’ Title IX legislation.

The dean’s office worked with a lawyer in order to be certain that the policy was written correctly and that an accurate definition of sexual harassment was established on the campus.

The legislation, which was originally three pages in length, is now 10 pages.

Though most individuals associate Title IX with sports, Title IX Coordinator Kim Taylor said that most students overlook its sexual misconduct aspect. This year, however, Taylor and her staff hope to make Ursinus more aware of the meaning of sexual misconduct and how to approach the situation should a student find himself or herself in that position.

To promote awareness of sexual misconduct on campus and to guide fellow students through the procedures of reporting sexual assault, Taylor, Dean Debbie Nolan, and junior Rosie Clark, the Title IX Education Associate, created the Sexual Misconduct Peer Advocacy Program.

“We have always had a protocol in place on how we handle reports of sexual assault, but everyone doesn’t know that. They don’t know what our process is,” Taylor said.

Peer Advocates, which is funded by Residence Life, will participate in on-campus educational programs that will teach them about sexual respect and how to support students in need of guidance through the sexual misconduct procedures.

Taylor said that the advocates will go through intensive training and will not be able to advise students until the coordinators feel that the advocates are prepared to help students facing these challenges.

Taylor said that the program is still in its “infancy stage,” and the possibilities are open-ended.

However, the program has developed a plan to train interested advocates. Advocates will develop an understanding of sexual misconduct policies and procedures.

The Advocates will also learn techniques in helping students from psychology professor Brenda Lederach, Dean Nolan, Taylor, and Clark. Taylor said they will obtain an understanding of how to listen to those who are in need of their help and the type of advice to give.

The program began when Clark expressed interest in a peer advocate group on campus.

Clark said that she has been posting flyers throughout the campus in order to make the college more aware of what to do when in this situation and that soon crisis cards with the sexual assault hotline will be available to students.

“I want our campus to have what I am calling a ‘culture of reporting’ where people know where to go and who to turn to,” said Clark.

Both Clark and Taylor want students to understand that they do not need to have a peer advocate present when going through the sexual misconduct process.
‘Which Fork?’ prepares students

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The “Which Fork?” etiquette evening was the dinner to attend to ensure that, as college graduates, Ursinus students do not end up as awkward professionals fumbling around at the dinner table in front of their boss, colleague or client. Who wants to be that awkward person?

This event was for students of all years, majors and interests, especially for those concerned with what to do when they drop a spoon on the floor in front of their perspective boss, accidentally spill a drink or even confuse which fork is for their salad. The program, directed at all students, took place on Thursday, Nov. 3, 2011 at 5:30 p.m. in the Wissahickon Faculty Staff Dining Room. This unique program is designed to help prepare students for business meals after college. Career Services and SIFE co-hosted the program. According to Sharon Powers of Career Services, “students who attend ‘Which Fork?’ will learn critical dining etiquette skills that are essential for success in any career field.”

Students who attended the program learned etiquette tips from a dining expert who led the group through a formal meal. Attendees were instructed on the proper ways to interact with business professionals at dinner. Being fresh out of college and going to dinner with a boss, client or colleague can be intimidating. This event was held simply to direct those worried students and thus calm their nerves. According to senior SIFE member, Rebecca Kamman, “it is important for students to have practice eating in front of other people outside of just friends and family before they go out into the business world.” While the dinner was directed toward etiquette, this event was also a great networking opportunity for students. Ursinus alumni who now hold jobs in various positions and fields were present to help students practice networking.

“The hope for this event is that it will help students prepare and educate themselves in a business dinner environment before they have to do it for real,” Kamman said.

Powers adds, “this event is to prepare students to make a great impression and feel confident in presenting themselves in these social and professional situations.”

This event was a great opportunity for people to get comfortable eating in front of strangers and those in the business world.

Also, it was a great chance to meet those who might serve as potential connections to fabulous jobs for seniors. Additionally, Career Services and SIFE are working on an interactive event dedicated to women. This event is still in the works, but it will focus on helping women understand the business world, some of the issues they may face, and how to overcome them.

This upcoming event will also have great opportunities for networking. Continue to look at the Career Services page on the Ursinus website to keep up to date with upcoming events.

