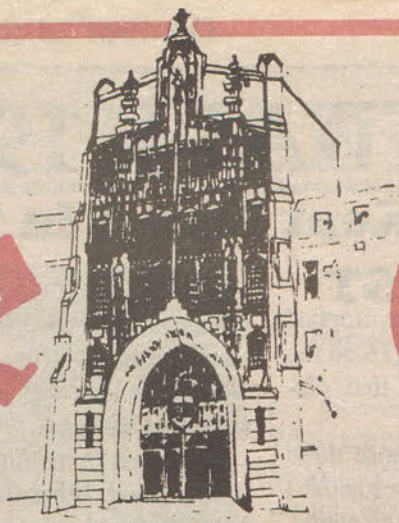


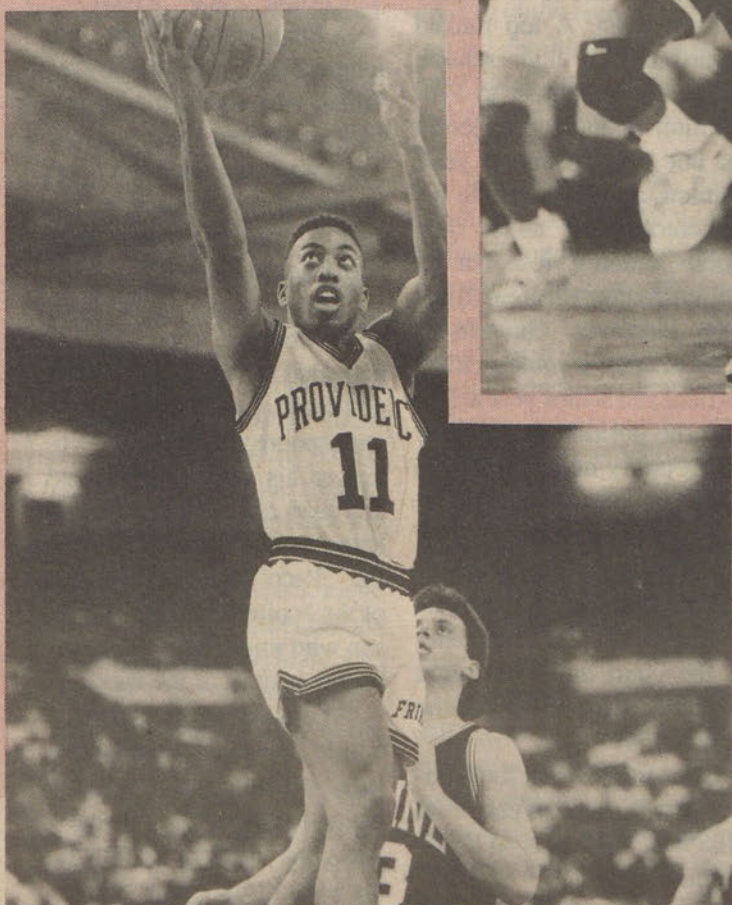
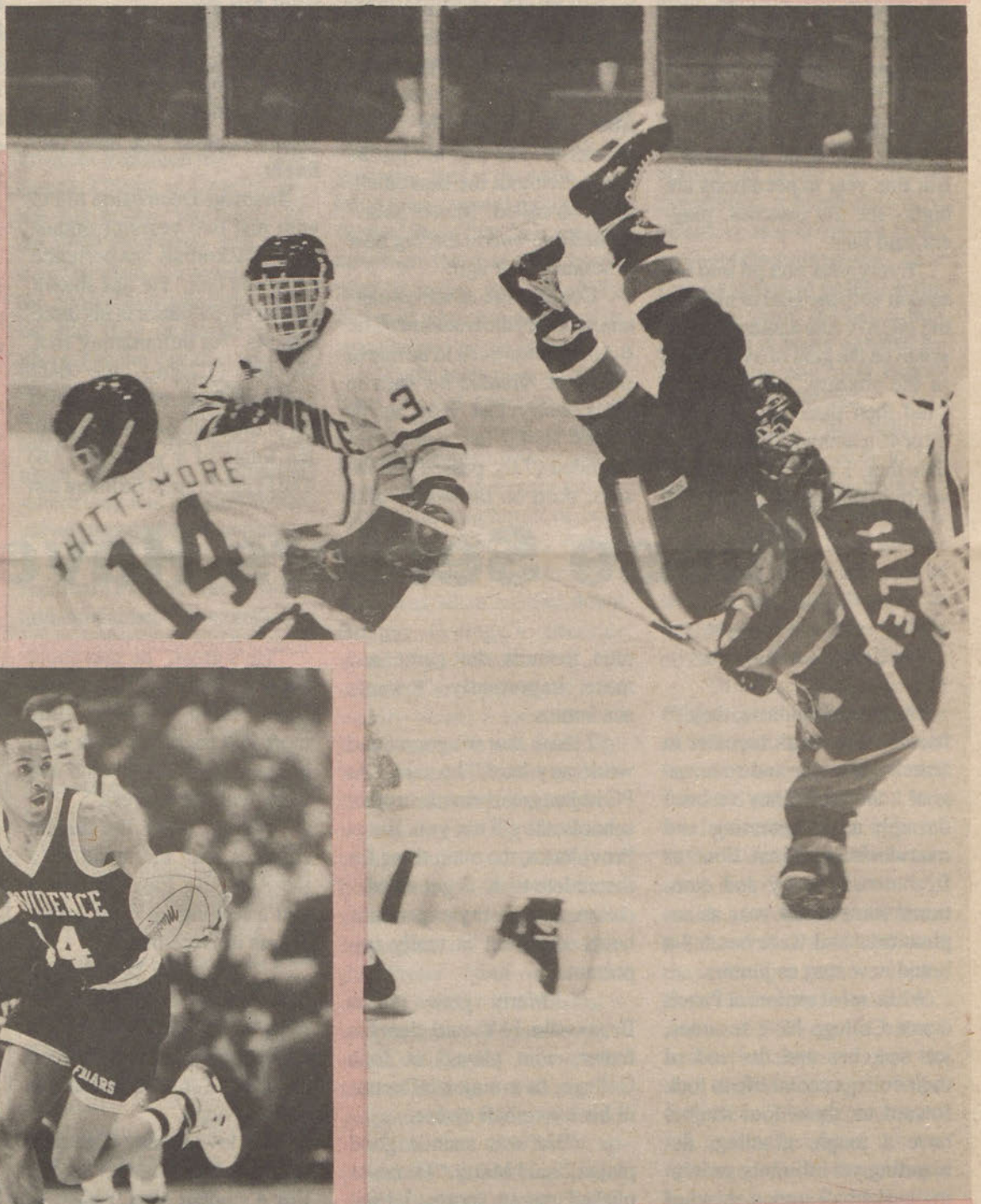
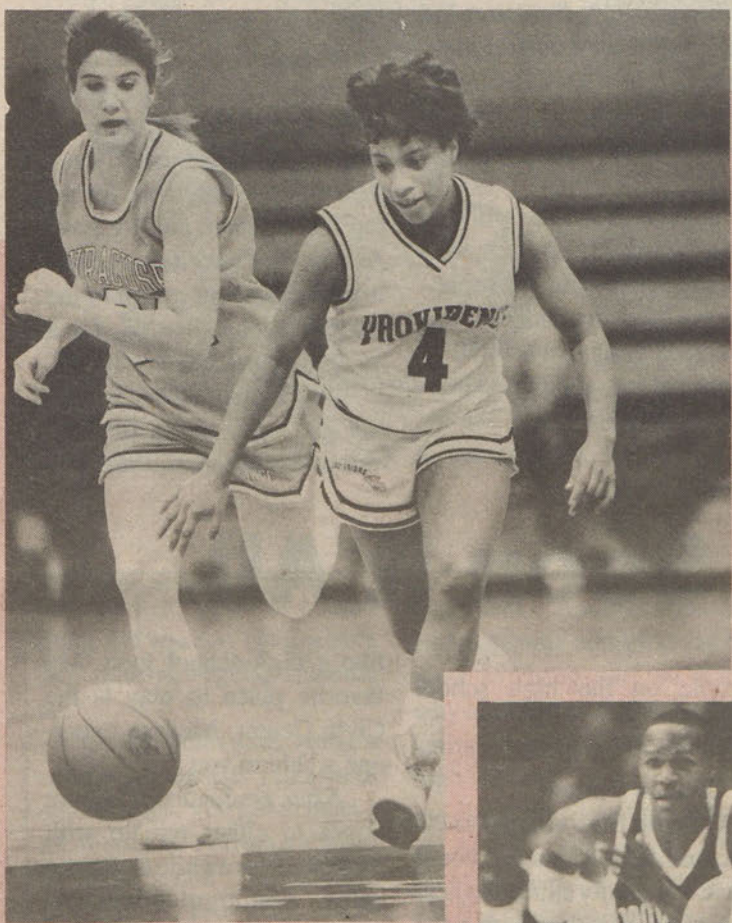
The Owl



1988

Established in 1935

THE 1989-90 WINTER SPORTS PREVIEW ISSUE



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MEN'S BASKETBALL 1989-90

Shhhhh...PC-The Best Kept Secret in the

BIG EAST

by Scott Pianowski

No news is good news—at least as far as PC basketball fans are concerned.

For the first time in three summers, the Friar faithful didn't have to wonder about their team's coaching fortunes. No whispers, no rumors, no crazy scenarios to consider. Instead, the summer months were a time to savor the successful 1988-89 campaign, and look forward to the 1989-90 season—which should be even better.

Head Coach Rick Barnes, who orchestrated last year's dramatic turnaround (from 11-17 to 18-11, and an NCAA bid), admits last year that he "wasn't sure what to expect." But this year expectations are high—for the coaches, players, and fans.

"Every year you go into the season with the goal of making the NCAA tournament; that's got to be the goal of every team in the country," said Barnes, "and then there are probably 20 or 40 teams with higher goals than that. I would like to think we're in that group of 20 or 40

teams."

The high hopes aren't far fetched. The Friars return a strong nucleus, with perhaps the Big East's (and the country's) best backcourt, Carlton Screen and Eric Murdock, and center Marty Conlon all back from a year ago.

Few backcourts in the country complement themselves as well as the pair of Screen and Murdock. Co-captain Screen quarterbacks the offense, with his pinpoint passing and slashing drives to the hoop, while Murdock is equally adroit at taking the ball to the hoop (he topped the Friars with 16.2 ppg last year), or bombing from the outside (44 three-pointers). The pair are just as deadly without the basketball, as the so-called "Men of Steal" ranked one-two in the Big East in steals a year ago.

Conlon, the other co-captain, anchors the front line. The 6-10 center proved to be one of the most versatile big men in the country last year, as he scored (14.3 a game), rebounded (7.0), passed (60 assists, third on the team), and,

amazingly for a center, dropped in the three-pointer (16 on the season, 38% from that distance).

"No question those three guys have got to set a standard for everybody else, and everybody has to come to that level," said Barnes of his big three. "I think that will happen."

While everyone is assured of many outstanding performances from that troika, it will undoubtedly be the performance of the supporting cast that will decide how far this Friar team will go.

Much will be expected of two seniors on the front line, Abdul Shamsid-Deen and Quinton Burton. Their backgrounds couldn't be more different.

Shamsid-Deen came to PC with just two years of organized basketball experience under his belt. He has shown flashes of brilliance in his three seasons. An intimidating shot blocker (1.2/gm), the 6-11 Shamsid-Deen will be counted on to improve on his rebounding totals of a year ago (3.6). The Friars biggest problem last

year was on the boards, and a more consistent Shamsid-Deen would go a long way to alleviating that sore spot.

Burton is an interesting story. He was highly recruited out of high school, but had to sit out his freshman year as a prop 48 casualty. He had a promising sophomore year, averaging almost nine points a game, but never really fit into Barnes plans last year, as his playing time dwindled to less than seven minutes a contest.

This year, though, coach Barnes sees the 6-5 Burton as a key contributor at the small forward spot. "I think Quinton's ready to go," commented Barnes. "He's a perfect blue-collar worker, that's going to go out and play defense, rebound, and do a lot of the little things."

The Friar frontcourt will also feature senior Greg Bent, who can add instant offense; sophomores Marvin Saddler and Marques Bragg, who will be looked at for rebounding help; and freshman Tony Turner, who will vie for minutes at small forward.

In the backcourt, Chris Watts and Trent Forbes figure to see significant playing time. Watts, a junior, loves to shoot the trifecta (only two of his field goals last year weren't threes), while Forbes, a freshman, will spell Screen at the point guard spot. Freshman Tim Parker, a scoring machine in high school (36 points a game), and freshman Pete Werner, who made the team as a walk-on, round out the backcourt.

Whether or not the Friars are able to improve on last year's 18-11 mark (7-9 in the Big East) is anybody's guess. If the Friars improve their work on the boards, and figure out a way to pull out the close games (they were 2-7 in games decided by four games or less), then they can challenge for the top four spots in the Big East. As it is, the Friars look to stand a solid chance to return to the big dance, the final 64, for a second consecutive year.

"We'll go out there with all we got every night, for forty minutes," promises Barnes.

These Seniors Have Seen it All

by Kerry Anne Ryan

They're roommates, they're friends, they work together in search of a single and common goal - the win. They've been through an exhilarating and overwhelming Final Four as freshmen, a rocky and emotional transitional year as sophomores and were handed a brand new start as juniors.

While most seniors at Providence College have resumes, job searches and the end of their college social life to look forward to, these four seniors have a tough, grueling, demanding yet infinitely satisfying basketball season ahead of them.

The four seniors - Marty Conlon, Abdul Shamsid-Deen, Carlton "Paco" Screen and Quinton Burton - are looked to for guidance, experience and maturity on this year's Friar basketball team. They all realize the importance of the game but they also realize the importance of their "other" college life, both academic and social.

Marty Conlon

"I don't like it when people say, 'Oh, you have a free ride (in college)' because I think we definitely earn it," said Marty Conlon, a recently elected Co-Captain of the 1989-90 Friar BB team.

Marty, or "Mahty" to area PC fans, projects a serious atti-

tude towards the game and more importantly, towards academics.

"I think that we go out and work very hard," he said. "At PC it's just great because at other schools, they'll use you. But at Providence, the main thing for the athlete to do is get an education. Just by my experience here, education is really important."

Marty grew up in Bronxville, N.Y. and cites his father, who played at Iona College, as a major influence in his basketball career.

"He was such a good player," said Marty. "He never pushed me in sports. I tried other sports like wrestling and stuff but I kept growing so I figured that basketball was really great for me."

Marty was lured to PC by then coach Rick Pitino, who now coaches for Kentucky.

"Pitino was a very special coach," he said. "I don't know that there is many like him. I think I've been blessed that I got to play under him for a year. It was a very tough year, especially coming in as a freshman. But I think he's a top basketball mind."

Marty had a unsteady sophomore year and even contemplated leaving basketball until the advent of the Rick Barnes era.

"He's great," he said about Barnes. "He's got a great basketball mind, but he's a little more laid back. We work hard but he tries to understand and work with the players."

Marty Conlon the student emerges with the mention of the ACC/Big East Challenge that's coming up right before exams in December.

"It's tough because it's right around exam time," he said. "I wish they could pick a better time to do it. Those are the things a student athlete has to go through."

"I'd love to play Clemson, they're a challenge for us, but I'm a student also. I have to miss some school. It's great that the fans get to see it and I love the competition, but it's a tough time for me."

"Colleges have to understand - is this a minor league for the NBA, is this for the fans or is it for the student?"

Although Marty will miss his college basketball days, he claims "once a Friar, always a Friar." Marty sees himself as either playing in the NBA or overseas and eventually becoming a high school basketball coach.

"Sometimes I think I might like to be a high school coach," he said. "I could be a small college coach but I don't think big time coaching is for me. I think I could help a lot more

people on the high school level."

Quinton Burton

Quinton Burton came to PC because he felt that he would receive a quality education here as well as associate with a top athletic program.

But Quinton is probably the one Friar who has experienced the ups and downs of college ball the most. A top ranked forward out of high school, Quinton was subject to Proposition 48 and consequently did not play freshmen year. Quinton saw playing time his sophomore year under then coach Gordon Chiesa, but his time on the court decreased last year. However, Quinton is ready to make a comeback for his final and senior year at PC.

"The position (small forward) is pretty much mine," he said. "I have a very good freshman backing me up."

"I feel that sports prepares you for everyday life and its adversities. There's adversity on the court and you might encounter the same thing in the corporation."

Quinton feels that the hardest place for him to play is at Villanova and also at Pittsburgh.

"Both sites are on campus," he said, "And that allows for easy access for the students, who are pretty loud. It's more

like a high school gym. My favorite place to play is the Civic Center, because everyone's behind you."

After graduation, Quinton hopes to either remain with basketball for awhile or get into sales, communications or maybe even become a DJ. The consensus of The Cowl is that you have a great voice for it, Quinton!

Carlton "Paco" Screen

Like Marty, "Paco" got interested in basketball by his father, who coached a basketball team when Paco was ten.

"I wanted to play but I was too small and too young," he said. "I went to practice and I really got interested."

