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The Scholarly Friar



FALL SEMESTER 2008

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Friar Cup

Points

- 1. Women's Swimming 3,950
- 2. Women's Softball 3,900
- 3. Cheerleading 3,700
- 4. Women's Volleyball 3,500
- 5. Women's Field Hockey 3,350

The SAAC of Friartown: A Note from SAAC President Justin Rich

It is an honor to be the President of the Student Athlete Advisory Committee (SAAC) for the 2008-2009 academic year. This is my fourth year as a member of the SAAC and my second year as an officer. Each year we have organized numerous community service projects, created excellent communication with our athletic administrators, and taken part in athletic policy-making on a national scale. Our group works hard, and we try to have some fun along the way. The coaches at Providence College often tell us, "Everyday is Game Day." The council, along with our teammates, has proven that this rally cry can be applied not only on the field, but in the community and classroom as well. I am joined by two amazing leaders — Vice President Ali Kornfeld and Secretary



Mary Rose Sheehy. They are two dedicated individuals and it is a lot of fun working with them.

At present, SAAC projects include continuing with collecting collectibles for the Amos House and the Baby Shower for an expectant mother living on Smith Hill. A new initiative called "We CAN Do It" includes a can drive with the SAAC from URI. This community event will take place on campus during the week of December 1st with student athletes

collecting cans. The drive will culminate on December 6th at the PC v URI basketball game. This is a large community service event, so make sure to pitch in!

SAAC is also the keeper of the coveted Friar Cup competition. There are more ways to earn points for your team, such as writing an article for the Scholarly Friar. The competition will be intensified with the addition of a score card for the campus to view — don't let your team be embarrassed in the standings this year because everyone can see who's on the ball and who's striking out. The swim team could use a new foosball table, and we are going to get one with the thousand buckaroos we get by winning the most Friarly Cup in the land.

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(Is There) Life after PC?

In the new series "(Is there) Life After PC," the Scholarly Friar interviews a former student athlete about the challenges and life experiences after graduation. Our first alumna is Brian Schnurr '02, a former Men's Basketball player. Brian graduated from Providence College with a marketing degree and currently works for Major League Baseball in New York City. Here are excerpts from the conversation.

Did you compete in your sport after you graduated?
Brian Schnurr: Not really, as I moved my athletic focus onto more individual sports or chal-

lenges — marathons, triathlons, and biking consumes most of my athletic hobby time now. I still love taking a few jump shots though...

Are you currently working in the same field as your major?

BS: Yes, licensing is a form of marketing, and my current job responsibilities are directly tied to the marketing/branding of Major League Baseball and its 30 teams.

What do you miss about being a Providence College student-athlete?

BS: Trying to play your best every day and the camaraderie amongst teammates, other student athletes and the entire PC community.

What resources did you utilize to find your first job after college? How long did this process take?

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Top Five Reasons it ROCKS to be a Friar

By Christine Bonagura, '09
Women's Swimming and Diving

Have you ever gone to an away meet, game or match and left saying to yourself or a teammate, "I'm so glad we go to Providence College"? On a recent trip the swim team took down to Washington, DC many of us Friars were more than happy to be hopping a flight back to our little school in the heart of New England. Sitting in the airport, one of my teammates and I said we would rather sport black and white every day and sit through the cold, dark winters year after year than attend any other school or wear any other color scheme known to mankind. We decided it was only appropriate to make a list of the top reasons why we choose to be, or why we should be, student-athletes at Providence College. I have narrowed the list down to fantastic reasons why it is great to be a student athlete here at Providence College.

#5: The Administration

Our administration is the reason we can make a list of the great reasons to be a student athlete. For starters, we have the best dressed athletic director in all of the BIG EAST, who loves PC more than all of us do combined. Joining him is a staff of coaches that put up with all of our nonsense day in and day out, making us stronger and better in each of our respective sports. Besides the coaches, who doesn't love seeing administrators like Jill LaPoint and Carl LaBranch show up to every home match? Hats off to the athletic department—keep up the good work.