There is a lot of effort contributed towards planning for Airband, which is why preparations begin so early. The group must decide on a date that best suits the school community, how performances will be judged, and what cause the money raised will be donated to this year. If you are interested in helping organize this year’s Airband performance, please be in attendance for the meeting on Nov. 16. Any questions about the meeting can be directed to Residence Director Reese Rechnitz at rrechnitz@ursinus.edu.
Jacquelyn Heikel entered her first beauty pageant, something that two years ago she never would have guessed she could do.

"I'm not a pageant girl at all," said Heikel, "I never wanted to be one because I thought it was something that was fake." Pushed by her best friend to give pageants a chance, Heikel entered the first beauty pageant as a bet, something she never saw herself doing.

When Ursinus junior Jacquelyn Heikel entered her first beauty pageant, she never saw herself doing. She never expected to go that far and win, especially since when she entered she was a square, not a pageant girl at all, a girl," said Heikel, "I never wanted to be one because I thought it was something that was fake." Pushed by her best friend to give pageants a chance, Heikel entered into her first pageant two years ago on a very convincing bet.

"If I made it past the preliminaries and became one of the state finalist contestants, my friend said she would buy my pageant dress," Heikel said.

That pageant was Miss Teen New Jersey USA 2009, which Heikel ended up winning. "I didn't expect to go that far and win, especially since when I never felt I was a pageant girl," Heikel said.

After the success of her first pageant, Heikel took some time off and pulled away from a lot of things she enjoyed to focus on family and other ventures. She eventually decided to enter this year's Miss New Jersey pageant sponsored by the Miss Universe Organization and headed to the Hilton Hotel in Parsippany, NJ for what she called "Beauty Boot Camp."

"You are awake from 5 a.m. to 10 p.m. for three days straight," Heikel said, "it literally is like a beauty training camp." Heikel explained that the first day of the preliminaries consisted of walking into a room filled with judges for a total of three minutes while answering a series of rapid-fire questions.

Once the first day was completed, the contestants began their second day in front of the judges and a small audience while dressed in evening gowns and swimwear. On their third and final day, it was time to get into pageant mode.

Heikel said that this state-wide event judged contestants on a number of different categories spanning from teens to adults. An opening number choreographed to introduce the participants was sung and danced and Miss Universe Preliminary judges were the judges for a total of three evenings.

Heikel was elected as a semi-finalist and was in the running to be crowned Miss New Jersey 2012. Although she did not take the overall title, Heikel was thrilled when her name was called as Miss New Jersey 2012. Most Photogenic. "I was so happy and grateful for everything I had gained so far and to actually sign up for pageants because it was an opportunity I would have otherwise missed out on," Heikel said.

Her winnings included a picture with her title displayed for one year, a plaque with her name engraved alongside her name, and a trip to the Miss America pageant. Heikel would love to accomplish. "Hopefully one day I will win the actual crown, but right now, I am very thankful to have won Miss New Jersey Most Photogenic for this year.

Best Buddies forms lasting bonds

Best Buddies at UC is actually only one chapter of Best Buddies International, founded by Anthony Kennedy Shriver in 1989. The organization began at Georgetown University and today has over 1,500 chapters and 10,000 buddies, who are added to the program. They are just like everyone else.

Through this program, some students don't just find a friend for the year but a friend for a lifetime. "All through high school I was matched with the same buddy and I still maintain a relationship with him today. We talk on a weekly basis and I see him every time I go home," Alacci said.

It is important to know that after the beginning of the school year, it is hard to get involved in Best Buddies due to the amount of available buddy pairings. However, if you are an underclassman who is interested, the organization encourages you to apply in the fall of next year. "I wish more people actually knew what it was," Cherry said.

"In the future, if people wanted to be involved, they should know that it is a good experience...Many students have never interacted with people with intellectual disabilities, so you learn a lot from your buddy."

For more information concerning Best Buddies, e-mail President Kaitlyn Cherry at kacherry@ursinus.edu.
Graduation date change helps more than hurts

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If you have talked to any senior lately, you have probably heard complaints about the change in the graduation date. 2012 graduates will now be receiving their diplomas on Friday, May 11, 2012 instead of on the following Saturday. Who would have thought that changing the commencement day from a Saturday to a Friday would cause so much uproar?