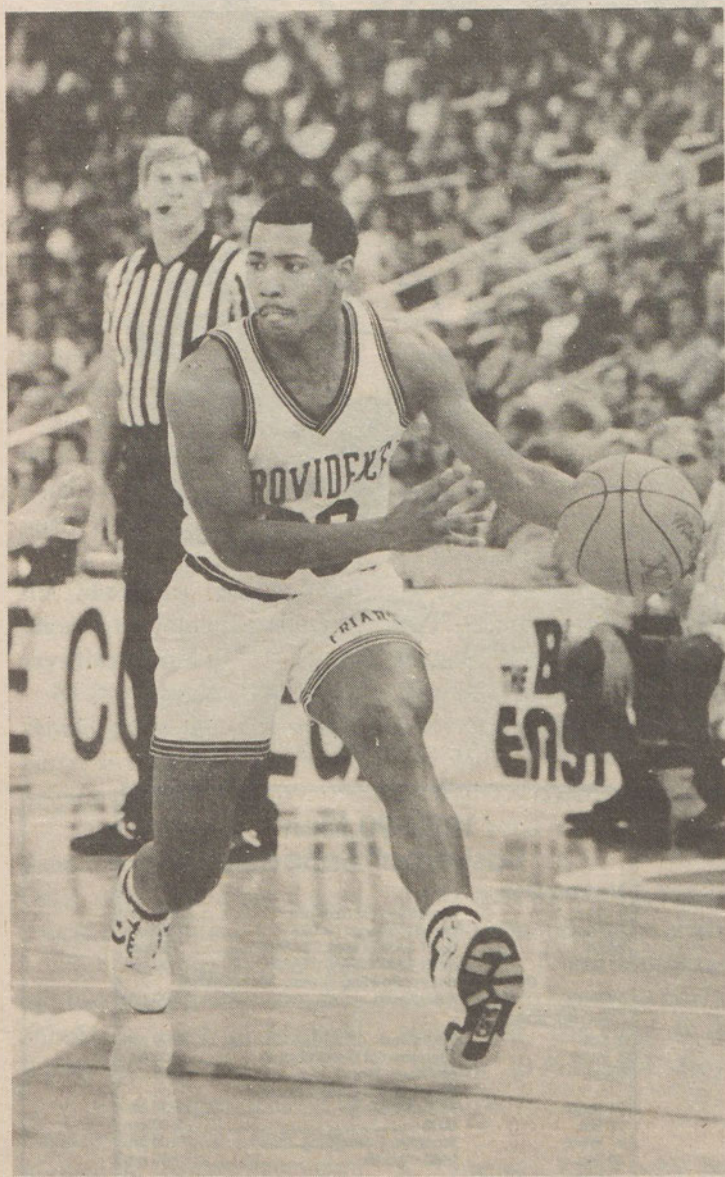
Carlton, a Co-Captain along with Conlon, says that PC appealed to him both socially and academically and cited the atmosphere at PC as being crucial to his decision to attend and play for the Friars. Upon entering the Class of 1990 at PC, "Paco" entered the realm of the "college athlete," a person who must make sacrifices for the benefit of the sport.

"You give a little, you take a little," he said. "Being a college athlete, you obviously have to practice a lot and I think that the time is demanding and you don't have the time to study as much as you like. Your time is very ordered. You have a very structured life as continued on p3

MEN'S BASKETBALL 1989-90

Murdock and Watts; The Terror Tandum

By Daniel M. Walsh



Eric Murdock and Chris Watts are two Providence basketball players who understand the pitfalls and the highlights of the game. Unlike the seniors, both are still striving to experience the ultimate dream - the Final Four. Eric and Chris have shared a very unique experience on the court for the Friars, and they hope to utilize the lessons of the past to achieve the needed victories in the future.

There are many influential factors that have developed the two junior guards as people and as basketball players, but the most dramatic are as follows: the transition from Coach Gordie Cheisa to Coach Barnes last season, the legacy of the Final Four team, and their own personal achievement on the court that made them realize that they deserved to be playing in the Big East and the entire NCAA. Indeed, both admit that the transition was tough because they were once again forced into a situation where they had to prove themselves to a new coach and adapt to a new style of play. Eric remembers that "it was a tough adjustment because every time you stepped on the court, Coach Barnes demanded excellence and perfection." He also explained that the pressure to perform for Barnes was "intense because everyone wanted to impress him, and it was their chance to prove themselves again." Eric appreciated the fact that Coach Barnes did not hold the post against anyone and allowed the team to develop its own individual talent. Moreover, both players believe the transition has greatly improved that attitude of the team and raised their level of play. Chris believes the situation is "much better because of the relationship he [Barnes] formed with the team. He made it easier to perform in practice, and the closeness that he has with us allows us to become more attentive and open to criticism which will improve our game." Both players appreciate Coach

Barnes's ability to see them not just as basketball players but also as people.

The incredible 1987 season will live in the memory of every fan and player; however, the effects of that season will always be reviewed upon instituting an instant comparison of every generation of players to come October 15th. Eric, more so than Chris, believes that the legacy does create more pressure for the team because "the fans expect a lot more and that additional pressure, to always expect greatness, can be difficult especially this year because the fans know we have a good team."

However, Chris feels that there is only a certain degree of pressure, "and at the same time it is a motivational factor." He further states that "our seniors have been there and they know what it takes, and hopefully they will take us to that level in practice and in the games."

When each player recalls their greatest experience as a player, or the most exciting game that they ever participated in as a Friar, it reveals the tenacity and toughness of both individuals. The most fulfilling experience for Eric Murdock was when he shut down Boston College's premier guard Dana Barros at B.C. last season. The personal and team victory meant a great deal to Eric because "it sent a message to everyone (that he) and the Friars could play, and by blowing out our first Big East opponent we knew we would have a good season." The most triumphant win for Chris occurred last season at Pittsburgh when the Friars "shut down the crowd, which is the craziest in the Big East, and took Pitt right out of their game. Once you are able to shut the crowd up, you get pumped up to play and win."

Chris has a different approach to his best experience as a basketball player for PC. He states that his most valuable experience "is not as a player, but as a student because of the good people I have met here." However, Chris does have a favorite game and that was last season versus Holy

Cross in which he hit a three pointer "that changed the momentum of the game" and guaranteed a victory. Chris believes that was a pivotal victory because it was "a make or break game, and we came out on top."

A very important aspect of this year's team is that Eric and Chris are veteran guards of the Big East. They know the other players in the league and they know how to respond to certain game situations. Moreover, both players have particular assets that will help the team in this year's battle for a top spot in the standings.

Eric feels his talents are spread out evenly into every aspect of the game. He sees himself as doing "a little of everything; a combination of offensive and defensive skills that help the team to win." One skill he hopes to perfect is his ability to dunk the ball while the basket is being guarded by the big man, and most importantly - draw the foul.

In addition, Chris believes that his greatest asset to the team consists of his ability to shoot the three; moreover, Chris feels "that I can participate on the boards this year as well as use my strength to overpower the weaker guards on defense."

This year, both Eric and Chris expect the Friars to have an outstanding season for three basic reasons: maturity, Coach Barnes's experience, and senior leadership. Eric believes "the maturity level of both the team and Coach Barnes will enable a lot of wins throughout the season." Chris feels that if they take "one game at a time, there is no reason why we can't win it all." Everyone associated with the team this year has high expectations, and hopefully if everything goes according to the dreams of the two junior guards, the dream might become reality. Eric Murdock and Chris Watts will be big factors in the success of the team because of their desire to form a new relationship with the legacy of Friar Basketball. They want the team of '89 to always be remembered.

continued from p 2
far as where to go at certain times and you don't really have free time as regular students do.

"On the other side, being a college athlete gets you a lot of notoriety and you get to meet a lot of people. You get a chance to experience things you wouldn't if you were just a regular student."

Because Paco, like Marty, Quinton and Abdul, has been through three different coaches in four years, he has witnessed and been subject to three completely different types of coaching techniques.

"Coach Pitino was a motivator," he said. "He got the best out of his players, and he was a very hard worker. He did the things to make us overachieve as college basketball players."

"During my second year, (under Chiesa) I think there was a lot of pressure on the coaches as well as the players to really perform well like the year before that. It's really tough to go back to back to the Final Four and expectations were high and everybody was uptight. I think there really wasn't a lot of chemistry on the team."

But according to Carlton, Rick Barnes successfully brought that chemistry back and it remains with the team today.

Abdul Shamsid-Deen

Amidst the pulsating rap music in the background of his

apartment, Abdul Shamsid-Deen openly admitted that he liked to "hang out" so that's why he didn't start playing basketball until he was a junior in high school.

But better late than never, as Abdul continues to aptly prove himself as a top center in the Big East conference.

When asked what being a college athlete is like, Abdul quickly and loudly states, "It's tiring" but claims that he doesn't really care about missing the social life because he has "idiots like Eric Murdock around who take up most of my time!"

In reference to the ACC/Big East challenge, Abdul confidently states, "We're gonna smash them. Of course, it will set us back a little bit during school time but it's a great chance for us to go down south and play against another conference that is as highly rated as we are. Plus, it's three days down south in the sun!"

Addul has two completely different occupations in mind when his basketball luck runs out.

"I might be a school teacher, but hopefully I'll play pro ball for a few years but after that's over I want to open up some sporting goods stores and invest with somebody and have a co-ownership. I'd probably specialize in big guy's feet, 'cause it's hard to find big sneakers."



MEN'S BASKETBALL 1989-90

Enter the Three "T's"-The Class of '93

by Charlie Clark

The old expression goes "good things happen in threes", for Coach Rick Barnes and his 1989-90 Providence Friar Mens basketball Squad hope that the adage holds true in the form of freshmen Tim Parker, Tony Turner, and Trent Forbes.

Parker a projected off guard looks to provide the Friars with the same sort of scoring punch that he provided to his team in high school. Averaging 36 points and 11 rebounds a game his senior year at Saratoga Springs (NY), Parker is the all-time Class-A scoring leader and was a Hoop Scoop and Street & Smith's Honorable Mention All-American. As a co-holder of the New York state record for consecutive three-pointers Parker should provide the squad with a potent outside punch. Playing behind junior Eric Murdock, Parker looks to gain valuable experience that will help the Friars in the future.

Turner, a 6-7 small forward from College Park, Ga, is projected to use his good size to provide the Friars with increased rebounding this season. As a senior last year Turner averaged 19 points and nine rebounds, totalling over 2,000 points and 1,000 caroms over his career. A Street & Smith's Honorable Mention All-American and a first-team All-Atlanta, Turner should prove an excellent backup to Sebiar Quinton Burton and junior Chris Watts.

Described as "a real gamer" by commentator Al Maguire at Midnight Madness, Trent Forbes should provide the Friars with a strong future at the point guard position.

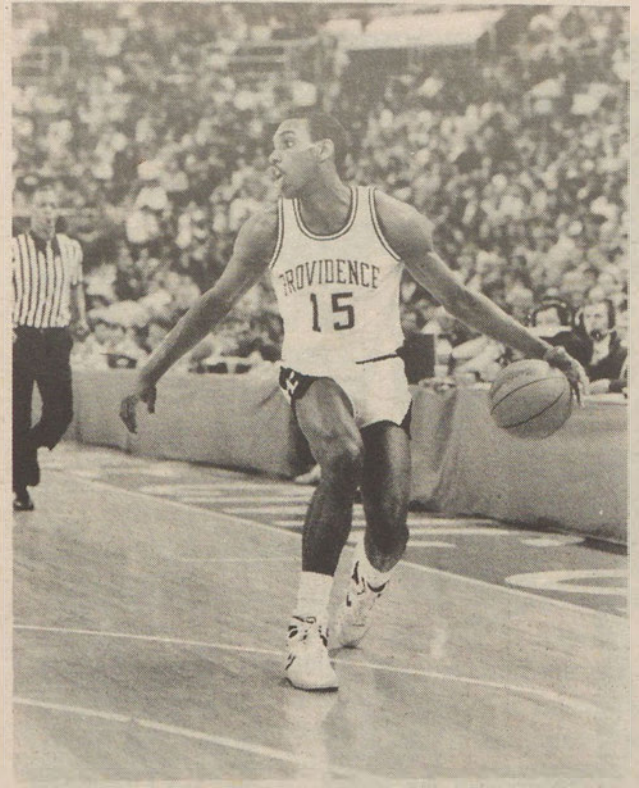
The all-time scoring and assist leader at Dover Sherborn, Forbes led the team to a league championship the past two years and in the process averaged 21 points, seven rebounds, eight assists, and three steals a game his senior year. The Roxbury (MA) native was

named a Converse and Nike All-American and scored a game high 27 points in the Boston Shootout this past summer. Playing under senior Carlton Screen, Forbes should provide the Friars with a strong backup at the point this year.

As their stats indicate, PC's freshmen triumvirate have what it takes on the court, but more importantly the trio also have what it takes off the court. "We are thrilled to have them here and we are equally happy with them off the court as on," said assistant coach Larry Shyatt. "They all come from fine families."

"They have set an excellent standard for being in good condition and meshing really well with the rest of the team," said Shyatt. "In one week they have improved their practice habits in a positive way."

With such a strong group of freshmen as Parker, Turner, and Forbes the Friars look to have a secure and positive future ahead of them.



1989-90 Men's Basketball Schedule

November

2 Thur. Marathon Oil (exhibition) 8:00 pm
14 Tues. Israeli National (exhibition) 8:00 pm
24 Fri. FLEET BASKETBALL CLASSIC 7:00 pm
25 Sat. FLEET BASKETBALL CLASSIC 7:00 pm
(New Hampshire, Bowling Green, Jacksonville)

December

2 Sat. Holy Cross 8:00 pm
6 Wed. Clemson (at Greensboro) 7:00 pm
9 Sat. at Rhode Island 8:00 pm
(Providence Civic Center)
21 Thurs. Boston College 7:30 pm
23 Sat. Utah 2:00 pm
27 Wed. Brooklyn College 8:00 pm
30 Sat. UNC-Asheville 8:00 pm

January

6 Sat. Georgetown 3:00 pm
9 Tues. Seton Hall 8:00 pm
13 Sat. Villanova 8:00 pm
15 Mon. at Seton Hall 8:00 pm
20 Sat. at Syracuse 8:00 pm
24 Wed. St. John's 7:00 pm
27 Sat. at Boston College 8:00 pm
30 Tues. at Villanova 8:00 pm

February

3 Sat. Connecticut (Homecoming) 8:00 pm
10 Sat. at Pittsburgh 8:00 pm
13 Tues. Georgetown 8:00 pm
17 Sat. at St. John's 8:00 pm
19 Mon. at Connecticut 7:30 pm
21 Wed. Miami 8:00 pm
25 Sun. Syracuse 2:30 pm
28 Wed. Mississippi Valley State 8:00 pm

March

3 Sat. Pittsburgh 8:00 pm
8-11 Big East Tournament (New York)
ALL Home Games Are In Bold

MC Returns...The NCAA Top Twenty

By Michael Castorino

The explosion of college basketball within the past ten years has been fantastic, yet a price has been paid. The devastation of the program at University of Kentucky and many other schools has left a scar on the game. However, this scar will be overlooked (not forgotten) when one thinks of all the great moments this level of the game has to offer.

The 1989-90 season should be just as exciting and fun-filled as any other.

Here are some pertinent questions that we'll all be able to answer in March.

Will Syracuse finally win a national title?

Will Providence beat Syracuse?

Can last year's sensational freshman class expand on the great play?

Who will be the top team in the land?

Well hoop fans, here are my fearless predictions for this

great season.

1) Syracuse- If the Orange are going to bring home a national championship, this should be the year. Add Kentucky-transfer Leron Ellis to an all-star frontline and you have dominance. Watch David Johnson to shine.

2) Michigan- Although MVP Glen Rice will be missed from last year's NCAA champs, a load of talent returns. Led by the Hercules-like Rumeal Robinson and Terry Mills, the Wolverines could make a return trip to the Final Four.

3) LSU- Last year the Tigers were led by freshman phenom Chris Jackson. This year three prop 48's who sat last year will make a big impact. This team could still be a year away, but with Dale Brown as coach, anything can happen.

4) North Carolina- Dean Smith has led the Tar Heels to the NCAA tournament sixteen straight years. This streak will be intact this year with Rick Fox, Pete Chilcutt and Scott

Williams leading an outstanding frontline.

5) UNLV- The Runnin' Rebs have a great chance to win it all if the chemistry is right. The Shark reeled in the top JUCO player in the land in Larry Johnson. Stacey Augmon leads the rest of the super-stocked team. UNLV should be a joy to watch.

6) Georgetown- Hoya big men Mourning and Mutumbo will be doubled down and that may not be enough. If the G-Town guards can hit from the outside, this team will be tough.

7) Pittsburgh- The Panthers have no excuses this year, returning their top seven from an NCAA tourney team. Potential All-American Brian Shorter must lead a consistent Pitt effort this year. Last year's inconsistencies must be exactly that; last year's.

8) Duke- Despite losing Danny Ferry, Coach K will find a way to keep his Blue Devils in the top ten. Robert Brickey

must take on a bigger role as will Alonzo-slayer Christian Laettner.

9) Illinois- Lou Hensen may have lost three starters from last year's Final Four team but Liberty should prevail. Marcus Liberty, Kendall Gill, Steve Bardo and a slew of new talent will keep Illinois near the top. A tough Big Ten schedule should test the new players early.

10) Arkansas- Nolan Richardson returns practically his whole SWC championship team. The athletic Razorbacks should repeat in a tough conference. Houston and Texas games will tell the score for Arkansas.