#4: The Social Gatherings

Every year we come together as student athletes on a few occasions to celebrate what we do best. Who doesn't love the second Monday night of the semester when we all get to go to

'64 Hall and meet five new people in five minutes? People may moan and complain that they would rather do something else on a Monday night, but let's be real: everyone leaves that room at the end of the meeting with a huge smile on his or her face. How can you attempt to start a successful season without hearing the Friars theme song being sung or shouting GO FRIARS at the top of your lungs?

Our respective seasons progress from here, and we go our separate ways, but not without running into each other in the cafeteria on numerous occasions. Since most teams take up at least one long table in Ray, all on the same side of the cafeteria, we are bound to run into each other. The track team has to admit they love the occasional potato flying onto their table from the swimming or hockey team, and they love us so much they have to launch one back.

Then there's all those in between events — the mandatory and usually entertaining speakers, and the recent Student Athlete Career Night, which was probably the best meal many of us have had in a very long time. By mid year, we have all become pretty well acquainted with one another.

Finally, we get to wrap up our yearly gatherings with the All Athlete Sports Gala, a chance for all of us Friars to see each other sporting clothes other than our uniforms and sweats. At the concert hall we get to recognize the most outstanding athletes at our school. To top it off, we get to capture the year in a picture slide show highlighting every team's service projects and games. How's that for Friar spirit? Thank you, Mr. Driscoll, for dressing up for us and making the Gala an event to look forward to each year.

#3: The Motivational Quotes

Where would we be as athletes without those famous motivational quotes? I know in the pool a rough set is brightened up when someone shouts, "CAN I GET A GO FRIARS?" right before I push off, or I hear someone huffing and puffing, quoting Coach White saying, "WHATEVER IT TAKES." These quotes are known and common to us all. EVERYDAY IS GAME DAY here at PC, and that's not a lie. It has to be a bit intimidating to an opposing team to see signs and posters screaming, WELCOME TO FRIARTOWN, in big black lettering when entering campus. Having trouble remembering these quotes? Post them in your locker room as a constant reminder of why we are here and what we are doing. Go the 212 DEGREES. And whenever you're COOKED from a tough practice or game, just remember it is always A GREAT DAY TO BE A FRIAR.

#2: The Facilities

The recent additions to our training and workout facilities can put any other school in the Big East to shame. The beautiful facilities that we now have the privilege of using make me want to start college all over again so that I can utilize them for the next four years.

The Training Room: I don't think there is a nicer place to get ice wrapped on your shoulder or tape wrapped around your foot. The black and white in the training room is blinding, a sign that we are Friars and everything and anything you use in that room represents us as a school. Even the pillow cases are gray, keeping up with the Friar theme. John Rock and staff are proud to be employees in this

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Life After PC continued from page 1

BS: I found PC's Career Services Department a great starting point for preparing for a post-PC life; their interview guidelines, resume building and job-search techniques were invaluable early on in the process. However, working in sports is all about networking and who you know, so I realized early on I would need to lean on those few people I knew who worked within the industry. Saying that,

being an athlete at PC immediately gives you a leg up on your competition as PC's Athletic Department and student-athlete alumni base are almost always open to help you out. There are many resources that can be used in a job search. Many people, such as your coach, your trainer, your friends at OAS, your teammate's family/friends or the various folks within the PC Athletic Department, want

to assist recent graduates. On my end, I graduated in May, and by the end of August, I was driving to Atlanta to start my post-PC life thanks to a PC based job lead.

Is there anything you wish you had done as a student-athlete, which would have improved your life post-college?

BS: Volunteering within the PC/ Providence community while a student. Making "giving" a part of

your daily life/routine definitely sets your priorities straight and forces you to focus on what's really important to you.

And one final question... is there life after PC?!

BS: Without a doubt...