Many seniors believe that the university has ulterior motives for switching the graduation dates. One possible reason is that the school is trying to cut down on all the partying and drinking the nights preceding graduation. It is my true hope and belief that Ursinus has better reasons for changing the commencement dates. As a result, I am chagrined to hear so many seniors complain about this issue and find it ridiculous and petty that some seniors are threatening to miss out on their graduation altogether. Let’s look at a few reasons why I am troubled by this broshah.

Although Ursinus students may be used to celebrating graduation on a Saturday, many universities hold commencement on week days. For example, University of Pennsylvania graduates will be receiving their diplomas on Monday, May 14, 2012. Johns Hopkins University, a school that is a part of the Centennial Conference, will celebrate the seniors’ graduation on Thursday May 24, 2012. Many more colleges decide to hold commencement on weekdays as well, so Ursinus students should know that this is a common trend.

Because many universities’ graduations take place during the week, I don’t think Ursinus students should be complaining vociferously about how their parents are being forced to take a day off from work. Parents all over the country who have kids graduating from college will also be taking off from work. Since this is a common trend, many employers have demonstrated their empathy to allow their employees to take off from work this week. I’m confident that parents know how special graduation is to their son or daughter, let alone their vicarious gratification. In my opinion, parents should want to take a day off from work to celebrate their child’s achievement.

Furthermore, students do not seem to believe President Kong and the Ursinus trustees when the college claimed that the change in the graduation date was done so as not to create conflicts for the students who observe the Sabbath on Saturday. A lot of the students I have encountered seem to scoff at this notion. When this topic came up in one of my classes, one student blamed the change in graduation on the “orthodox Jews.”

It’s important for the student body to know that Orthodox Jews are not the only religious group of people that observe Saturday as their holy Sabbath. For example, there are the Seventh-Day Adventists. Seventh-Day Adventists make up a Millennial Protestant Christian denomination, which is like many other Trinitarian Christian denominations. One of the main differences is that they celebrate the Sabbath on Saturday.

Up until this point in the article you may be wondering, why does this girl care so much? Well, I grew up in a modern orthodox Jewish household. I had many non-Jewish friends and attended a secular private school, and since I celebrated the Sabbath, I was used to missing out on my fair share of dances, sports games, and parties. At times, I would be upset for missing out on all these fun activities. However, I would find other ways to have fun and a lot of times, my friends would try to plan events so that I could join as well.

Bring back “baby bio” for non-science majors

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As a humanities major, it’s pretty scary to think about taking Introduction to Biology to fulfill the lab science requirement at Ursinus. Ursinus is known for being a science school, but many UC students are not science majors. Ursinus needs to address the needs of these students as well.

Thankfully UC offers Math for the Liberal Arts as an alternative for non-math major students, but there isn’t anything comparable for science today. You might be surprised to learn there once was.

With some minor digging, I found out that Ursinus used to offer something called “baby bio.”

Don’t be scared by the name, it has nothing to do with babies. Though that was probably not the official name, “baby bio” was a watered down version of Introduction to Biology for those students who were not biology majors. Basically, it was Biology for the Liberal Arts.

While assessing the current lab sciences offered here, I discovered there isn’t anything like this now. The options include: Neuroscience (the name alone scares me), Introduction to Bio, Astronomy, Geology and Forensic Chemistry.

Many of these are serious classes that require a good amount of time. Time spent away from students’ respective non-science majors.

My point is that Ursinus should offer a class for those of us who aren’t science-brained. I’m a humanities major for a reason: to get as far away from math and science as possible. Students should spend the majority of their time on classes that fulfill their majors.

Why should non-science majors slave over their lab science when it won’t be applicable to their future jobs? I want to become an editor, and my lab science certainly isn’t going to help me get there.

Some people are good at science, and others are just missing that gene (pun intended) just as I am. For students who dread science, the concern of a lab science bringing down their GPA is worrisome for two reasons.

Students first worry about not doing well in the class, and their second worry is the time commitment.