11) Minnesota- The road weak Golden Gophers return five starters who must now win away from home. Last year this squad made it to the East region Semis. This year they could go further. Willie Burton is the player to watch.

12) Oklahoma St.- This team is for real and like Minnesota

they must win on the road. Richard Dumas (15.7 ppg) will lead a returning starting five that could bring home a Big Eight title.

13) Louisville- The cards are ultra-quick this season, with the exception of Felton Spencer. LaBradford Smith and Everick Sullivan must stabilize their spotty play if Crum is to bring home yet another Metro title.

14) Clemson- Elden Campbell has been simmering for three seasons and now seems ready to boil. 6'11" Dale Davis will help make the Tiger frontline one of the toughest in the land. Guard play must come around to open the middle.

15) UCLA- Two great recruiting sessions have vaulted the Bruins back into prominence. Super soph Don MacLean is a possible PAC-10 player of the year. Three other starters return from last year's 21-10 squad.

16) Arizona- With transfer Brian Williams eligible, Lute

MEN'S BASKETBALL 1989-90

The Cowl's Fearless Big East Predictions

by Scott Pianowski

They certainly have rhyme, and hopefully reason; any way, here are my Big East picks for the season.

1.) Georgetown—John Thompson says Prop 42 needs inspection; Hoya team shows opponents a lot of rejection.

2.) Syracuse—There won't be as many smiles in the Dome, if high-flying Stevie calls point guard his home.

3.) Pittsburgh—Look out for Matthews, Martin, and Shorter; they could be a sleeper, says this reporter.

4.) Providence—The Friars should go to the post-season party; if only they had some help down low for Marty.

5.) Villanova—Picking them lower would be quite a folly; never count out a team coached by Rollie.

6.) St. John's—A finish any lower is certainly rare; they should be tough in Madison Square.

7.) Connecticut—The Huskies now have a new place to roam; in January they move to the brand new "Conn Dome".

8.) Seton Hall—Last year's effort was certainly stellar; this year they'll fight to stay out of the cellar.

9.) Boston College—Mention the Eagles and everyone grins; to most teams, that means two easy wins.

Big East Preview II

by Ed Moore

1. Providence College- Hey, Marty Conlon is the next Larry Bird, maybe better. Georgetown is scared to death to play in the Providence Civic

ctinued from p4

Olsen also brings in ex-Kentucky blue chip Chris Mills. The Wildcats have established themselves as a perennial power.

17) Notre Dame- Athletic prominence has returned at ND. The Irish return five starters and a bolstered bench. A year of seasoning will pay big dividends for LaPhonso Ellis, much to the delight of Digger Phelps.

18) NC-State- Providence saw what they missed out on last March when Rodney Monroe electrified the Civic Center during the NCAA tournament. Corchiani will complete the ACC's top backcourt. Valvano must find a formidable frontcourt if his Wolfpack are to threaten their cross-state rivals.

19) Ball St.- This is the same team that went 29-3 last season minus Coach Rick Majerus.

Center. Phantom Friar being named top mascot is a premonition of good things.

2. Seton Hall- Don't spread this, but P.J. Carlesimo drives a Porsche and dates Kathy Ireland. Anyone this cool has got to win some games.

3. St. John's- Jayson Williams doesn't wear socks just like you know what boxer. You also know what this boxer does to opponents.

4. Pittsburgh- Martin, Matthews, Miller, Porter and Shorter are in the same class. They sit at the back of the room and plan how they will get dates with UNLV cheerleaders. This creates good team unity.

5. Georgetown- Face it, Mourning and Mutombo are scared of the Sheikh. John Thompson is still trying to figure out how he almost lost "The Upset of the Century" to Princeton. Hoya schmoya.

6. Syracuse- Know why Jim Boeheim whines so much? He's constipated. Has to be. Who will throw Coleman and Thompson the lob? That fat, fuzzy orange mascot with the blue hat?

7. Villanova- Rollie is trying to switch places with Danny DeVito and make movies. DeVito will be a better coach. Danny wants to team with Tom Greis for "Opposites Attract" comedy routine.

8. Connecticut- First of all there are no Huskies in Storrs, only cows. New Conn Dome won't help this five. Do recruits like smelling cow s—? Get out the lysol here, folks?

Weak Mid-American conference could hurt the Cardinals' competitiveness down the long run. Paris McCurdy will lead the way.

20) Providence- The outstanding backcourt of Eric Murdock and Carlton Screen is bolstered by newcomers Trent Forbes and Tim Parker. Friar frontline must solidify to compete in the Big East. A return to the NCAA's looks promising.

Top Ten Players (Alphabetical)

Willie Burton	Minnesota
Derrick Coleman	Syracuse
Kendall Gill	Illinois
Gerald Glass	Mississippi
Chris Jackson	L.S.U.
Rodney Monroe	N.C. State
Alonzo Mourning	Georgetown
Rumeal Robinson	Michigan
Brian Shorter	Pittsburgh
Lionell Simmons	LaSalle

9. Boston College- Nice arena, good hockey, wicked accents, dirty Sox, no Barros, no wins. Maybe they should change the uniforms from maroon and yellow to green.

A Somewhat Serious Big East Preview

by Dan Walsh

1. Georgetown- Mourning and Mutombo—'nuff said.

2. Syracuse- Talent, talent, talent if this team can contemplate the virtue of teamwork they might be unbeatable.

3. Pittsburgh- All their starters are back- Miller, Martin, Matthews, Porter, and Shorter. If they had a stable head coach a number one spot would be guaranteed.

4. Providence- Experience and tenacity will enable this year's team to be one of the elite. The returning starters know they can play with the big boys. They are out to prove themselves this year. Watch out for PC with Paco, Eric, Marty, Abdul and Q. These veterans will lead the Friars to a very eventful season.

5. Villanova- The strong front court led by the definition of grace, 7' 3" senior Tom Greis and sophomore Mark Dowdell will be a major for their fellow Big East brothers. Look out for Eric Murdock's cousins, the brothers David and Lance Miller, to help the Wildcats achieve the W this season.

6. St. John's- Although Coach Carneasecca is a great coach, his players leave little to be desired. Senior Jayson Williams might be the first player banished from the league for failing to realize that his opponents are not personified punch bags.

7. Connecticut- The team we love to beat. There is no reason why a team with their limited talent should be so obnoxious on the court. Tate George and Murray Williams have their hands full this year, it's really a shame but someone has to lose.

8. Seton Hall- Minus Gordie, the 1987-88 Friars all over again. A few upsets here and there, but overall, they will have a tough season. I hope the Student Congress at Seton Hall realizes that this is a rebuilding year and they leave Coach P.J.'s head intact.

9. Boston College- If I could name one player on the team I would say something nice about them. Who are these guys? The most obvious example of a doormat the Big East has seen in a long while.

Kerry Anne's (And Her Father's) Big East Preview

by Kerry Anne "I admit I called home for this one" Ryan

1. Georgetown- The "man in the middle," Alonzo Mourning, is sure to be the key to this year's Hoya squad, led by that PC grad himself, John Thompson. Georgetown relies on its strength down the middle and has an intimidating type of defense most opponents shy away from.

2. Syracuse- The Orangeman possess the biggest and best frontline in the conference. And with the addition of LeRon Ellis, Syracuse will be one tough contest this year. I don't like Boeheim, he's a nerd, but his team is consistently good.

3. Pittsburgh- The unknown team from the "The Land of Lerner's Shoppers" came on strong last year and are guaranteed to come out punching and kicking in every game this year. Pitt will benefit from good recruits and the strong playing of Brian Shorter and Bobby Martin.

4. St. John's- Little Looie, that typical New Yorker, is a great guy who always manages to field a decent, if not very good, Redmen squad. "Boo" Harvey

looks toward another great year, as does Chuckie Sproling and Jayson Williams.

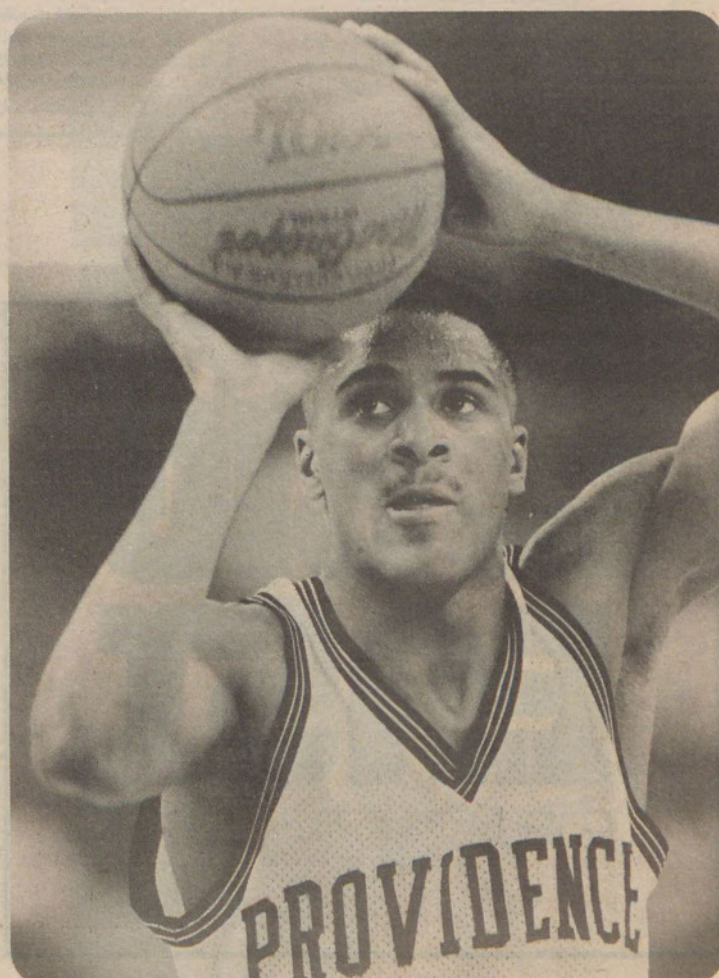
5. Villanova- Rollie Massamino and Wildcat team is coming off of a very profitable recruiting year that should reap benefits for Villanova down the line. This year, 7' 3" Tom Greis might give PC's own "Mahty" some problems. Eric Murdock's family ties, cousins David and Lance Miller, might give him a run for his \$\$\$\$\$.

6. Providence- Okay, so I put the Friars sixth. Well actually, my Dad put the Friars sixth so blame him. Rumor has it that the Friars are the team to beat this year, especially in that Civic Center with all those mondo fans. Paco, Abdul, Eric, Chris, Marty, Quinton et al. will undoubtedly bend together for an awesome year.

7. Seton Hall- Cinderella can't find the glass slipper every year and that's probably what will happen to P.J. and the boys. Just look at what happened to PC after their Final Four year!

8. Connecticut- When has Connecticut ever been good? Except for Tate George and Chris Smith. UConn will probably be a sorry team once again.

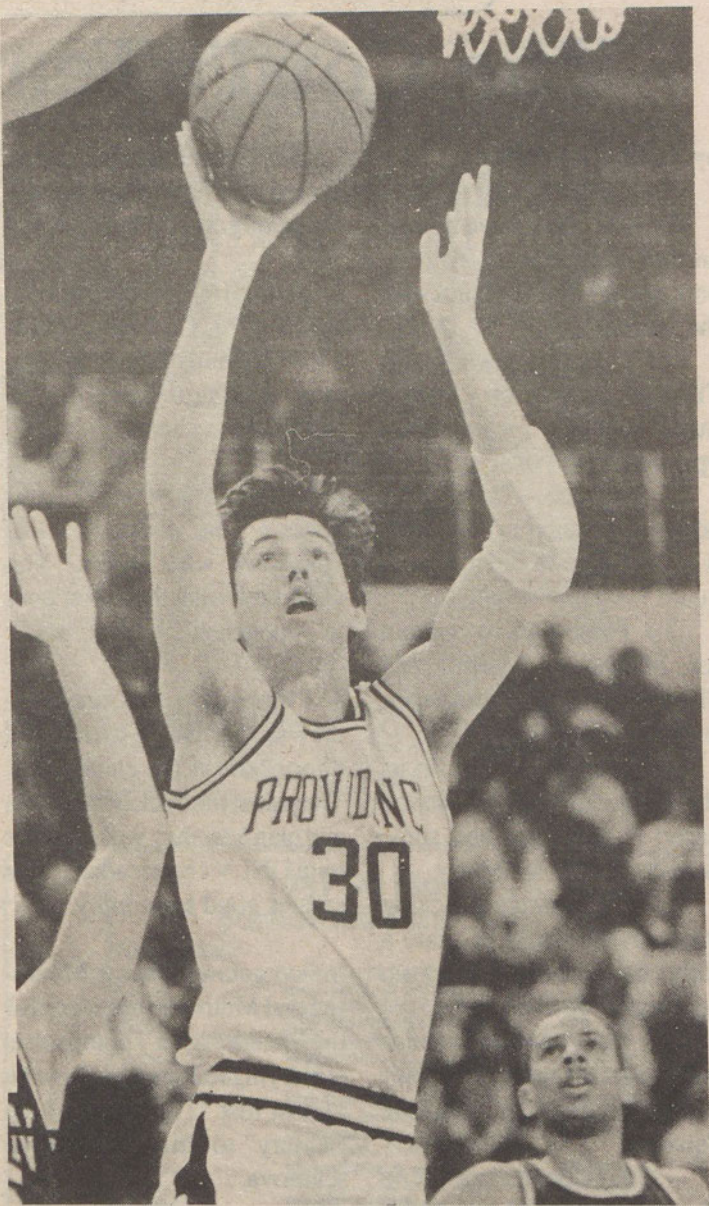
9. Boston College- Yes, BC has a football team but their basketball team stinks. Dana Barros, the glue that held the Eagles together, has finally flown the coop. BC could be really poor, but one never knows in the wild, wild, East.



MEN'S BASKETBALL 1989-90

1988-89
Final Statistics

PLAYER	G	GS	MIN	AVG	FGM-FGA	PCT	-3 POINT- FGM-FGA	PCT	FTM-FTA	PCT	REB-AVG
Eric Murdock	29	29	936	32.3	164-359	45.7	44-126	34.9	99-130	76.2	135-4.7
Marty Conlon	29	29	885	30.5	154-294	52.4	16-42	38.1	91-125	72.8	202-7.0
Matt Palazzi	29	28	736	25.4	144-296	48.6	57-123	46.3	32-37	86.5	67-2.3
Carlton Screen	29	29	946	32.6	124-260	47.7	8-25	32.0	78-103	75.7	57-2.0
Cal Foster	29	29	464	16.0	77-133	57.9	0-0	0.0	68-103	66.0	112-3.9
Abdul Shamsid-Deen	29	0	490	16.9	71-123	57.7	0-0	0.0	46-67	68.7	104-3.6
Greg Bent	22	0	252	11.5	51-89	57.3	2-3	66.7	10-15	66.7	46-2.1
Darryl Wright	29	1	387	13.3	48-107	44.9	12-38	31.6	40-49	81.6	67-2.3
Chris Watts	27	0	281	10.4	24-68	35.3	22-60	36.7	2-3	66.7	24-0.9
Marques Bragg	14	0	78	5.6	13-28	46.4	0-0	0.0	6-15	40.0	17-1.2
Marvin Saddler	22	0	158	7.2	17-38	44.7	0-0	0.0	13-22	59.1	31-1.4
Bryan Benham	11	0	51	4.6	5-8	62.5	0-0	0.0	4-7	57.1	8-0.7
Quinton Burton	25	0	162	6.5	13-29	44.8	4-13	30.8	3-9	33.3	21-0.8
Ryan Ford	5	0	24	4.8	1-6	16.7	0-2	0.0	4-6	66.7	1-0.2
TEAM TOTALS	29	-	-	-	906-1838	49.3	165-432	38.2	496-691	71.8	1000-34.5
OPPONENT TOTALS	29	-	-	-	758-1643	46.1	97-287	33.8	555-783	70.9	1049-36.2



The mascot returns



THE BIG
EAST
CONFERENCE

Catch up on all the
BIG EAST
action every Wednesday night in
The Cowl

WOMEN'S BASKETBALL 1989-90

The Momentum Continues

by Renee Duff

Picture this... Alumni Hall, filled to capacity, fans waiting eagerly for the clock to reach zero. Then, out on the floor comes the team to the cheers of the fans for the start of the game.

"Starting at forward 6-0, senior from Providence, RI Andrea Mangum...wait!! What team is this? Yes, it's the Friars, but with a twist, it's the LADY Friars.

Does this scenario sound far fetched? Well, Head Coach Bob Foley and the Lady Friar Basketball team don't think so, and why should it be? Minus the slam-dunks and the huge crowds, the Lady Friars can pack all of the excitement of the fast-breaks, three-point shots and shake-n-bake ball handling as well as any men's team can.

Still skeptical? Well, you're not alone, but once you watch a few games, you may be surprised and change your mind.

The 1988-89 Providence women's basketball season was a year in which momentum was established and built, and the 1989-90 campaign will be one in which it is continued and sustained.

Last season, the Lady Friars, picked to finish no higher than

seventh in the preseason BIG EAST coaches poll, put together their third 20-win season in four years (22-11), finished third in the final Conference standings (10-6), went all the way to the finals of the BIG EAST Tournament and earned an at-large bid in the NCAA Tournament for the second time in school history. It was a year that surprised many, except Head Coach Bob Foley and the Lady Friars.