SAAC continued from page 1

On a more serious note, SAAC has already voted on newly proposed NCAA legislation that will have a big impact on student athletes, not only here in Friartown, but at colleges and universities across the country. To tackle the projects, debate proposals, and storm up new ideas, SAAC has made some necessary changes. First, the meetings are no longer held in the small conference room next to '64 Hall in Slavin. They are now held in the spanking new offices over in the Concannon Fitness Center. There has also been talk of holding a meeting in the pool sometime soon. Additionally, we have changed up the food. Instead of Ronzio Pizza, it is now Antonio's Pizza; and a room full of Division I athletes can down a good amount of Philly cheese steak pizza pie. It is no surprise that our attendance is nearly perfect when there is good food and conversation. Picture an Olive Garden commercial, just not as corny, with everyone in gym clothes and practice uniforms. We are already having a great semester, and look forward to a banner year for the Student Athlete Advisory Council 2008-2009. GO FRIARS!



Reasons continued from page 2

wonderful room, and it's pretty cool to have pools somewhere else on campus.

Black Couches: Most of us have the pleasure of enjoying a team room, or a coach's office, that sports a big, black, leather, comfy couch. You don't see these black couches in Harkins or the Smith Center, do you? Nope, only residing in the offices and places where athletes and coaches alike can gather. If you are not privileged enough to have your own black couch, just hit up the student-athlete lounge and sit down for a minute; it will be worth the pit stop.

Concannon: Even though we are in season most of the year, we still get to walk through Concannon. Swiping your card in that turnstile should be something you do with pride. Look around: Have you ever seen people so happy to be working out?

OAS: Recent additions have given us our own study lounge in the Library. Now we don't have to sit in those uncomfortable chairs in Moore Hall when our bodies are



Tips from Tom



Tom Wenskus, a former Providence Lacrosse player and current Student Athletic Services Graduate Assistant, answers your questions about academics and being a successful student athlete at PC. Email your questions to him at twenskus@providence.edu.

"What is the best way to talk to a professor about missing class for games?"

-SK8grl in McVinney

When missing classes for games, BE PROACTIVE! When I say proactive, that doesn't mean surprising the professor and saying, "Hey, just to let you know, I'll be out of class tomorrow because we have a game." Hand your professor the travel letters as soon as your coach gives them to you and remind the professor a week before you leave. This gives the professor enough time to make any necessary adjustments.

"I have to take math to fill a core requirement, but I hate math and know I am going to fail. Is there any way to get out of it?"

lazaTTack in Guzman

Don't worry about taking math. In my years at PC, it certainly wasn't one of my strength eldher. For a situation such as this, there are a

couple of things that can be done.

- 1.) Set yourself up for tutoring sessions right away. You don't want to find yourself playing catch-up.
- 2.) If you have friends in class, form study groups, or at least network with classmates or even teammates, so you can exchange ideas and help one another out if you are having trouble.
- 3.) Talk to your professors. See them during their office hours or after class. Don't just go there just to be there. Make sure you have questions. It can be questions on such topics as: improving your performance, studying harder, reviewing course material, and preparing for tests, quizzes, etc. (These can be applied to all three).

Here at PC you will have classes that are overwhelmingly difficult. It's not the end of the world. This only means that you will need to put more time and effort into it. By using the resources around you and working on your time management, you'll do fine.

already sore; we can sit in a cozy environment to clock in our study hall hours. If you haven't been to the study lounge yet, take a seat and face the glass; you can see the envy on people's faces when they walk by and realize they aren't allowed inside.

The Varsity Weight Room: I had to save the best for last. Friars, take pride in our weight room. That room is probably the cleanest weight room you will find in any other athletic conference in the country. Coach White and staff keep that room cleaner than they probably keep their own houses. Feel the pride when you put the P facing up on your dumbbell. Realize you can't lean against the walls for a reason. Wear a different pair of shoes when you walk to go lift so your sneakers aren't dirty from the outside. Thank them for giving us this privilege.

#1: BLACK AND WHITE

Isn't it nice to have an excuse to go to class every day looking sweaty and dirty, but being allowed to because you are wearing black, white, and gray all over! The sweatshirts, t-shirts,

pants, jackets, accessories, etc. that we wear represent us and who we are day in and day out. Without even telling professors you're an athlete, they can usually pick you out within the first week of classes. Not only do we wear these clothes to class, to lift, and to walk around campus, but I see student athletes sporting their Friar goods at the mall, on the RIPTA, or any other place in this city.