Lab sciences include lectures three days a week for about an hour a day with the additional three hour lab period. That is a substantial amount of a student’s time that is taken away from their three other courses.

Beyond the time crunch, lab science is a completely different kind of course. As an English major, I practically never have tests. Of course, science courses are based mostly on tests. If students put off their lab science until later on in their college career, it’s possible that they may have forgotten how to take tests, let alone prepare for them.

I understand Ursinus is a science school and it prides itself on its science department, but they have to keep students’ needs in mind.

As students, we pay an awful lot to go to Ursinus and although it is a Liberal Arts institution, requirements shouldn’t hinder a student’s academic success.
Men’s Basketball is young, but well-prepared

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With the 2010-11 season in the rearview mirror, the Men’s Basketball team will look to get back to its winning ways that it established back in 2004.

The 2010-11 squad was an uncharacteristically young team, with only one senior on the roster.

However, the youth-lead Bears of a year ago still enjoyed success, winning seven of their last ten games, coming up one win shy of a conference playoff berth.

This year the Bears are young once again, but several key players will have at least one year’s experience on their side.

With the influence of seniors J.J. Rapczynski, Lou Meindl, and Scott Niewiadomski, the Bears will look to win another Conference Championship.

Head coach Kevin Small is looking to the three seniors to hold the young team up, in hopes that their experience will help the team throughout the season.

Small believes that the team is already ahead of the game after spending part of the summer abroad in Italy.

“We are practicing at a higher level. Our technical skills have improved greatly, especially our rebounding. I’m excited for this season. The guys will be a much different team in February than they are now, and that’s exciting for a coach to watch as his team improves,” Small said.

Key players for this season include sophomore guard Jesse Krasna and junior forward Jon Ward.

Last year Ward was named Academic All-American and was a second team all conference selection.

Coming into this season Ward has been named Pre-Season All-American by multiple media outlets.

They will need Ward, and the rest of the team to be at their best early on, as the Bears will open their season with a tough schedule.

The men will be playing their first seven games on the road, and not play a true home game until December 3 when they host Swarthmore.

After trips to Virginia and New York, the team will go up against the likes of McDaniel College and Centennial power of recent years, Franklin and Marshall College.

Only two games will be played at home before the end of the fall semester, which includes the contest against Swarthmore College, and Saturday December 10 against Dickinson College.

While the campus is closed for winter break, the Bears will travel to Las Vegas to take part in the DHoops.com Classic.

While in Vegas, the team will play in two games at a neutral site, which means that neither team playing will have home court advantage.

After winter break ends, the Bears will look forward to a schedule that is slightly more balanced, with seven home games compared to six games on the road.

“T he guys will be a much different team in February than they are now and that’s exciting for a coach to watch as his team improves.”

— Kevin Small
Head Coach

Each game after the break will be against a Centennial Conference opponent, so each game will surely be crucial for an opportunity to secure a playoff berth. This will include a pivotal matchup at home against F&M at home on February 1.

“Our goal is always to win a conference championship,” said Rapczynski, a team captain. “But we know the process that goes in to it, which makes the year a long season of ups and downs. So, we just focus on playing our best basketball each and every game.”

Women's Basketball turns to senior leadership

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The Lady Bears were certainly made their games exciting ones last year.

Finishing with a winning record of 11-9 in the conference, and a 15-11 record overall, some of the season’s biggest games included a wire-to-wire game against Haverford and several important wins over Bryn Mawr, Gettysburg, and Delaware Valley.

The Women’s Basketball team is once again led by head coach Jim Buckley, in his ninth season on the Bears sideline.

Buckley said that he is fortunate to have a larger number of seniors than usual this season to provide leadership for the team’s younger players.

Out of 14 girls on the team, the seniors represent more than one third of the roster.

Lindsay Teuber, Jackie Thomas, Alii Rosati, Kristy George and Jen Sroba will be core of the team that Buckley will count on for team leadership.

Sroba and George will serve as the team captains.

“Our goals are the same each season. We are striving to make the conference playoffs and then be seeded in the NCAA tournament,” Buckley said.

The Lady Bears will begin their season at the Skidmore College Tournament on November 18.

On the first day of the tournament, the Bears will face Skidmore, who finished with a record of 12-12 in 2010-2011.