Bob Foley, entering his fifth season as Providence's Head Coach, expects much of the same for the upcoming year as the Lady Friars look to challenge for the BIG EAST crown and another trip to the NCAA Tournament. And there's every reason to believe this year that Foley's team can eclipse last seasons achievements.

The Lady Friars lost only one starter to graduation and return four. That loss, in Liz Lawlor, will hurt the Lady Friars, but Foley's confident that the remaining players and the newcomers are ready to pick up the slack.

"I think we are going to be great—we have the makings of a great team," said Foley. "We have everything it takes, and it's just a matter of team chemistry, which I really think is there, too." Judging from the

play demonstrated in in practice, it looks like Foley's predictions are on the mark. "These are good kids," commented Foley, "and they're working hard."

Returning all but one player and the addition of three freshmen makes for an exciting team with exciting prospects. The Lady Friars have in store for them a great schedule, including some top ten teams in Colorado and Stamford before their BIG EAST season even begins.

The Lady Friars return a solid backcourt in Shanya Evans and Stephanie Cole. Evans was the leader in the backcourt a year ago with her biggest asset being her ability to find the open player and dish the ball off. She set a new school record last season with 244 assists and finished eighth nationally (7.4 apg). Cole will look to boost her 8.8 scoring average from a year ago and should prove a great asset to the team. Foley commented, "with Shanya leading the fast break attack she just makes everybody else better. Shanya and Stephanie together just create terror."

The Lady Friars were second in the country last year in three-point shooting, and Foley says, "our goal this year is to be number one."

Shooting the three primarily for the Lady Friars will be so-

phomore BIG EAST Rookie of the Year a year ago Tracy Lis and Helen Mency, who returns to the Lady Friars after a year off.

"The three-point shot is a key part of our game," said Foley, "it spreads the floor for us to take advantage of Dottie (VanGheem) and Andrea (Mangum) inside."

Andrea Mangum and Dottie VanGheem, named captains for this year's squad, will play key parts in the Lady Friars total game. Dottie showed what she was capable of in the NCAA Tournament last year scoring 31 points for the Lady Friars. Andrea Mangum, who has grown and matured as a player should be ready to dominate the BIG EAST Her senior year.

Not to be forgotten and who is expected to be a major factor this season is Ann Marie Kennedy. "Ann Marie has made a tremendous improvement, and I expect her to play a major role this season," Foley commented.

The Lady Friars will be helped out this season for three freshmen in Jennifer Cazeault (6-3, Pembroke, Mass.), Cheryl Daudelin (6-0, Hopedale, Mass.), and Maura McDonnell (5-6, Scranton, Pa). "I expect all of our freshmen should have an impact," said Foley, "Once

they pick up some experience they will give us the added depth we need to continue playing our fast break game."

The name of the game this season for the Lady Friars is going to be DEFENSE. "Defense is going to be our main focus this season," said Foley, "last year we had pressure D, but this year we will press less and pressure more to create more scoring opportunities for us."

Offensively the Lady Friars aren't going to change much. They will continue to run, spread the floor and go inside. "We can score," said Foley. "We can go to anybody to put some points on the board for us. It's just a matter of who has the hot hand on a given night."

"We're going to surprise a lot of people this season. We're going for it all this year and once we get into the NCAA Tournament we're looking for the Final Four," said Foley. "We're going someplace, and we have the people to do it."

Who knows? Maybe the next time Providence sees the Final Four it will be with the Lady Friars. Why not come out and see for yourself what everyone on the Lady Friar Basketball team thinks can become a reality.

1989-90 Women's Basketball Schedule

November

24 Friday Colorado University Coors Classic
Providence vs Eastern Michigan 2:00pm
Colorado vs Western Illinois 4:00pm
Consolation/Championship 6:00/8:00pm

December

2 Saturday Lady Friar Coca-Cola Classic
Providence vs Wagner 2:00pm
North Carolina State vs Maine 4:00pm
Consolation/Championship 2:00/4:00pm
3 Sunday Northeastern 7:00pm
7 Thursday at Boston University 7:30pm
9 Saturday Rhode Island (at Providence Civic Center) 5:45pm
29 Friday Stanford University Lady Cardinal Classic
Providence vs DePaul 6:00pm
Stanford vs Eastern Michigan 8:00pm
Consolation/Championship 6:00/8:00pm

January

3 Wednesday Pittsburgh 7:00pm
6 Saturday at Seton Hall 2:00pm
8 Monday at Villanova 7:00pm
10 Wednesday Boston College 7:00pm
15 Monday at Iona 7:00pm
17 Wednesday at St. John's 7:00pm
20 Saturday at Connecticut 2:00pm
24 Wednesday Syracuse 7:00pm
27 Saturday Georgetown 2:00pm
30 Tuesday at Pittsburgh 7:00pm

February

3 Saturday Seton Hall 2:00pm
7 Wednesday Villanova 7:00pm
10 Saturday at Boston College 2:00pm
12 Monday George Washington 7:00pm
17 Saturday St John's 2:00 pm
21 Wednesday Connecticut 7:00pm
24 Saturday at Syracuse 2:00pm
26 Monday at Georgetown 7:00pm

March

2-5 Friday-Monday BIG EAST Tournament (UCONN) TBA

1989-90 Women's Basketball Roster

Name	pos.	class	hgt	hometown/highschool
Jennifer Cazeault	C	Fr.	6-3	Pembroke, Ma/Silver Lake Regional
Stephanie Cole*	G	Jr	5-7	Winchester, NH/Cushing Academy
Cheryl Daudelin	F	Fr	6-0	Hopedale, Ma/Hopedale
Shanya Evans**	G	Jr	5-2	Baltimore, MD/Walbrook
Ann Marie Kennedy	G	So	5-8	Annandale, VA/Annandale
Tracy Lis*	G	so	5-9	Danielson, CT/Killingly
Andrea Mangum***(C)	F	Sr	6-2	Providence, RI/St. Raphael's
Maura McDonnell	G	Fr	5-6	Scranton, Pa/Scranton Prep
Helen Mency**	G	Sr	5-8	Haggenstown, Md/Haggenstown North
Dottie VanGheem***(C)	C	Sr	6-1	Pulaski, WI/Pulaski

*Denotes letters won
(C) Captain



Ann Marie Kennedy takes it to the hoop

WOMEN'S BASKETBALL 1989-90

What to Watch For

by Renee Duff

CENTERS

Senior **Dottie VanGheem** is the likely starter at this spot. VanGheem, a starter in 16 games last season, came on strong during the last several games of the season. She emerged as a real threat for the Lady Friars, scoring 21 points in the BIG EAST Championship final and a career high 31 in the first round of the NCAA Tournament game against James Madison. In that game, VanGheem started at center for Mangum who was sidelined because of an appendix injury. Coach Foley, "Dottie has a great shooting touch. She is our best inside player with the ability to shoot the three. Her strength is the key part of our inside game."

Freshman **Jennifer Cazeault** will backup VanGheem at center. The tallest member of the Lady Friar team (6-3) she has good inside moves and inside strength. For her height, Cazeault has an excellent shooting touch. She should see a lot of playing time this season. Coach Foley, "Jen has the physical tools to be a great player. At 6-3 she can run, has a beautiful shooting touch and is coordinated. Once

she picks up some experience and confidence she will be a major factor."

FORWARDS

Senior **Andrea Mangum** has grown and matured and should be ready to dominate the BIG EAST in her senior year. She is one of the league's most talented players in that she can do so many things. A year ago, Mangum worked on incorporating the three-point shot into her game; she led the team in field-goal percentage from that range (.446), hitting on 37 of 83 attempts, but still needs to make her outside game more consistent. Coach Foley, "Andrea is just a very gifted athlete with the capabilities to play all phases of the game. When she's got her rhythm she can totally dominate a game. I feel she is the best player in the BIG EAST."

Sophomore **Tracy Lis** is coming off a sensational freshman season. Primarily a guard the first half of the season, Lis was moved to small forward where she started the last 16 games of the 1988-89 campaign. She showed great poise as a rookie and is not afraid to put the ball up; in many instances, the Lady Friars will look to her to open up the of-

fense. Lis possesses great hands; her team-leading 71 steals a year ago can be attributed to her ability to anticipate where the ball is going. Like Mangum, she is also a big three-point threat. When the two are hitting from the outside, Providence is almost unstoppable. Coach Foley, "Tracy is a great long range shooter. She has improved her defense and should be a key asset to this year's success."

Freshman **Cheryl Daudelin** is expected to help out offensively this season. A very strong, physical player, she will fit into the PC style because she runs the floor well and is aggressive on the boards. Coach Foley, "Cheryl is very strong and aggressive. She possesses a tremendous work-ethic. If she continues to improve at the rate she has, she will be one of the best rebounders ever to come to PC."

GUARDS

The backcourt duo of **Shanya Evans** and **Stephanie Cole** returns intact with a year's experience playing together. The two compliment each other well in the backcourt as each takes on a different role. Both can score and shoot the ball well. They also have the ability to

drive to the basket which frees up other players on the baseline. Coach Foley on Evans, "Shanya is the best point guard in the BIG EAST. She's got quickness, can penetrate and makes great passes. She has improved her shot with hard work. She's a great defensive player and is without a doubt the best point guard in the BIG EAST." Coach Foley on Cole, "Stephanie is a great jump shooter. She has improved tremendously on her drive to the basket and is working hard on her defensive game. When this comes around, she'll be a COMPLETE player."

Also expected to become a major part of the Providence game plan will be sophomore **AnnMarie Kennedy**. Foley anticipates that Kennedy will be a surprise player for the Lady Friar this season. A year ago coming off major knee surgery following her senior year in high school, Kennedy averaged 3.3 points and 1.3 rebounds. With a year's collegiate experience and the knee fully healed, Kennedy should be a major contributor in the Providence offense. Coach Foley, "Ann Marie is a great shooter and a very heady player. She's made tremen-

dous improvement on her all-around game from last year and I expect her to make a tremendous contribution to this year's team."

Freshman **Maura McDonnell** will backup Evans. McDonnell can shoot the ball as well as penetrate to the basket. Her play can open up the press and passing lanes. She'll see playing time and will be a spark for the Lady Friars when she is in the game. Coach Foley, "Maura's a good athlete with a great work-ethic. She's picking up quickly and should be able to make a great contribution to the running games with her ball handling and playing skills."

Senior **Helen Mency** returns to the Lady Friars after taking last season off. Helen in her sophomore year played a major role in the total game of the Lady Friars. She can shoot the ball from all ranges and is an excellent defensive player with her quick hands. Helen runs the floor well and can also handle the ball. Coach Foley, "Helen is a great shooter. She's probably our best long-range shooter. Helen goes to the basket well and is able to be a stopper on defense—she's the type of person to turn a game around."

The 1989-90 Lady Friar Basketball Team



#33 Jennifer Cazeault FR

Hometown/HS:
Pembroke, MA/
Silver Lake Reg
Position:
center
Height: 6-3
ppg/rpg:
21.0/17.0/
7.0 blocks (HS)



#21 Cheryl Daudelin FR

Hometown/HS:
Hopedale, MA/
Hopedale
Position:
forward
Height: 6-0
ppg/rpg:
21.0/13.0/
6.0 blocks (HS)



#32 Maura McDonnell FR

Hometown/HS:
Scranton, PA/
Scranton Prep
Position:
guard
Height: 5-6
ppg/rpg:
15.7/5.2 (HS)



#23 Ann Marie Kennedy SO.

Hometown/HS:
Annandale, VA/
Annandale
Position:
guard
Height: 5-8
ppg/rpg:
3.3/1.3



#22 Tracy Lis SO.

Hometown/HS:
Danielson, CT/
Killingly
Position:
guard
Height: 5-9
ppg/rpg:
14.2/5.0



#3 Stephanie Cole JR.

Hometown/HS:
Winchester, NH/
Cushing Academy
Position:
guard
Height: 5-7
ppg/rpg:
8.8/3.1



#4 Shanya Evans JR.

Hometown/HS:
Baltimore, MD/
Walbrook
Position:
guard
Height: 5-2
ppg/rpg:
8.6/3.0/7.4apg



#10 Helen Mency SR.

Hometown/HS:
Hagerstown, MD/
Hagerstown North
Position:
guard
Height: 5-8
ppg/rpg:
NA



#25 Andrea Mangum SR. (c)

Hometown/HS:
Providence, RI/St.
Raphael's
Position:
forward
Height: 6-2
ppg/rpg:
16.1/8.3



#24 Dottie VanGheem SR. (c)

Hometown/HS:
Pulaski, WI/Pulaski
Position:
center
Height: 6-1
ppg/rpg:
11.3/4.6'

WOMEN'S BASKETBALL 1989-90

Holding Court with the Lady Friar Captains

by Ed Moore

One of them likes to rain in treys while the other likes to set up in the paint. One of them is from the middle of Providence, and one of them is from the middle of the country. One likes to lead by example and one of them likes to make herself heard. They both are gunning for UConn to gain Big East supremacy and are getting ready for the rest of the country. Dottie Van Gheem and Andrea Mangum will co-captain the 1989 version of the fast-break Lady Friars.

Coach Bob Foley's 1988-89 squad gained a NCAA tournament berth and is hop-

the freshmen don't get frustrated and work into the system we'll be very good."

Well, Dottie, don't hold back, how good are you *really*?

"Our long term goals are to be the national champions. We decided as a team that we want to win it all. To do that we'll have to win the conference and the Big East tournament. We can do it."

These two PC veterans will use different methods in guiding the lady cagers. Mangum, the self-acknowledged "mouth of the team" prefers to be vocal on the court. "I like to be loud and yell a lot. Not to the point of being obnoxious but to be really encouraging."

Van Gheem, meanwhile, prefers the low road to leadership both on and off the hardwood. "I prefer to lead by example. It's important to show the freshmen I'm giving 110 percent. That's the only way to be successful. We also have to be teammates on and off the court. Team unity is important. The closer we are as a team the better off we'll be."

The co-captains realize that recruiting is an integral part of the winning process. Van Gheem, who hails from Pulaski, Wisconsin, and Mangum both were vigorously recruited. Andrea turned down scholarships from North Caro-

the low-key approach, "When I'm with a recruit I don't tell her anything special. She can see what the coach is like in practice. I let her see things for herself."

On the other hand, Van Gheem divulges as much information as she can to recruits. "All aspects of the school are shown to recruits. I tell them how tough or how easy classes are. I'm pretty much honest with them. We don't want to get a recruit here and have them be unhappy and transfer out. But, we'll do different things like take recruits out for ice cream and have cook-outs to make them feel more at home."



L-R: Head Coach Bob Foley with assistants Joanie Powers, Doris Sable and Taracy Lis watching the Lady Friars in action

Sable and Powers: Behind the Scenes for the Lady Friars

by Renee Duff

One can not talk about Lady Friar Basketball without the names of assistant coaches Doris Sable and Joanie Powers coming up repeatedly.

"Doris and Joanie have done just a wonderful job for us. They are the key in the team chemistry and they add enthusiasm and pleasantness in practice and around the team," exclaims Head Coach Bob Foley.

Both Sable and Powers come to Lady Friar Basketball after stellar years at Providence College as players. Sable, a 1987 graduate of Providence, was a four-year standout at point guard. She ranks as the tain in 1986-87, she was the team's second leading scorer with 15.7 points per game and led her team in both the assist (224) and steal (59) categories. Sable received many honors and accolades in her final campaign with the Lady Friars as she was named to the BIG EAST All-Conference Team and the Kodack District I All-America Team. She also shared Providence College Co-Female Athlete of the Year honors with teammate Mary Burke, the school's second all-time leading scorer. Powers was a four-year letterwinner for the Lady Friars and served as co-captain for Foley during the 1986-87 season, his first with the school. Aversatile and all-around player for Providence during her four-year career, Powers finished as the school's 11th all-time leading scorer with 1,002 points and ninth in career rebounds (566). She also dished off 248 assists, which places

her seventh all-time. As a senior, she led the Lady Friars to a Top 20 ranking, their first-ever NCAA Tournament appearance, and a 24-6 record. An excellent student, Powers earned the BIG EAST Female Basketball Scholar Athlete of the Year award in addition to being named to the Conference's Academic All-Star Team. She was also the recipient of the Paul Connolly Memorial Award presented annually to a Providence senior female student-athlete who has demonstrated excellence in both academics and athletics.

Sable, a native of Manasquan, New Jersey, received her degree in health administration from PC. Before returning to Providence to coach basketball at her alma mater, Sable replied, "when Bob Foley called I was really missing the game. I missed the excitement. I knew all the positive things I learned from Cathy Parsons and Bob Foley when I was here, and I felt that I could give the kids some of the same." Prior to her return to PC, Powers, an East Weymouth, MA native graduating from PC with a degree in English, served a one-year internship with the BIG EAST Conference and then as Head Women's Basketball Coach at Massasoit Community College in Brockton, MA. Powers, when asked why she returned to Providence, stated "I wanted to work under Bob Foley because I knew I'd learn a great deal from him. I liked PC as a student and I wanted to come back here."

The program here at PC is one which both Sable and Powers experienced as players and now participate in as coaches.

continued on p 10



Andrea Mangum

ing to improve on that success. Senior Van Gheem relates, "I'm really impressed with this team. This is the best chance in my four years to go really far in the tournament."

