

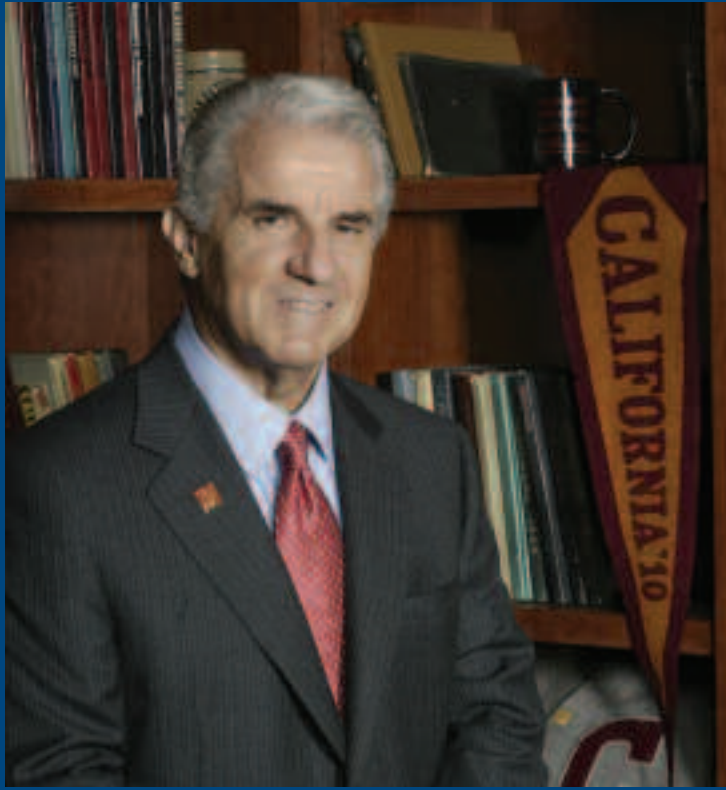
PRESIDENT'S PERSPECTIVE

It's More Than a Game:
Building Character and Careers
Through Athletics

FALL
2005

From the desk of Dr. Angelo Armenti Jr.,
president of California University of Pennsylvania

FROM THE PRESIDENT



I am sometimes asked why so many people get so excited about sporting events, whether at the school, college or professional levels. After all, it's just a game. Or is it?

Some philosophers of sport will tell you that human respect for, and attraction to, athletic success stems from a simple hypothesis: Athletics is much more than a game; it is a microcosm of life. In other words, one can learn how to live one's life well by studying examples of athletic prowess.

For example, few would dispute that the following attributes are necessary conditions for athletic success: ability (physical, mental and emotional), discipline, teamwork, dedication, commitment to something larger than self, mental toughness, respect for others, self-sacrifice, high ideals, motivation to achieve true excellence and heart — a burning desire to succeed that refuses to be denied and a willingness to do whatever necessary to overcome all obstacles.

Many people believe that if such attributes are present, cultivated and practiced in the life of a person, whether an athlete or not, such a person is most likely to be successful in virtually any career choice or occupation.

My theory for why humans are fascinated by athletic success is slightly different and has to do with the idea of perfection — a state which is not normally accessible to humans. Despite that fact, I believe, on rare occasions and through the efforts of very special individuals, spectators sometimes get to witness and vicariously experience something as close to perfection as humanly possible.

To my mind, however, athletic excellence has the ability to show that near perfection is achievable when a committed group of individuals sets out to achieve great things and is willing to make the necessary sacrifices. Granted, such near perfection is rare, but it is what makes it so special.

At Cal U, we have been fortunate to see several of our athletic teams achieve great success. Our women's softball team won two NCAA Division II national championships in 1997 and 1998, and our women's basketball team won the NCAA Division II national championship in 2004.

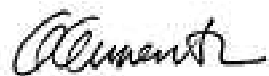
Each of those teams featured student-athletes who were known for character and academic achievements as much as athletic prowess. They embodied our core values of Integrity, Civility and Responsibility, in the classroom, in the locker room and on the fields and basketball courts.

Our coaches know that their students' academic performance in the classroom and social performance on campus as good citizens are as important to us as athletic success. When we recruit student-athletes, we tell them and their families that we are committed to helping them develop their skills successfully, not just on the playing field, but in life.

In the words of author John Luther, "Good character is more to be praised than outstanding talent. Most talents are to some extent a gift. Good character, by contrast, is not given to us. We have to build it piece by piece by thought, choice, courage and determination."

To our way of thinking, that is the real end game of the game. No matter what the sport.

“
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”





Track and Cross Country Teams Strike Olympic Gold

Webster's Collegiate Dictionary defines the word "coach" as follows: "to train intensively, as by instruction and demonstration." At California University of Pennsylvania, our athletic coaches, both in character and the profound effect they have on their student-athletes, are regarded with the utmost respect, which goes far beyond a dictionary's simple definition.