On the second day, Ursinus will match up against the Utica pioneers, who finished last season with a record of 15-11.

Buckley is excited for the tournament, mostly because it will be an opportunity for the team to make any necessary adjustments while the season is still young.

“Because [Skidmore and Utica] are non-conference opponents, we have the opportunity to evaluate our progress while endeavoring both games. The tournament allows us to determine what we have to work on to get ready for conference play which begins after Thanksgiving Break,” Buckley said.

Conference play will begin November 29, a road game against Franklin and Marshall at 7 p.m.

The upcoming conference home games will be during the first two weeks of December, which means that the Lady Bears will have early conference matchups that will definitely prove to be and important stretch of games for the upcoming season.

Buckley believes that this year the key players to look out for are the seniors, mostly because they have experienced a great deal over the past three years, which will help to identify what needs to be accomplished in order to be successful this season.

“Kristy George and Jen Sroba, our captains, have over seen a positive preseason and continue to provide leadership.”

“Rosati, a three year starter, and Teuber, an All-Conference selection, along with Thomas are eager to make this season special and successful,” Buckley said.

This year, the Lady Bears are focusing on depth as a key component to their aspirations.

“This team is athletic and possesses quickness which will strengthen our offensive and defensive games,” Buckley said.
Women’s Track & Field ready for championship run

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A few weeks remain until the first competition of the indoor season, the Bow Tie Invitational at Ursinus on December 3, but head coach Chris Bayless is already anxious to make a run at the Centennial Conference Championship and to see many of his women continue to set records and win medals.

"I think the women had a great preseason," Bayless said. "My captains did an amazing job getting my girls ready for the start of official practice and they were more than ready when we started."

He also was not worried about having graduated any linemen and throwers after the spring season.

"I did not graduate any significant athletes that contributed a great deal in last year’s Championships; I pretty much have my entire team back that was second last year. And I have added some pretty good freshmen. I feel we will challenge for the championship."

Though he feels that Johns Hopkins will be one of the schools at the head of the pack again, he did say that he believes his team can level the playing field with its depth when it is healthy.

With a great preseason already under its belt, the team seems to be well underway to its goal of being the best, one day at a time.

"It is important for our team to understand that every practice can either bring us closer or further away from team success," said Kirsten King, defending 400 meter champion and NCAA qualifier. "It is essential to be fully committed to both individual and team goals, and to seek to achieve those goals every day."

It's not enough for only a few of us to strive for personal best times or team championships; everyone must be on the same page."

Bayless is excited to think about the type of seasons ahead for King, and the other top girls.

"I can’t wait to see Amanda Laurito continue her amazing career. She will have the most medals by any female track athlete in UC history after indoor and that all with three seasons to go," Bayless said.

He also is excited to watch Amy Galvin, who had the highest high jump in the country from December 4 to February 8 and was an NCAA qualifier as a freshman.

He expects Amy Schaefer, school record holder in the pole vault, to clear 12 feet this year and go to the NCAA Championships.

And he cannot wait for Victoria Goodenough, one of the best hurdlers in the country, to continue to set school records. She set 11 last year as a freshman.

"I expect four to six NCAA qualifiers on the women’s side," Bayless said.

But he also has high expectations for his team as a whole this year after it earned a second place finish 66.5 points behind Johns Hopkins at the Centennial Conference Outdoor Championship.

"If we want to be an outstanding team during championship season, we need to already have that championship team mindset at practice, from the very beginning," King said. "Keeping that in mind, there is no reason why we shouldn’t be the best women’s track team in the conference this year."

UC Sports Schedule 11/12-11/15

11/12
Women's Cross Country
NCAA Mid-East Regional @ DeSales University
11 a.m.

11/12
Men's Cross Country
NCAA Mid-East Regional @ DeSales University
12 p.m.

11/12
Wrestling
Fall Brawl
Helfferich Gym
11/12
Football
@ Dickinson
Biddle Field
1 p.m.

11/12
Men's Swimming
vs. McDaniel
Floy Lewis Bakes Center
1 p.m.

11/15
Men's Basketball
@ Marymount (Va.)
Verizon Sports Arena
6 p.m.