"We're playing three top ten teams, Colorado, N.C. State, and Stanford early in the year which is going to be tough, but if we can beat those teams we'll



Dottie VanGheem

Now that the dangerous duo is roaming Big East gyms with confidence, they would like some attention. Mangum admits it bothers her a little that the women's program is always overshadowed at PC by the men's team. Van Gheem, however, has an answer. She points to the Lady Friars revvin' and runnin' offense which included multiple 100 point

1988-89 Women's Basketball Awards and Honors

Andrea Mangum—Lady Friar Coca-Cola Classic MVP
BIW Maine Holiday Hoop Classic All-Tournament Team
Second Team All-BIG EAST
BIG EAST All-Tournament Team
BIG EAST Player of the Week (2-13-89)
Kodack District I All-America Team
USBWA District I Team
Became 12th player to reach 1,000 point plateau

Shanya Evans—Third Team All-BIG EAST
Set single season assist mark (244)
Established new single game assist mark (14)

Tracy Lis—BIG EAST Rookie of the Year
BIG EAST All-Rookie Team
Northern Lights Invitational All-Tournament Team
BIG EAST Rookie of the Week (Twice)

Dottie VanGheem—GTE/CoSIDA Academic District I Team
BIG EAST Academic All-Star Team

WOMEN'S BASKETBALL 1989-90

The BIG EAST Conference: A Look at the Competition

by Renee Duff

The Women's Big East Conference has been one of the strongest conferences in the country over the years, and this year should prove no different. These schools fight for the top high school seniors in the northeast every year, and intra-Conference competition is always tough come regular season play. Here's a look at what to expect from the teams this season:

Connecticut: Connecticut has to be the top pick. They return everybody from last year's team and they've got everything it takes. They've got an excellent center in Kerri Bascom (BIG EAST Player of the Year last year) and they've got experience with seniors Kris Lamb (All-BIG EAST Second Team) and Heidi Robins. They had a very good bench last year and they picked up have a very good recruiting class. They added some size, which is probably the only thing they lacked last year. One thing about Connecticut is that now they have so much talent they will have to spread it out. Depth-wise, they're better than PC, but Providence's starting five is better. PC has a much better point-guard in Evans and the teams are even on the wings.

Andrea Mangum and Kerri Bascom cancel each other out in that they are both great game players. PC's better at the center spot, but Connecticut's bench is stronger. If put into a situation that both teams are healthy, PC should win, but they are the front runners. Bascom, Lamb and Laura Lishness are keys. Key is getting scoring out of backcourt

Boston College: BC graduated many of their key people and lost basically their whole front line. With the people they are returning back, their season is going to be tough to repeat. Sue Fritsch is a very capable point guard, is not a scorer, but can run the team and did a nice job last season. They return Amy LaCombe (All-BIG EAST Second Team) who was their leading scorer. Stephanie Byrd is another returning key player. Their front court solid and BC has excellent player coming up in Freshman Sarah Behn, but she is still a freshman. Carla Wenger is coming off an injury and we'll have to see what happens. She's a good player and could be a key to their success. Nevertheless, BC looks like a seventh or eighth place team.

Georgetown: Georgetown

returns just about everyone. They lost two starters, but they are the type of team that used a lot of different people. Key with them was that they were very young last year and now they're getting old. They are a very aggressive, physical team that is difficult to play. They are intimidating and other teams tend to back off. Their play is similar to their men, but they just don't have the athletes. They have three excellent recruits and their freshman should have a serious impact on their team. They should give the scoring they lacked last season since they scored only 59 points a game and 55 in the BIG EAST. The freshmen are going to make an impact in their scoring, but their youth is going to hurt them.

Pittsburgh: Pitt has some key people returning in Laurie Johnson (All-BIG EAST First Team) who is a great scorer averaging 24 pts a game last year. Jenny Shingler, a senior, is another real key player. 6-4 junior Connie Hurt has the skill to be a dominating player, but doesn't have the work ethic. Pitt had an excellent recruiting year, but graduation hurt (lost 3 starters)

St. John's: St. John's returns Sabrina Johnson (All-BIG EAST First Team) and

Amy Bolen who started off the year very well and as a sophomore will be a key. Cozette Ballentine will be another key. St. John's graduated two starters and lost a starter midway through season. They have the depth to replace those people since they picked up a transfer from Oklahoma who's a quality player and will make an impact.

Seton Hall: Seton Hall graduated their leading scorers and their leading returning scorer is Kim Jones who averaged 6.9 pts a game. Geraldine Santilus (21ppg) and Debbie Hartnett (13ppg) are going to be very difficult to replace. They did get a transfer from Tennessee who was a former Player of the Year in the country in Kris Durham, but who knows what a year off is going to do to her. Seton Hall also picked up an interesting JC player.

Syracuse: Syracuse is loaded with talent. They picked up a 6-5 center even though they don't need the size. Syracuse has the best frontcourt in the BIG EAST. They also picked up a real key player in a 5-9 point guard Erin Kenneally. They feel she is the key to the future of the team. Marita Coffey did a great job at the point guard spot last year, but she really wasn't didn't a

pointguard. If Kenneally doesn't do the job they are really going to suffer. SU has great athletes in Tonya Hendrix (All-BIG EAST Third Team) and Angela Alston who are excellent rebounders. Coffey's a very good shooter while Danene Hopson and Davita Smith are great athletes. SU has great athletes but the real key is if somebody can run the point.

Villanova: Villanova loses 2 starters, both 10pt scorers. They return Helen Koskinen (All-BIG EAST First Team), Rosmary Magarity (BIG EAST All-Rookie Team) Sandy Litkenhaus and Beth Pasik, so they have people returning who can really help them. They had one of the best recruiting years in the BIG EAST picking up Nikki Benedix, Karen Connel and Sheri Walker, who is a great shooter.

Coach Bob Foley's made his predictions for how the teams will end up in the BIG EAST this season:

- 1) Providence
- 2) Connecticut
- 3) Villanova
- 4) St. John's
- 5) Syracuse
- 6) Georgetown
- 7) Boston College
- 8) Seton Hall
- 9) Pittsburgh

PROVIDENCE LINEUP

REGULARS RETURNING:		G-GS	FG-FGA	PCT	3PT-AT	PCT	FT-FTA
F	Andrea Mangum, Sr., 6-2 Providence, RI (St. Raphael's)	32-32 16-16	188-370 94-195	.508 .482	37- 83 21- 53	.446 .396	101-136 58- 73
G	Tracy Lis, So., 5-9 Danielson, CT (Killingly)	33-19 16-10	165-369 81-187	.447 .433	53-143 21- 66	.371 .318	84-111 53- 66
C	Dottie VanGheem, Sr., 6-1 Pulaski, WI (PHS)	31-16 15- 7	135-242 54-101	.558 .535	7- 21 4- 12	.333 .333	73-108 40- 53
G	Stephanie Cole, So., 5-7 Winchester, NH (Cushing Academy)	32-32 15-15	105-281 49-138	.374 .355	22- 76 12- 39	.289 .308	48- 70 21- 36
G	Shanya Evans, Jr., 5-2 Baltimore, MD (Walbrook)	33-33 16-16	96-234 53-112	.410 .473	21- 60 13- 36	.350 .361	70- 90 40- 46
OTHERS RETURNING:							
G	Ann Marie Kennedy, So., 5-8 Annandale, VA (AHS)	33- 0 16- 0	36- 94 19- 48	.383 .396	4- 16 3- 12	.250 .250	33- 42 27- 34
REGULARS NOT RETURNING:							
G	Liz Lawlor, 5-11 GRADUATE	33-33 16-16	193-332 90-158	.581 .570	0- 1 0- 1	.000 .000	123-152 74- 90
PC Team		33	993-2089	.475	144-402	.358	585-791
PC BIG EAST		16	458- 985	.465	74-219	.338	336-434
PC Opponents		33	1055-2413	.437	112-282	.397	304-473
PC BIG EAST Opponents		16	519-1158	.448	52-148	.351	150-231
NEWCOMERS:							
C	Jennifer Cazeault	Fr.	6-3	Pembroke, MA (Silver Lake Reg.)			
F	Cheryl Daudelin	Fr.	6-0	Hopedale, MA (HHS)			
G	Maura McDonnell	Fr.	5-6	Scranton, PA (Scranton Prep)			

continued from p9

"I think we have a very good, strong program that's only going to go further in the direction that it has been. We have a growing program that's always looking to expand," said Powers. This is a program with a tradition that can really go places. A certain type of kid comes to PC. We always get hard working kids. We never seem to get the super-star athletes, but we get kids who can work hard," added Sable.

What's in store for the upcoming season? "It looks good. We'll be playing some top 20 teams and I think we have a good shot at knocking some off," observed Powers. "I think our team can be great. We have depth at positions that we didn't have depth at before. If we can stay mentally

strong, we can be very good. We definitely can improve over last year," commented Sable.

With a years experience behind them, this factor will be a real plus for the team. "They know more, and things are running much smoother," said Foley. Foley expressed only the highest praise for his assistants. "Joanie and Doris are a real pleasure to work with. They add lightness to the office and they make it a real pleasure to come to work."

Both Sable and Powers expressed that they enjoyed coaching at Providence, and that they love the team. After a great rookie season, things should only get better and better as the years pass for the Lady Friars with the able skills of Sable and Powers behind the scenes.

MEN'S HOCKEY 1989-90

PC Hockey: A Beast in the East

by Scott Pianowski

Forgive PC fans if they feel an overwhelming sense of optimism entering the 1989-90 hockey campaign. For, after the developments of the last four months of last season, they can't be expected to feel any other way.

The fables of last year's tremendous mid-season reconstruction are almost legendary—PC recovered from a horrid 1-9 start to reel of a 21-9-2 record in their final 32 contests. On the way, they qualified for the NCAA tournament and dispatched of favored Northern Michigan in their home rink, before succumbing to Maine in an emotional three game set over the Easter holiday. Most observers felt the Friars, who dropped the final game of the Maine series in double overtime, outplayed Maine by a large margin over the weekend.

Now, with just three lettermen lost from last year's edition, Friar fanatics have PC ascending to new heights this year.

Hold on, says PC Head Coach Mike McShane!

"I feel we're a good club, not great, at least not yet," said

the Friar mentor this past week, as he readys for his fifth season behind the PC bench. "We won a lot of emotional games last year, got very far with emotion, and made a lot of one goal margins stand up.

"I feel we'll be in the top four in Hockey East, which would give us home ice for the playoffs. BC, Maine, and BU will be there too. How will the



Mike McShane

four teams finish? I can't say right now."

Nonetheless, the Friars look to be the league's most experienced outfit as the season begins. Here's a look at the 1989-90 Friars, position by position.

Forwards:

Last season, the Friars looked to be a team that would be scraping for every goal they could get. However, McShane was pleasantly surprised as super freshmen Rob Gaudreau (28 goals) and Mike Boback (21) contributed immediately,

and Mario Aube (22) blossomed into a super sniper in his second campaign.

And we haven't even mentioned captain Rick Bennett (14-32-46 last year) yet. The consensus choice as HE's best cornerman, his physical style blends perfectly with Boback's dashy moves and Gaudreau's nose for the net. Nicknamed the B-B-G line by hockey SID Tim Connor, the troika is expected to pick up where it left off last year—terrorizing opponent defensemen, goalies, and coaches.

PC boasts a potent second unit as well, which comprises of Aube, Lyle Wildgoose (11-17-28), and Pat Becker (7-11-18). Aube and Wildgoose show potential to become two of HE's best this campaign, and Becker is a solid two-way player who will produce his share of offense.

The third and fourth lines are still up in the air at this point, although incumbents Todd Whittemore (7-1-8) and co-captain David Guden (2-6-8) should find ice time on the PC checking line. Andy Mattice, who returns after a one year absence, has looked impressive in practice and should find ice time as well. Pat

Madigan (4-8-12), Bob Creamer (5-4-9), and Paul Flaherty (3-2-5) are back and offer depth. Freshmen Gary Socha (6-4), Bob Cowan, Brian Jefferies, and Mark Devine will bid for spots on the final two lines.

Defense:

The Friars biggest loss from a year ago was defenseman Jim Hughes. Hughes, last year's captain, was a HE first-team selection who tallied 10 goals and 20 assists. This year's returnees, although sound defensively, mustered but eight goals among them.

Senior Jeff Serowik (3-14-17), a physical player with a booming shot, and sophomore Shaun Kane (2-9-11), who came on like gangbusters in last year's playoff's, will make up one pairing. McShane also will give much time to alternate captain Paul Saundercok (1-13-14), Jeff Robison (0-5-5), and Steve Higgins (1-2-3). Larry Rooney (0-4-4), who played in just ten games last year, will get a chance to replace Hughes as quarterback on the power play. Senior Joe D'Giacomo (1-1-2) and freshman Todd Huyber will also vie for spots on the top three pairings.

Goaltending:

Once again, the Friars return with much experience. Seniors Mark Romaine (15-10-1, 3.71) and Matt Merten (7-8-1, 3.95) will again see lots of action. Those two will be pushed by freshman Brad Mullahy, who McShane expects will see action before the season is out. McShane is given to starting the "hot goaltender" for games at a time.

Outlook:

It's hard not to feel good about a team that returns this much experience and depth. If McShane gets a stellar season from one of his goalies, and he finds a replacement for Hughes, this team's potential appears unlimited.

A hidden strength, perhaps the Friars' biggest, is this team's chemistry. McShane has echoed to his club the importance of accepting roles, and the team's unselfish play could carry them places where talent alone might not be able to.

Although McShane may find it hard to get overly excited about this year's squad (he preaches taking things "one game, and one week, at a time"), this reporter does not. Prediction: second place in Hockey East, and a return trip to the NCAA's.

Engineers to Invade Schneider Friday

Rematch of RPI Christams Tournament

By Renee Duff

The Friars open their 39th season of collegiate hockey on Friday, October 27th versus the RPI Engineers, game time - 7:00pm, Schneider Arena. The Friars come into the game looking to pick up where they left off last season as they advanced to the NCAA quarter-finals versus Maine. The Friars went 22-18-2 on the year and look to record their 500th victory in the school's hockey history. R.P.I. is also opening their season during this match-up. The Engineers finished 12-17-3 overall in 1988-89 and ended up eighth in the ECAC with an 8-12-2 record.

PC and RPI have met once before in a Friar home opener. On November 4, 1977, the two teams met at Schneider Arena with the Friars taking a 10-13 victory. The Friars and Engineers have met 45 times in the past with Rensselaer holding a slight 21-20-4 edge in the all-time series. The two teams last meeting came a year ago in the RPI Christ-

mas Tournament Championship game. Providence won that game in an exciting 2-1 overtime battle. Mike Boback got the game winner at 9:52 of the first overtime.

The Friars, ranked sixth nationally in preseason polls and picked to finish second in Hockey East behind Boston College, will face the best team RPI has had since the Engineers won the NCAA Tournament Championship at PC's expense in 1985, according to a recent Providence Journal article.

Both teams are ready to play, according to PC captain Rick Bennet and RPI captains Denis Poissant and Tony Hejna. Bennet commented, "the team's up for it and we're ready to play. The win (at RPI) last year set the pace for us for the rest of the season and we're looking for the same to happen on Friday." Engineer captain Denis Poissant explained, "I think this game will be a good experience for our guys - playing out of our league and in the Hockey East...We're ready to play

and we have to think of PC as just another team."

When asked about his thoughts on the number six ranking, Bennet stated, "I think it's great, but it makes things harder when you're ranked. It's harder because there are higher expectations." RPI's Tony Hejna had these thoughts on the issue, "I try not to pay too much attention to ratings, you prove what you're made of in the game on the ice. It should be tough and we'll see what happens."

And we will see what happens on Friday night. Poissant commented, "I think there's been a big rivalry between PC and RPI since 1985 and what happened then. I don't think PC wants to lose, and neither does RPI."

The Friars and the Engineers are both ready to play, and the match up should prove an exciting, action-filled game. Come out on Friday night and support your Friars in their first game of the 1989-90 season, and see for yourself who proves themselves the stronger team on the ice.



Rick Bennett (l) and Rob Gaudreau (r) hope to live it up against RPI on Friday

1989-90 PROVIDENCE COLLEGE HOCKEY SCHEDULE

October 27	R.P.I.	7:00 PM
November 3	at St. Cloud St.	8:35 PM
November 4	at St. Cloud St.	8:35 PM
November 11	BOSTON COLLEGE	7:00 PM
November 15	at Northeastern	7:00 PM
November 18	MAINE	7:00 PM
November 22	at Lowell	7:00 PM
November 25	ST. LAWRENCE	4:00 PM
November 28	NEW HAMPSHIRE	7:00 PM
December 2	MERRIMACK	2:00 PM
December 5	BOSTON UNIV.	7:00 PM
December 8	at Ala-Huntsville	8:35 PM
December 9	at Ala-Huntsville	8:35 PM
December 20	A.I.C.	7:00 PM
December 29	at UNH Holiday	5:00 PM
December 30	Tournament (w/UNH, Vermont and Dartmouth)	8:00 PM
January 5	at Boston College	7:00 PM
January 13	NEW HAMPSHIRE	2:00 PM
January 14	VERMONT	7:00 PM
January 17	at Northeastern	7:00 PM
January 20	at Boston Univ.	2:00 PM
January 23	BROWN	7:00 PM
January 26	LOWELL	7:00 PM
January 27	MERRIMACK	7:00 PM
February 2	at Maine	7:00 PM
February 3	at Maine	7:00 PM
February 10	LOWELL	2:00 PM

MEN'S HOCKEY 1989-90

Hockey East Hero

Rick Bennett takeaim at the NCAA Title and the Hobey Baker award

by Scott Pianowski

OK, here's what we've figured out. We've searched his locker, and we don't see any sign of a cape or glasses. We also cannot find anything with a big red "S" on it. So, PC hockey fans, we conclude that the Friar star wearing black and white number eleven is not Superman, but instead senior captain Rick Bennett.