Having a black and white fan base is key. Those Friar Fanatic t-shirts in the student section at basketball games have to get those players somewhat excited. All the black and white gear our families, friends, and other spectators sport to cheer us on tell everyone else who is watching that they are proud to be watching a Friar competition. Next time you put on that black and white article of clothing, or write in your black and white athlete agenda, or sport any other Friar accessory, think about who you are representing, and remember what a great day it is to be a student athlete at Providence College.

Italian Rain

By Lindsay Palazzi, '10
Cheerleading

In the darkness I could barely see to the other end of the basilica, and because it was cold I had goose bumps over my whole body. The dampness in the air and the dim light frightened me; I thought about where I was. Why should I be frightened? When you spoke in a whisper, the sound waves reverberated off each stone in the church creating a massive echo. This made me wonder what our songs would sound like. Touring Italy was one of the most significant experiences in my life. On this particular night, I suddenly realized how my tireless dedication and a stroke of thunder made a fantasy trip a reality.

In April 2005 I had the unique opportunity to tour Italy with Lyrics, my select high school choir. I performed in one of the most famous basilicas in the world, Santa Croce in Florence, Italy. I expected an audience of little old Italian ladies clutching their rosary beads, but to my surprise other musicians and tourists were there. Initially, they were drawn into the church to pray, but our singing compelled them to stay. We sang a

piece called "Adoramus Te," which translates to "We Adore You," a very appropriate selection to be singing in God's home. The student conductor counted off the piece silently; our blend and pitch were perfect; the falsetto technique that the men used put the audience into a state of shock. Who knew teenagers could express themselves in such a way? The lights dimmed lower and it began to rain and thunder. The echoes from outside became so loud that you could feel the vibrations from the raindrops, but the sound of our voices carried on more forcefully. When we sang the word Domine, meaning God, thunder struck vigorously and lasted throughout the entire word. Everyone in the basilica felt God's presence. Suddenly my body thawed, my goose bumps disappeared, the tone of the music sparkled and the church no longer made me fearful.

At that moment, I found great comfort knowing I was in the country where my grandparents were born. With my feet planted less than 100 yards away from the tomb of Michelangelo, all the traditions that my family practiced became tangible. I was now able to put into per-

A big thanks to everyone who submitted material to the Scholarly Friar this semester!! Keep them coming!!



spective all of the Italian holiday customs with my aunts, uncles and cousins: Sunday dinners, helping Nonna cook tortellini, the weekly required 9:00 a.m. Mass, fish on Christmas Eve, etc.. The chance to express myself through music in this renowned cathedral provided an exceptional opportunity to appreciate my Italian heritage and faith.

That night, I realized how exceptional my choir truly was. The enormous clap of thunder showed me that each musician in the group had the same devotion and worked equally hard. I developed respect for each performer because we shared a common goal, to create passionate and emotionally powerful music. An eloquent sound would only be accomplished if we worked together. Unless there was unity within the group, there would not be unity in our sound. Being a member of this chorus reinforced the idea that achieving excellence requires hard work, dedication, and cooperation. Musical expression has shown me that these important qualities, as well as my tenacity and enthusiasm, have become part of my soul.

Introducing...Cindy Homegirl

We would like to introduce you to a very special Lady Friar. She is a vital part of our team dynamic and let it be known that without her around, we just simply don't know how we'd do it. Her name is Cindy Homegirl, and she is our team-spirit bear. After each meet, Cindy Homegirl is awarded to the Lady Friar who displayed the most team spirit. This means cheering for every teammate, supporting your fellow swimmers after every race, be it good or bad, and representing the Friar name well. This year, the girls' team has made it a priority to increase our team spirit and make it known around campus. The introduction of Cindy to the team has done wonders for us. Everyone notices when Providence is in the room, and the team has been more "fired-up" for meets. To help you get to know Cindy a little bit better, we've decided to include a few pictures of her doing her thing on a daily basis.

Love, The PC Swimming and Diving Lady Friars