All right, the Superman comparison may be a little much, but the word superstar definitely seems appropriate. And certainly no one can dispute that PC's Bennett is one of the best players in college hockey today, possibly the best.

The fortunes of the 1989-90 Friar icemen hinge greatly on the 6-4 forward. Last year, all the Springfield (MA) native did was collect 46 points (14 goals, 32 assists), play on the power-play and penalty-killing units, and take shifts at forward and defense.

As the season wound to a close, the accolades came rolling in: he was named second team All-American by Titan;

he was chosen by a vote of hockey east coaches as the league's best cornerman; he was selected team captain by his teammates; and lastly, there was this bit of praise from Maine hockey coach Shawn Walsh: "Combine his (Bennett's) strength, size, hands, and temperment, and you have the best pure pro hockey prospect in Hockey East. He's fabulous."

Few players if any in the college ranks today can match big Rick's versatility. There quite simply isn't a thing he can't do on the hockey rink, whether it be dishing a bruising check, snuffing out an opposing rush, setting up a scoring play, or finishing one off. It's no wonder he's considered one of the leading candidates to capture college hockey's most prestigious individual jewel: the Hobey Baker Award, college hockey's equivalent of the Heisman Trophy.

Keyed Friar Turnaround

Turn back the clock to last season, ten games into the schedule. With Bennett and three other players sitting out

the first part of the season for off-ice disciplinary reasons, the Friars have stumbled to a 1-9 start. A bleak season looks imminent.

Enter Bennett. In his first game back, he notches a goal and two assists as the Friars down UNH, 4-1. A week later, Bennett tallies five points as the Friars rout Lowell, 10-7. The Cinderella Friars finished the season on a 21-9-2 tear, falling but one goal short of hockey's Final Four last March.

"It was so frustrating to watch the first part of the season, not being able to do anything," recalls Bennett. "I felt I had made a mistake, and as soon as I could get on the ice, we wanted to turn the program around."

Upon his reinstatement to the Friar lineup, he was paired with super frosh Rob Gaudreau and Mike Boback. The line was an immediate smash, as the prolific trio, soon dubbed the B-B-G line, compiled 139 points in their 32 games together.

When asked to explain the success of the line, Bennett just shrugged, "You have Mike, he's a great stick handler, and Robbie really knows how to put the puck into the net—I guess we just complement each other real well."

Such modest comments are commonplace from Bennett, who is incredibly humble and almost shy about all the attention he gets. While many college athletes get caught up in their own press clippings and personal goals, Rick never forgets the most important concept—the team.

"Rick is a completely unselfish player," notes Head Coach Mike McShane, who adds that Rick is the "most versatile, well rounded player I've had since

The Bennett File

Born: Eric John Bennett, 7/24/67

Hometown: Springfield, Mass

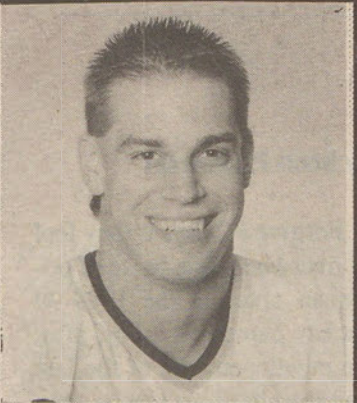
Honors: 1989 Second Team All-American; pre-season All-Hockey East; Friar Team Captain

Likes: Def Leppard, Cinderella, The Terminator, history, philosophy

Dislikes: math

Hobbies: swimming, basketball, tennis, weightlifting

What would I be doing if I wasn't at PC? (jokes) "I'd probably be doing contruction somewhere."



I've been here."

Spurns Pro Ranks

After Rick's splendid junior campaign, many believed that Bennett would bypass his final season of college eligibility to enter the NHL. The New York Rangers, who hold his pro rights, reportedly wanted him badly. However, those who expected Bennett to bid his adieu weren't aware of the two goals Rick earnestly wants to nail down: his college degree, and a NCAA championship for the Friars.

"I saw the nucleus that we have coming back, and I feel that we have an excellent chance to win the Hockey East, and then turn our sights to the national championship," said Bennett of his decision to stay at Providence. "Also, getting my degree is very important to me; I want something to fall back on if hockey doesn't work out. Anyway, even if I went pro, I could be in the AHL, or the IHL, or who knows where."

Coach McShane, who says that he and Bennett are "very close", noted that "Rick knew the situation with the Rangers was unsettled, and his education is very important to him."

Having the big guy back for another year was a big sigh of relief for the Friar Faithful.

After all, Friar sports fans had endured two big defections the two previous summers (hoop's Rick Pitino in 1987, and ice man Tom Fitzgerald in 1988)

Sees BC, Maine as top

HE Rivals

When Rick is asked to name the teams he expects to be in the thick of the HE race, he quickly offers up perennial powers Boston College and Maine. "Boston College seems to have gotten another excellent recruiting class, like they always do," said Bennett. "And Maine has a great coach (Walsh), some good players coming back, and a solid freshman class as well."

While Bennett and his teammates ready up for those HE foes, he fully understands that HE opponents will be specifically be looking at stopping the B-B-G line, and him in particular, as the way to stop the Friars.

"We saw that from ('89 first round playoff opponent) Northern Michigan," said Bennett. "We can try some things, switch wings and all that, but in any event if they pay special attention to us it just opens things up for our teammates."

Spoken like a true captain. For with or without the cape, Rick Bennett is the consummate team man.



Providence opponents will be keeping a close eye on Rick Bennett this season

1989-90 PROVIDENCE COLLEGE HOCKEY ROSTER

RETURNING PLAYERS (24)

NAME	POS	CLASS	HGT	WGT	HOMETOWN/LAST TEAM PLAYED FOR
Mario AUBE	C	Jr.	5-10	180	Sherbrooke, QUE/Victoriaville
Pat BECKER	RW	Sr.	5-11	180	Orchard Park, NY/Port Colborne
Rick BENNETT	LW	Sr.	6-4	220	Springfield, MA/Wilbraham Academy
David BERARD	G	So.	5-10	170	West Warwick, RI/Bishop Hendricken
Mike BOBACK	C	So.	5-11	180	Utica, NY/Compuware
Bob CREAMER	RW	So.	5-10	180	Cranston, RI/Bishop Hendricken
Mike DEMPSEY	RW	Jr.	5-10	195	Newton, MA/New Prep
Joe DIGIACOMO	D	Sr.	5-11	190	Cranston, RI/Kent School
Paul FLAHERTY	LW	Jr.	5-10	180	Dorchester, MA/Thayer Academy
Rob GAUDREAU	RW	So.	5-11	180	Lincoln, RI/Bishop Hendricken
David GUDEN	LW	Sr.	6-1	195	Watertown, MA/Roxbury Latin
Paul GRAP	G	Jr.	6-2	200	Sun Prairie, WI/Sun Prairie
Stephen HIGGINS	D	Sr.	6-3	205	Billierica, MA/Austin Prep
Shaun KANE	D	So.	6-3	190	Holyoke, MA/Springfield Olympics
Pat MADIGAN	RW	Jr.	5-10	190	Crookston, MN/North Iowa Huskies
Andy MATTICE	C	Sr.	5-8	165	Runtsville, ONT/Orellia
Matt MERTEN	G	Sr.	6-3	202	Uxbridge, MA/Stratford
Jeff ROBISON	D	So.	6-1	190	Wrentham, MA/Mount St. Charles
Mark ROMALINE	C	Sr.	5-9	170	Sharon, MA/Thayer Academy
Larry ROONEY	D	Jr.	6-1	190	Boston, MA/Thayer Academy
Paul SAUNDERCOOK	D	Sr.	5-11	175	Toronto, ONT/Henry Carr
Jeff SEROWIK	D	Sr.	6-0	205	Rye, NH/Lawrence Academy
Todd WHITTEMORE	C	Sr.	6-0	180	Taunton, MA/Kent School
Lyle WILGOOSE	LW	Jr.	6-1	180	Chelmsford, ONT/Nickle Centre

NEWCOMERS (5)

NAME	POS	HGT	WGT	HOMETOWN/LAST TEAM PLAYED FOR
Bob COWAN	C	5-9	175	Minneapolis, MN/St. Paul Vulcans (USHL)
Todd HUYBER	D	6-1	200	Rochester, MN/Rochester Mustangs (USHL)
Brian JEFFERIES	RW	6-0	180	Millis, MA/Mount St. Charles
Brad MULLAHY	G	5-10	185	North Easton, MA/New Hampton Prep
Gary SOCHA	LW/C	6-4	190	No. Attleboro, MA/Tabor Academy

PLAYERS NOT RETURNING (4)

NAME	STATUS
John Butterworth - LW	Graduated
John Ferguson - C	Graduated
Jim Hughes - D	Graduated
Rich Newar - LW	Graduated

CAREER STATISTICS

GP	G	A	PTS	PEN/MIN	PP	SH	GW
123	11	17	28	53/109	0	0	1
113	15	22	37	40/105	2	0	4
132	23	69	92	81/176	12	0	2
25	1	0	1	4/8	0	0	0



MEN'S HOCKEY 1989-90

1989-90 Hockey East Preview

by Scott Pianowski

Last year, Hockey East was a two-team dogfight, with BC and Maine battling down to the final weeks before the Eagles won out.

This year, look for PC to make it a three team affair.

Boston University, a talented yet underachieving squad, will set their sights on cracking that top three. Northeastern should be the best of the rest, as UNH, Merrimack, and Lowell will scramble to stay out of the basement.

Here's a peek around the league, with teams introduced in predicted order of finish.

Year in, year out, you can usually count on one thing in Hockey east: Len Ceglarski of Boston College will have a blue-chip recruiting class. This year's is no different, as college hockey's winningest all-time coach (604 victories) nabbed many impact freshmen, including F Bill Guerin (top ten pick in NHL draft), D Ted Crowley, and G Scott LaGrande. LaGrande and G Sandy Galuppo will be counted on to replace departed goalie David Littman, a first team HE selection from a year ago.

Forwards David Emma (20-31-51), Steve Heinze (26-23-49), and Steve Schiefele (24-14-38) provide firepower up

front. Returning HE Player-of-the-Year Greg Brown (9-34-43) anchors the defense; some consider him a favorite for the Hobey Baker Award.

Hot on the Eagles' tails will be Providence (see separate article) and Maine. The Black Bears have many talented forwards, with Scott Pellerin (29-33-62), Guy Perron (22-27-49), and Martin Robitaille (17-31-48) all returning. If Mario Thyer, who missed most of his sophomore year with an ankle injury, returns to 100% Maine's offense will be formidable.

Although coach Shawn Walsh lost two key defensemen, Bob Beers and Vince Guidotti, to graduation, he returns the best goaltending tandem in Hockey East, Matt Delguidice and Scott King.

Last year, Boston University was expected to challenge for the Hockey East crown, with a roster chock full of talent. Instead, Jackie Parker's Terriers stumbled home with a 14-21-1 record.

This season, once again the red and white possess a talented roster, with offensive stars such as Shawn McEachern (20-28-48), Joe Sacco (21-19-40), and Dave Sacco (14-29-43). However, BU has problems, mainly a shoddy defense (4.7 gaa last year), and a reputation of a team filled

with "me first" attitudes. If Parker can get his team to play as a unit, potential is there, but that's a big if.

At Northeastern, Don McKenney takes over for the retiring Ferny Flaman (19 years at NU). McKenney's first job will be to find a replacement for departed goalie Rich Burchill, who started all but five of NU's games last year. Sophomore Tom Cole seems to have the inside track on that position.

The Huskies do possess many impressive players, including slick centerman Harry Mews (18-24-42), and defensemen Rob Cowie (7-34-41) and Will Averill (4-16-20), two of HE's best. However, the play of the goaltender will probably decide how loud the Huskies roar this year.

The memory of UNH as a 70's hockey power keep getting hazier and hazier. Coach Bob Kullen still has a big reconstruction job if the Wildcats are to challenge for a top four HE finish.

Kullen has a decent goalie in Pat Morrison, and a rising star in forward Chris Winnes. However, it will take much more before the UNH teams of the 90's are compared to the glory team of days past.

After years of playing a tough, division one-laden sce-



BC's David Emma (r) knows that Mark Romaine (l) and the Friars will be right on their heels this season

dule, Merrimack has landed in Hockey East. It's too bad that now Ron Anderson has lost just about all of his stars from his NCAA tourney team two years ago.

Swift forward Andy Heinze (28-23-53) and hard-hitting wing Ben LeBeau (18-20-38) are forwards to watch. Goalie John Moltenbrey (6-2, 2.82) will be asked to replace goalie Jim Hrivnak (18-4, 2.41), who was a standout. It won't be easy for the Warriors in their maiden HE voyage, but don't be surprised if they finish ahead of UNH and Lowell.

Ahh, Lowell. The door-mats of last year (4-21-1 in HE) are back, and little looks

promising for coach Bill Riley, Jr. as he enters his 21st year at the Chief helm.

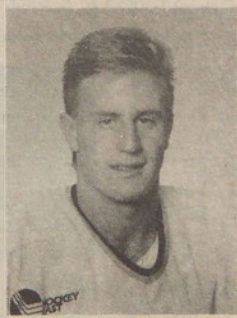
Lowell does boast a couple of first-rank forwards in Scott MacPherson (19-19-38) and shifty Craig Charron (14-21-35). Matt Robbins, a freshman center, should be an impact player right away. However, the the most intriguing Riley newcomers are Glenn, Craig, and Brian Seabury, triplets who are bidding for playing time as a line.

The downfall of the Chiefs will be their defense, or, shall we say, their lack thereof. Last season Lowell allowed over five goals a game, and don't expect that figure to be improved much this season.

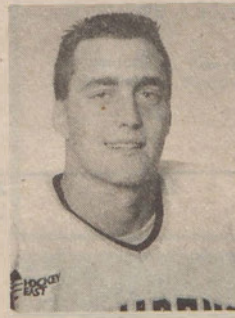
Friars To Watch



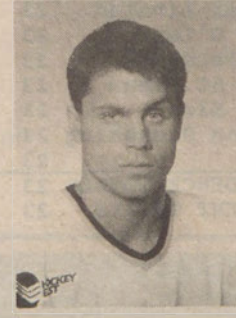
#7 Rob Gaudreau
So., RW



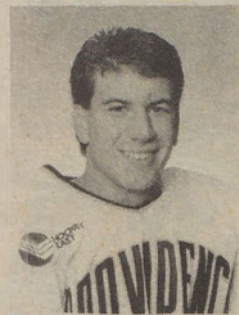
#15 Mike Boback
So., C



#9 Jeff Serowik
Sr., D



#25 Paul Saunderson
Sr., D



#1 Mark Romaine
Sr., G



#27 Mario Aube
Jr., C



#18 Lyle Wildgoose
Jr., LW



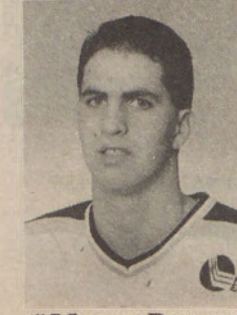
#13 David Guden
Sr., LW



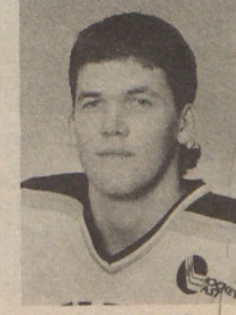
#17 Pat Becker
Sr., RW



#4 Shaun Kane
So., D



#5 Larry Rooney
Jr., D



#19 Pat Madigan
Jr., RW

WOMEN'S HOCKEY 1989-90

Icewomen Shoot For Number One

by Victor Cruz

Promising. This is perhaps the best way to look at the 1989-90 season of Women's Ice Hockey. With 17 returning players, Coach John Marchetti is cautiously optimistic about the Lady Friar's quest for an unprecedented third E.C.A.C. title.

"If experience is the key, we have a great chance," said Marchetti. "The competition (UNH and Northeastern) is tough and hopefully our maturity will help us through in these key contests."

Indeed, Northeastern returns as defending E.C.A.C. champs, and UNH has improved them-

selves greatly with incoming freshmen. However, many pick Providence to be on top in March, and junior Lisa Paccione could not agree more.

"Our experience will definitely help us and if our freshmen fill the void left by graduation, we can be the best," she said.

The Lady Friars will be looking to the leadership of Captain Laurie Blair and the other returning defense as one of the big keys for a successful season.

"Our entire defense is back, and our freshmen will make this unit even better," states Blair, a Massena, N.Y. native. "We have plenty of experience with three seniors

on defense and is we play well defensively, our forwards will provide the offense.

The offense will be another big part of the potential success of this year's team. Five out of the six top scorers return from last year's team and with the addition of the freshmen, there will certainly be more offensive balance.

"We are definitely stronger offensively," says smiling sophomore Sara Coan. "We have plenty of depth, and the freshmen will help us somewhere...they look good so far. We have a solid defense and our goalies are good, so this could be our year."

Goaltending brought Providence to a #1 ranking in 1988-89, and with all three goaltenders returning, the Lady Friars have a good backbone defensively. The trio of goalies will be led by sophomore Shannon Sweezey, who played very well down the stretch of last season. "Shannon came up with some big saves last year," reflects senior Debbie Barnhill, "and if we want an E.C.A.C. title, our goaltending will have to be even better this year. But, our goalies can do the job. . . we can do the job," continued Barnhill.

Can the Lady Friars be the best? "I think so,"

says Coach Marchetti. "It comes down to our attitude towards what it will take to win a championship. Experience and maturity can help mold a championship team, but so many other things have to fall into place. I hope it happens, because this is a team of good athletes who are good people."

Providence will open the season with Boston College on November 11 at BC, with key road contests versus Harvard, Dartmouth, Cornell, and Rochester Institute of Technology, all before their home opener versus the University of New Hampshire on December 8.

1988-89 PROVIDENCE COLLEGE WOMEN'S HOCKEY STATISTICS

SCORING					
NAME	GMS	G	A	Pts	Pim
Debbie Barnhill	23	2	6	8	6/12
Beth Beagan	23	14	24	38	2/4
Lori Blair	23	2	8	10	16/32
Sara Coan	23	8	16	24	4/8
Maria Costa	23	0	2	2	0/0
Ann Kennedy	23	16	14	30	3/6
Heather LaDuke	23	12	14	26	3/6
Denise Lane	23	2	0	2	0/0
Laurie Lashomb	23	17	13	30	2/4
Joan Leonard	23	2	5	7	1/2
Kelly Lessard	23	0	1	1	0/0
Heather Linstad	23	18	30	48	3/14
Kelly O'Leary	23	17	12	29	8/16
Lisa Paccione	23	0	5	5	12/26
Sonya St. Jean	23	0	1	1	0/0
Carol Sloan	23	3	10	13	1/2
Shannon Stoneking	23	0	3	3	0/0
Team	23	0	0	0	1/2
PROVIDENCE TOTALS	23	113	164	277	62/132
OPPONENT TOTALS	23	55	75	130	50/100

GOALKEEPING STATISTICS

NAME	GP	Min	Saves
Jill Rennie (7-1)	11	375	129
Myleen Leary (1-0)	6	97	37
Shannon Sweezey (12-4)	16	697	306
Jennifer Colford	1	14	4
PROVIDENCE TOTALS	23	1184*	476
OPPONENT TOTALS	23	1184	479

*1 min empty net

RESULTS (19-5)

PC 9 BOSTON COLLEGE	0	PC 4 New Hampshire #	2
PC 5 HARVARD	1	PC 9 Concordia #	1
PC 6 DARTMOUTH	3	PC 4 Northeastern #	2
PC 1 at New Hampshire	0	PC 4 PRINCETON	1
PC 6 CORNELL	2	PC 2 UNH	0
PC 8 at St. Lawrence	4	PC 3 at Northeastern	1
PC 6 at RIT	3	PC 6 DARTMOUTH \$	2
PC 7 at Colby	0	PC 2 NORTHEASTERN \$	4-
PC 4 Moncton *	6-		
PC 6 at Bowdoin	0		
PC 7 at Brown	4		
PC 3 NORTHEASTERN	8-		
PC 2 RIT	4-		
PC 8 John Abbott !	2		
PC 7 Bishop Champlain !	2		
PC 3 New Hampshire !	4- (OT)		

*at Colby College
!Therese Hume's Invitational (Montreal, Canada)
\$Hockey East Invitational
\$Hockey East Championships (Providence, RI)



WOMEN'S HOCKEY 1989-90

In God's Country

by Victor Cruz

The end of the world. By many, this best describes Massena, N.Y. which is located somewhere in upstate New York, near the Canadian



Laurie Blair

border. It is also the home of two seniors who play on the Women's Ice Hockey Team, Laurie Blair and Heather LaDuke.

Blair, a defenseman, is the captain of this year's team. This past season, Lorie finished second in scoring among the defense, and was a key player in penalty killing situations. "This is our final year, and a very big challenge for personally," states Laurie. How

true, as she follows in the footsteps of Heather Linstad, the charismatic leader of last year's team. "Laurie has the potential of being a very good leader; something this team will really need," comments Coach John Marchetti. "She has shown steady improvement every year and this could be her best year...she certainly deserves it." With both the coach and her teammates behind her, Laurie Blair leads the 1989-90 Lady Friars into a season which should be exciting, competitive, and hopefully successful.

LaDuke, a forward was sixth overall in scoring and is also a member of the softball team. Heather is a very good player, and a very good athlete," says Coach Marchetti. "She is very dependable both on the ice and on the softball field...just a pleasure to work with." LaDuke can be a big contributor in both programs and is excited

about this winter. Heather comments, "We look pretty good with most of the team back, and the addition of the Freshman makes us look even better. Like Laurie said, this is our last year, and we



Heather LaDuke

would like to do our very best."

These two women have come a long way from home, and hopefully they have come to a rewarding experience in Providence College. "It's been great so far," says Laurie. "And we're confident we'll have a great senior year." states a smiling Heather LaDuke. "Oh, and by the way, both Lorie and I want everyone to know that 'North' Country is God's Country."

1989-90 WOMEN'S ICE HOCKEY ROSTER

NO	NAME	YR	POS	HOMETOWN
1	Shannon Swezey	So	G	Abington, MA
2	Sonja St. Jean	So	D	Canton, MA
3	Laurie Lashomb	So	F	Liverpool, NY
4	Debbie Barnhill	Sr	D	Lexington, MA
5	Maria Costa	Jr	F	Roslindale, MA
6	Lisa Paccione	Jr	D	Mansfield, MA
7	Michelle Johannson	Fr	F	Walnut Creek, CA
9	Sara Coan	So	F	Schenectady, NY
10	Heather LaDuke	Sr	F	Massena, NY
11	Jane Norman	Fr	F	Hibbing, MN
12	Lorie Blair	Sr	D	Massena, NY
14	Ann Kennedy	Sr	F	Plattsburgh, NY
15	Denise Lane	Sr	F	Acton, MA
16	Shannon Stoneking	So	F	Burn
17	Denise Percy	Fr	D	South Hadley, MA
18	Carol Sloan	Jr	F	Potsdam, NY
20	Beth Beagan	So	F	Falmouth, MA
21	Cammi Granato	Fr	F	Downers Grove, IL
24	Andrea Gooldy	Fr	F	New Hartford, NY
25	Barbara Pierce	Fr	F	Cape Elizabeth, ME
27	Kelly O'Leary	Sr	D	Auburn, MA
29	Myleen Leary	So	G	Newton, MA
30	Jill Rennie	So	G	Qunicy, MA

1988-89 Women's Ice Hockey Award Winners
Heather Linstad

- *ECAC Player of the Year
- *A.W.C.H.A. Player of the Year
- *ECAC First Team

Kelly O'Leary
*ECAC First Team

PROVIDENCE COLLEGE ATHLETIC ASSOCIATION
PROVIDENCE, RHODE ISLAND 02918-0001

1989-90 Women's Ice Hockey

Date	Opponent	Site	Time
NOVEMBER			
11	@ Boston College	Newton, MA	TBA
20	@ Harvard	Cambridge, MA	7:00pm
28	@ Dartmouth	Ranover, NH	4:00pm
DECEMBER			
2	@ Cornell	Ithaca, NY	1:00pm
3	@ R.I.T.	Rochester, NY	12:15pm
8	UNH	Schneider Arena	4:00pm
10	PRINCETON	Schneider Arena	1:00pm
JANUARY			
6	@ Colby	Waterville, ME	1:00pm
9	BROWN	Schneider Arena	6:00pm
12-14	# HOCKEY EAST INVITATIONAL	Durham, NH	TBA
17	@ S.L.U.	Canton, NY	3:00pm
18	@ Concordia	Montreal, Que.	TBA
19	@ Concordia	Montreal, Que.	TBA
26-27	* UNIVERSITY CUP	Durham, NH	TBA
31	NORTHEASTERN	Schneider Arena	6:00pm
FEBRUARY			
3	BOWDOIN	Schneider Arena	1:00pm
11	@ Princeton	Princeton, NJ	2:00pm
17	@ UNH	Durham, NH	2:00pm
18	S.L.U.	Schneider Arena	1:00pm
21	@ Northeastern	Boston, MA	7:00pm
24	R.I.T.	Schneider Arena	4:00pm
25	R.I.T.	Schneider Arena	12:00pm

(UNH, NU, PC, Concordia)
* (PC, UNH, U. Toronto, U. Guelph)

as of June 9, 1989



MEN'S INDOOR TRACK 1989-90

On the Right Track

By Beth Albertini

After a sixth place finish in the Big East last season, Coach Ray Treacy and the Men's Indoor Track team are looking to make themselves known in the world of collegiate track.

With a strong transition from the recently completed cross country season, the Friars look extremely strong in the middle distances (the mile and 1,000, 1,500 and 3,000 meters). Three returning runners qualified for the NCAA indoor mile last season: Frank Conway, Bill Mullaney and Mike Scanlon. Conway earned All-American honors with a mile time of 3:59.42 last season for the second time.

In the up-coming season, Conway has a chance of breaking the collegiate record in the mile, set by Tony Walpole in 1974; the Friars 4 x 800 meter relay looks to break the record now held by Clemson; John Evans moves to the mile from the 800 meters; and Bill Mullaney, formerly a 1,500 meter and miler, moves up to the 5,000. With these goals and changes, the Friars hope to make their move in the Big East.

Led by co-captains John Evans and Mike Scanlon, the Friar harriers open their season on Saturday, December 9 at the Harvard Invitational.

Co-Captain John Evans

Evans, a graduate student from Liverpool, England with a year of eligibility left, holds PC records in the 600, 880 and 1,000 yards and the 800 meters. He was also the anchor leg on the 2-mile relay team which set a PC record in 1988. One of the country's top 800 meters runners, Evans moves to the mile in the 1988-89 season.

Co-Captain Mike Scanlon

Last season, Scanlon, a senior from Walpole, Mass., qualified for the indoor NCAA's with a 4:01.95 mile and has the chance to become the first native New Englander to run a sub-four minute mile. He won the Dartmouth Invitational mile and the 3,000 meters at the Big Easts, and made the All Big-East team.

Frank Conway

Conway, a senior from Glenbeigh, Ireland, was voted 1989 All-American in the mile and looks to break the collegiate record held by Tony Walpole if he can recover from an ankle injury suffered at the Big East Cross Country Championships. He must take only 1.5 seconds off of his best time

of 3:56.6. The Cross Country team captain, Conway was the first New England collegian to run the mile in under four minutes (3:58.3). Last season Conway won the IC4A mile at the Milrose games, the 1,000 meters at the Big East Championships and the 1,500 meters at New England's. He holds PC records in the 1,000, 1,500 and mile as well as being part of the two mile relay team and the anchor of the 4 x 1,500 meter relay team which hold PC records.

John Duggan

Duggan, a South Kingstown, R.I. native, began his senior year as the co-captain of the Cross Country team. He comes off of a strong indoor track season last year where he finished fourth at Big East's and third at New England's in the 3,000 meters. He also ran in the mile at the IC4A's finishing third. Also at the Big East's, Duggan won the 5,000 meters with a time of 14:25.12. To culminate his junior season, Duggan was named to the All-Big East, All-New-England and All-East teams.

Bill Mullaney

Mullaney, a senior from Thurples, Ireland, also comes off of a strong junior indoor track season and makes the move to 3,000 meters from the mile this season. Mullaney finished second in the mile at Big East's, second in the 1,500 at New England's but came back to win the mile at the IC4A Championships. He finished ninth in the NCAA's in the mile with a time of 4:07.35 and was named to the All-Big East and All-New England teams.

David Burke

Burke, a junior from Tullamore, Ireland was among the Friars top long distance runners during the indoor and outdoor track seasons. He shone during last year's outdoor seasons, winning the College 5,000 meters at the Penn Relays, finishing second at the Big East Championships at 10,000 meters and eleventh in the 5,000 at IC4A's. With last year's experience, he should become a better all around runner for Coach Treacy.

Eric Beauschesne

Beauschesne walked on as a freshman last year and has improved his times to 3:56 in the 1,500 meters and 8:31 in the 3,000 and will give Coach Treacy much needed depth in preparation for larger meets this season.

Continued on p 17

Frank Conway: A Harrier In A Hurry

by Kim Rainis

Would you ever guess that the person sitting next to you in a Business Administration class would run nearly 95 miles a week (20 alone on any given Sunday); be a candidate for the 1992 Summer Olympics; and at the ripe old age of 22, be ranked fifth in the world for the indoor mile? Well, if you happen to sit next to Frank Conway, you may already know this.

One has to wonder just how this dairy farmer from Kerry, Ireland found his way to PC and NCAA competition. Well, the story has something to do with skipping school to enter a race which he eventually won in a pair of bed slippers, yes bed slippers. This story reached the ears of Ray Treacy, PC's Cross Country/Track coach, who, along with fellow runners and world class champions Charlie Breagy, Richard Mulligan, Rich O'Flynn and Brendan Quinn; influenced Frank to choose PC over Villanova.

Frank's college running career looked bright for this athlete but unfortunately his Freshman year season was abruptly cut short due to illness; however this stellar athlete quickly recovered, returned to running and never looked back. Sophomore year, Conway performed a feat most runners can only dream about. During the 1988 New England TAC championships, Frank ran the mile event with a time of 3:58. He has since clipped crucial seconds off this time and now can run the mile in 3:56. At season's end the PC Athletic Association named Frank "Male Athlete of the Year" because of his incredible performances throughout both Cross Country and Track seasons. Junior year went just as smoothly, if not more, for this athlete, as he compiled more invincible times and 1st place finishes. This year, Conway is co-captain of the Cross Country team and is looking forward to the competition this season has to offer. The Cowl recently caught up with this strictly amateur athlete and resulted in this candid and rather, if you will, frank interview.

"I have this feeling that we (the team) are on the brink of an incredible season - probably the best one we've had in years. We have a tremendously strong team which has a great chance at taking the NCAA champi-

onships. It's probably the best chance a PC cross country team will ever have. Although we recently slipped from a 2nd place national ranking to 4th place, I know the team will be able to rebound and continue to place in the top spots at all the important meets - The Big East, New England's, IC4A's and of course the NCAA's."

When asked why he thinks that this year's team in particular is the best to come out of Peterson Rec in a long time, Conway replied that the members of the past year's team are well-conditioned and both physically and mentally prepared for strict competition. Mike Scanlan, Bill Mullaney, John Duggan, David Burke,



Frank Conway

Paul Logan, Bill Sullivan, Chris Teague, John Evans, and Eric Bauchesne are the backbone of the team as well as its arms and legs. Without their talent and strength, PC can just forget about another stellar season. Of course, Conway didn't forget the new members of the team with whom he sees great potential and incredible promise - definite sound investments.

"I think one of the reasons why this year's team is so strong in depth and talent is because of the fact that PC has developed into a nationally renowned running program. The program has definitely improved in quality which is evident in the great talents of our top runners and new recruits. Many good runners from all over want to come to PC but feel intimidated because of the competition we have to go up against. In fact, the level of talent we compete against is just unbelievable. When you're up at the line with Olympic Champions such as UVA's Paul Erang of Mt. St. Mary's Peter Rono, you can only do your best and concentrate on winning."

Frank points out that although the team is on an incredibly rigorous schedule, the pay offs are obvious. "Of course the training is very strict, but if you want to do well you

have to go through with it and learn to like it. Winning takes a lot more. I feel that I'm at my strongest point now. This past summer was my first chance to relax and take it easy. NOW, I'm back at it and I'm looking forward to some good races."

Of course, every great athlete always has some person who they can look up to for determination and drive. Frank is no exception as he mentions that his idol is an American 1/2 miler named Rom Monroe. "He wasn't the best but he was dedicated and proved to everyone that he could do what he set out to do." Frank Shorter, another American miler, was also another name that came to mind. "He came up to me at the Millrose Games and congratulated me on a race I just completed. I was surprised because he was commenting on my race when a few years back it would have been vice-versa."

Good things must come to an end, and the good thing for Frank Conway is his collegiate career. However this established collegiate runner has some future plans in mind - making the 1992 Irish Olympic team for the mile event; European Championships in Yugoslavia; and if all continues as expected, continue running for a few more years and then head out into the job world. Like any other college senior, he's keeping his fingers crossed about running - the reality of being out of school is just too soon around the corner.

"I'll probably return to Ireland after school. Not that I don't like the USA; Maryland and Virginia are beautiful places although Utah was boring as hell, but Ireland is my home and that's where I belong."

Looking back on his four years competing for PC, Conway sums up that the 1989 meet against Dartmouth College was the best race. "We went into the meet as underdogs but we showed them; we took 1st place home with us - we did it as a team."

Frank mentioned that he is looking forward to a great season. "Cooperation from the whole team can only lead us to success." When asked what keeps him running Conway stated, "It's a desire to do well but always to do better. You can only be satisfied for a while but there's always room for improvement. Plus, I'm on scholarship so I can't stop, they would shoot me."

WOMEN'S INDOOR TRACK 1989-90

One Leg Up On The Competition

By Beth Albertini

Jacqui Stokes and Kara Corridon co-captain a very talented Women's Indoor Track team that qualified three for the NCAA's last season. Siobhan Gallagher and sophomore Geraldine Hendricken both qualified in the mile. Hendricken finished fifth and earned All-American honors. Tina Moloney, a 1989 graduate of Providence, finished tenth in the 5,000 meters.

At the Big East's last season, the 4 x 800 meter relay team set a PC record, finishing second. That team returns intact this season. Hendricken also won the 1,000 meters. This season, in addition, sophomore Geraldine Nolan hopes to qualify for the NCAA's in the 800 meters.

Co-Captains Jacqui Stokes, fresh off of a successful field hockey season for the Lady Friars, and Kara Corridon look for strong seasons to finish off their PC track careers. Stokes competes in the 400-meter and the long jump and is also part of the distance medley team that won Big East's last year. Corridon also ran on that distance medley, won the 600

yards at New England's last year and is PC's top 400 meter runner.

Co-Captain: Jacqui Stokes

Stokes returns as one of PC's leading point scorers both indoors and out. The Fetherd, Ireland native is one of PC's most versatile athletes who owns six school records in the 55, 200 and 400 meters and the long jump, high jump and a member of the distance medley team. Last season she finished sixth at the ECAC Championships in the 200 meters, but this season concentrates on the long jump and the 400 meters.

Co-Captain: Kara Corridon

Corridon is one of the Lady Friar's most talented runners in short distances. While her main event is the 400 meters, she holds the PC record in the 600 yards. She won the Dartmouth Relays in the 400 and the New England Championships in the 600. A senior from Norwalk, Connecticut, she was named All-Big East and All-New England last year.

Geraldine Hendricken

A sophomore from Carlow,

Ireland, Hendricken earned All-American honors her freshman season in the mile with a fifth place finish at the NCAA Championships. She set a school record in the 1,000 and was a member of three record-holding relays: the 4 x 800 meters, the distance medley and the 4 x 1,500 meters all set in 1989. Hendricken should challenge for the national collegiate championship in the mile.

Christine Crowley

Crowley, a senior from Wellesley, Mass., will compete in the 1,500, 3,000 and 5,000 meters this winter. Last season, she qualified for New England's in the 3,000 and as a member of the Distance medley team. She also qualified for the ECAC's in the mile and 1,500. Crowley finished sixth at the Big East Championships and fourth at New England's in the 3,000.

Siobhan Gallagher

Gallagher, a senior from Donegal, Ireland, returned to form last season after suffering injuries during cross country. She qualified for the NCAA's in the mile and has the potential to become the first PC

woman to take All-American honors in cross country, indoor and outdoor track. She also was a member of the distance medley team that won Big East's last winter and finished second at New England's in the mile. Gallagher has been named to the Big East Academic All-Star team the past two seasons.

Geraldine Nolan

A sophomore from Kilkenny, Ireland, Nolan will compete in the 800 and 1,000 meters. Last season at the Terrier Classic she finished second in the 1,000, just .78 seconds off of Hendricken's record setting time. She was a member of the two-mile relay team that finished fifth at the Milrose games and set a school record at 9:04.3 as well as the 4 x 800 meter relay team which finished second at Big East's and also set a record. She capped off her freshman indoor season by being named to the All-Big East indoor team.

Mary Mullane

Mullane, a sophomore from Ft. Washington, N.Y., was one of the top five cross country runners for the Lady Friars this year. She will be a big help in the upcoming indoor season after low-

ering her 1,500 meter time to 4:40 and her 3,000 meter time to 9:45.

Bridget Bowers

Bowers, a sophomore from West Islip, N.Y., will run in the 5,000 and 3,000 meters this season for the Lady Friars.

Sinead Delahunty

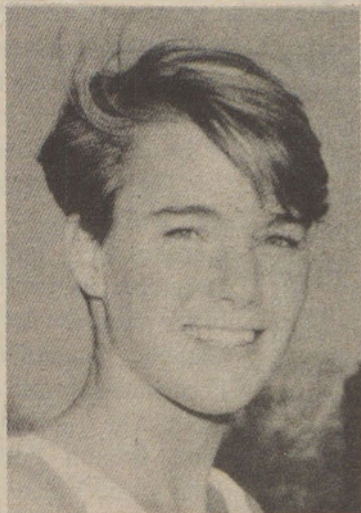
Delahunty, a Kilkenny, Ireland native, comes to Providence as one of Coach Treacy's top recruits. She will see action in the 800 and 1,500 meters, although Treacy plans to move her slowly so she stays strong throughout the year.

Jean Hughes

Hughes, a freshman from Ridgewood, New Jersey, ran one of the fastest indoor 3,000 meter times in high school last year and will run in the 1,500 and 3,000 at PC.

Dionne Wilson

Wilson, the Connecticut State Champion in the 200 and 400 meters last year, begins her track career this season as a walk on. She will be a welcome addition to the team, adding strength to the distance medley and the 4 x 400 meter relay.



KARA CORRIDON
Norwalk, Conn.

continued from p 16

Scott Cody

Cody, a sophomore, missed last year's cross country and indoor track seasons due to a knee injury, but is ready to make the transition to the college level.

Niall Murphy

Murphy, a sophomore from Kildare, Ireland, finished third at the Big East Championships, first at New England's and fourth in the 3,000 at the IC4A's last year. He was named All-Big East, All-New England and All-East his freshman season and should continue to run well

for the Friar harriers.

Paul Logan

Logan, a freshman from Limerick, Ireland, comes to PC as the 1988-89 Irish Junior Cross Country Champion and will run long distance for the Friars.

Chris Teague

Teague, a Liverpool, England freshman, came to PC with the goal of strengthening the cross country team. He will spend his initial season finding his stride on United States tracks.

1989-90 MEN'S AND WOMEN'S INDOOR TRACK SCHEDULE

Saturday, December 9	at Harvard Invitational
Sat./Sun., January 6-7	at Dartmouth Relays
Saturday, January 13	at Boston University Invitational
Sunday, January 21	at N.E.T.A.C. Championships (Harvard University - Boston, MA)
Thu./Fri., January 26-27	at Terrier Classic (Boston University - Boston, MA)
Friday, February 2	at Milrose Games (Madison Square Garden - New York, NY)
Sunday, February 4	at Ocean State Championships (Brown University - Prov., RI)
Saturday, February 10	at Olympic Invitational (Meadowlands Coliseum - East Rutherford, NJ)
Fri./Sat., February 16-17	at BIG EAST Championships (Syracuse Univ. - Syracuse, NY)
Fri./Sat., February 23-24	at New England's (Boston University - Boston, MA)
Fri./Sat., March 2-3	Men at IC4A Championships (Harvard - Cambridge, MA)
	Women at ECAC Championships (Boston University - Boston, MA)
Fri./Sat., March 9-10	at NCAA Championships (Indianapolis, Ind.)

MEN'S SWIMMING 1989-90

Senior Swimmers Lead the Way

by Paul Roche

If you asked Men's Swimming coach John O'Neill what class is the most important to this year's team, he'd say the seniors; not only for their athletic skill but also because of their leadership and experience.

The four senior swimmers are Co-Captains Mike Ruggerio and Chris Wood, Jim Murray and Erik Linnane. This talented class has seen many changes in its four years, and have much to be proud of. The team as a whole practices every morning at 6:15 a.m. and every afternoon, whereas three years ago there were only morning practices for a few long distance swimmers. Also, the range of the Men's swim team has grown, with swimmers from eight states, in contrast to the strictly New

England team of four years ago. The team size has also grown since 1986, with 17 freshmen and sophomores and seven juniors and seniors. The trend is obviously moving towards a bigger, faster and stronger team, which will make this season very promising.

The contributions and accomplishments of the seniors are obvious. Co-Captain Ruggerio, a sprint freestylist, holds records as ameneber of relay teams. He has improved greatly to the point where he can be counted on to score points in every event in both dual and championship meets. Wood, the other Co-Captain, specializes in the backstroke, but is not limited to this event. When Wood came to PC as a freshman, he was basically a sprint back-

stroker, but has done well in the 200 backstroke and has taken on the challenge of the 200 Individual Medley. Linnane holds the school records in the 100 and 200 breaststroke, and the team can usually count on him to take either first or second place in the meets in the 200 breast event.

Murray has been a consistent swimmer for the Friars and specializes in distance freestyle. Murray has swam in whatever events Coach O'Neill has asked him to, including the butterfly and backstroke, and has thus been a valuable asset to the team.

These four seniors have certainly helped to win meets for the Friars in the past, and will help with points and leadership for the rest of the team, which promises a great year for Friar Swimming.



Captain Mike Ruggerio



Captain Chris Wood

PROVIDENCE COLLEGE FRIAR SWIMMING AND DIVING

SCHEDULE 1989/90

DATE	SCHOOL	SITE	TEAM TIME
Sat 11/11	University of Maine	Home	M/W 2 PM 11AM
Sun 11/12	Georgetown University	Home	M/W 11 AM
Thurs 11/16	UNIVERSITY OF CONNECTICUT	Away	M/W 7:00 PM
Sat 11/18	St. John's University	Home	M/W 1:00 PM
Sun 11/26	BOSTON COLLEGE	Away	M/W 2 PM 11AM
Thurs/Sun 11/30-12/2	Catholic National Invitational at Fordham University		M/W Trials 10AM Finals 7 PM
1/1-1/5	Holiday Training Miami Florida		
Tue/Wed 1/9	UNIVERSITY OF RHODE ISLAND	Away	M/W 4:00 PM
Sun 1/14	CENTRAL CONNECTICUT	Away	M/W 2 PM 11AM
Wed 1/17	University of New Hampshire	Home	M/W 3:00 PM
Thurs 1/25	Northeastern University	Home	M/W 6:00 PM
Sat 1/27	Holy Cross College	Home	M/W 11AM/2 PM
Sat 2/3	SYRACUSE UNIVERSITY	Away	M/W 11:00 AM
Thurs/Sun Feb 9-11	THE BIG EAST CHAMPIONSHIPS at The University of Pittsburgh		M/W Trials 9 AM Finals 6 PM
Feb 16-18 (W) Feb 22-24 (M)	THE NEW ENGLAND CHAMPIONSHIPS at The University of Rhode Island		Trials 10AM Finals 7 PM

NCAA DIVING QUALIFIER
U.S. Naval Academy, Annapolis MD, March 10-11

NCAA SWIMMING & DIVING CHAMPIONSHIPS
Women • The University of Texas at Austin, March 15-17
Men • Indianapolis IUPUI Natatorium, Indianapolis, Indiana, March 22-24

Men Look To Make a Splash in '89-90

by Paul Roche

The Providence College Mens' Swim team is coming off its best dual meet season record ever, going 5-5 last year, which included its first ever win against arch-rival Rhode Island. But anybody who followed the Friars knows that they were just a few breaks from an 8-2 record, as three of their losses (Maine, St. John's and Northeastern) were decided by fewer than twelve points, with two of them coming down to the last freestyle relay.

This year, the Friars are looking to win those close meets, and looking at an eleven meet schedule, they are sure to have many of them. Despite graduating five seniors from last year's team, eight freshmen have joined the team and should contribute significantly. When asked of the impact these first year swimmers will have on the team, Coach John O'Neill said, "With the addition of these swimmers, we now have people in every event who can score. That's what we lacked last year, and that's what we need." Commenting on the two freshmen divers, Co-Captain Mike Ruggerio said, "Diving will be a turning point for us this year. You need at

least three divers on the team, and that's what we have now."

The rest of the team is looking forward to the season with anticipation. The Friars' top finisher in the New England Championships last year was Gaylord Garraway ('91). He finished second in the mile and third in the 500 freestyle. He is expected to continue his dominance in the distance events this year.

This year's captains, Mike Ruggerio and Chris Wood, are hoping that this year's team will not have too much sickness which adversely affected them in their Big East Championship meet last year. "We were gearing up for the Big East last year when some of us got pretty sick and a few performances suffered," Wood said. "If we can avoid that this year, we should have no problem moving up."

Moving up at the Big East Championships is something that the Friars would love to do. Pitt, Villanova, and Syracuse are the Big Three, while most of the conference will be competing for the other spots. As far as the dual meet schedule goes, the Friars have added Georgetown to their schedule on November 12. This will be the first meeting for the

two teams, and it should be a good one, because they usually finish close to each other in the conference meet.

The Friars don't have to wait until February for a championship meet, however. In December, they will compete in the third annual National Catholic Championships at Fordham University in New York. The Big East will also send Boston college, St. John's, and Villanova to that meet.

PC hopes to open the season with their first win ever against the University of Maine on Saturday, November 11 at 2 p.m. at home. Last year the Friars gave them a run but came up a few points short, losing 110-99 in Maine. The next day, the Hoyas of Georgetown will visit for an 11 a.m. meet, and Wednesday the 16th the Friars will travel to Storrs to see if they can win their third straight against the Connecticut Huskies. Their very busy week will conclude at home on Saturday, November 18, when they take on St. John's, who they lost to on the last relay last year in New York, and tied the year before. All three of these home meets should prove to be exciting, so come out and support the Friars.



Head Coach John O'Neill

WOMEN'S SWIMMING 1989-90

Women Look to Pool Their Talents

By Russell Newell

The Providence College Women's Swimming and Diving team is coming off a very successful season and should prove to be a very strong contender this year. The Lady Friars, under head coach John O'Neill, have strong senior leadership and great young depth, and are sure to open eyes.

Last year, the Lady Friars had their first winning season ever as they finished with a 6-4 dual meet record, placed fifth at the National Catholic and the Big East Championships. Providence posted wins over Connecticut, St. John's, Central Connecticut, New Hampshire, Rhode Island and Holy Cross.

Last season was also

the year that senior Cindi Luciani solidified herself as one of the top swimmer in New England. She had a sensational season. Luciani was named Female Athlete of Meet at the National Catholic Championships. She was victorious in two events at the Big East Championships and placed first in three events and the New England. She also made the All-Big East and All-New England teams.

This year Luciani, along with four other seniors, will lead a team that lost only two girls to graduation. Luciani will lead the team in her specialties, backstroke and individual medley; Denise Connolly in distance freestyle; Beth Shaughnessy in diving; Kate Bradley in the breaststroke; and Eileen Sweeney in the breaststroke.

Along with the strong senior experience and ability, the Lady Friars boast plenty of depth. Junior Karen Crossman was named All-Big East and All-New England last year. Coach O'Neill also expects contributions in the future from sophomores Megan Anderson, Kara Gormley and Cathy Ritch.

Providence hopes to continue a winning trend set by last year's team. With greater experience and depth, the Lady Friars have the ability to surpass last year's results. Coach O'Neill is hoping to improve in all aspects this year. The Lady Friars have their first test November 11 at home against the University of Maine when they open their season; a season that is sure to be filled with excitement and wins.

1989-90 WOMEN'S SWIMMING AND DIVING ROSTER

NAME	HOMETOWN	YR
Albano, Gina	W. Hempstead, NY	93
Anderson, Megan	Rahway, NJ	92
Bradley, Kate*	St. Louis, MO	90
Ciasulli, Kristen	Cheshire, CT	92
Collette, Cathy	North Merrick, NY	91
Connolly, Denise*	Blauvelt, NY	90
Connolly, Margaret	Blauvelt, NY	93
Crossman, Karen	Warwick, RI	91
Duffy, Susan	Great-Neck, NY	93
Gormley, Kara	Carthage, NY	92
Hospedales, Rhonda	St. Croix, U.S.V.I.	93
Johnson, Kristen	Branford, CT	92
Kilgallen, Sue	Mohegan Lake, NY	92
Kirby, Amy	Worcester, MA	93
Luciani, Cindi*	Cheshire, CT	90
Parker, Sharon	Summit, NJ	91
Richardson, Ellen	Clark, NJ	92
Ritch, Catherine	Mt. Kisco, NY	92
Shaughnessy, Elizabeth*	New Bedford, MA	90
Stephan, Ann Marie	Rochester, NY	92
Sweeney, Eileen	Bristol, RI	90
Trocciola, Carol	Glastonbury, CT	92

*Captain

Head Coach, John O'Neill Diving Coach, Newell Roberts

Assistants, Peter Solomon and Al Belluche

Student Assistant: Nicole Gasperoni

Managers: Cindy Bowden '90, Shelley Garraway '92, Lisa Gutierrez '92

1988-89 WOMEN'S SWIMMING AND DIVING AWARD WINNERS

KAREN CROSSMAN - All-BIG EAST
All-New England

CINDI LUCIANI - National Catholic
Championships Female Athlete
of the Meet
All-BIG EAST
All-New England

SUSAN MANCO -

BIG EAST Academic All-Star Team
Recipient of Helen Bert and Paul
Connolly Awards
GTE/CoSIDA Academic District I Team

BETH SHAUGHNESSY -

BIG EAST Academic All-Star Team

1988-89 PROVIDENCE COLLEGE WOMEN'S

SWIMMING AND DIVING RESULTS

(6-4)

PC 143	at Maine	155
PC 158	CONNECTICUT	88
PC 152	at St. John's	91
PC 124	at Boston College	175
PC 170	CENTRAL CONNECTICUT	84
PC 152	at New Hampshire	90
PC 206	RHODE ISLAND	94
PC 117	at Northeastern	126
PC 177	at Holy Cross	121
PC 107	SYRACUSE	136

National Catholic Championships: 5th
BIG EAST Championships: 5th
New England Championships: 5th

**THE BIG
EAST**
CONFERENCE

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Winter Sports Preview Issue