Senior Jonathan Hall, men's track team captain, Junior Rebecca Clark, women's track team captain, Senior D.J. Vallee, men's track assistant team captain, and Sophomore Danielle Malay, track team member, gather around their coach, Roger Kingdom, showing off his two Olympic gold medals.

Our coaches truly serve as mentors to our student-athletes and directly shape the character these talented young people will take with them in their career endeavors.

An ideal example of our coaching excellence here at Cal U is with our track and cross country programs, which comprise six of our 18 NCAA varsity athletic programs.

Last spring, Roger Kingdom was promoted to head coach of these programs after serving as the interim and the assistant coach.

One of the most recognizable names and distinguished performers in this demanding sport, Roger is a two-time U.S. Olympic gold medalist, having won the 110-meter high hurdles at both the 1984 and 1988 Olympic Games. Roger also set the world record of 12.92 in this event while competing in Zurich, Switzerland, in 1989, surpassing Renaldo Nehemiah's old mark. Not so surprisingly, Roger is a 2005 nominee for the U.S. Olympic Hall of Fame.

Roger originally set out to pursue a career as a business executive but realized coaching student-athletes for California and helping them to reach their full potential was his forte.

Roger symbolizes the winning method of "doing it the right way with good people" and has assembled a small but extremely knowledgeable and experienced coaching staff.

This past summer he added former 1980 U.S. Olympic team member Candy Young Sanders to work with the Vulcan sprinters and hurdlers. She also brings 15

years of Division I coaching experience. Also assisting Coach Kingdom as a volunteer coach with the distance runners and cross country teams is our own Emeritus Professor Marty Uher. Besides teaching, Marty, who retired in 1992, was our head cross country and track and field coach for more than two decades, producing numerous All-Americans, Cal U Hall of Fame inductees and several NCAA national champions.

In just a short time, this world-class coaching staff has produced impressive achievements on the track and in the classroom.

Last season, freshman Brad Rager won the 200 and 400 meters at the 2005 PSAC Indoor and Outdoor Track and Field Championships. Not only was Brad named the PSAC Rookie of the Year in both the indoor and outdoor seasons, he received the PSAC Outdoor Track and Field Athlete of the Year honor as well.

Academically, the women's cross country team led all of our athletic

programs last spring with an exemplary 3.61 cumulative team grade-point average, and their entire roster qualified for the Spring Athletic Director's Honor Roll. The men's cross country team achieved a solid 3.15 team GPA, while 12 of our men's track and field participants made the Athletic Director's Honor Roll with two of those 12 competitors attaining perfect 4.00 marks.

With a coaching staff consisting of two Olympians and Marty, an accomplished educator whose character enables him to gladly assist programs he previously led to prominence, clearly our track and field and cross country programs are on the right track – so to speak.



“The Price of Greatness is Responsibility” – Sir Winston Churchill

We are very proud of our athletic teams and the fine student-athletes who perform on them. Every now and then, we find a student-athlete who manages to exceed our highest expectations of exemplifying our core values and living our motto of building character and building careers. Lloyd Price, who is a senior linebacker on the Vulcan football team this season, is one of those student-athletes.

Among his many outstanding athletic and academic accomplishments is the fact that Lloyd is also the head coach of the California Area High School girls' basketball team, and last year, he was the youngest coach in the entire WPIAL. Though his initial team struggled on the court, there were several newspaper

articles written which discussed how his players persevered and enjoyed competing and learning under their young coach.

We have no doubts that the team Lloyd coaches will soon reflect his winning character.

Last football season, Lloyd became the first football player in Cal U history,



California High School basketball players share a laugh with their coach: Julie Evans, senior guard; Lloyd Price, coach; Tori Bennett, junior center; and Amanda McKula, junior guard.

and the seventh student-athlete, to be named to the national Academic All-America team. He was named to the 2004 *ESPN The Magazine* second team Academic All-America College Division Football Team, selected by the College Sports Information Directors of America (COSIDA).

Last spring, he added to this list of excellence awards when he was selected as a PSAC Fall 2004 Top Ten Award winner. The PSAC Top Ten Award, which began with the 1997-98 academic year, recognizes student-athletes who distinguish themselves in the classroom, as well as in the arena of competition. Lloyd also received our first-ever “DeMichela Award for Leadership, Hustle and Spirit.” This award is in honor of our esteemed 1975 alumnus Michael DeMichela, who has been the driving force behind our unique annual Alumni versus Varsity Scrimmage that began in 1979.

A quick review of Lloyd’s academic, athletic and extracurricular achievements shows why the prestigious awards bestowed upon him are most deserving.

In the classroom, he is an elementary education major with a 3.83 cumulative grade-point average. Lloyd has been named to the Dean’s List every semester and earned PSAC All-Academic team recognition twice.

On the football field, he earned all-conference recognition after helping our Vulcans compile a 6-4 overall record, the team’s second winning season in three years. Statistically, Lloyd finished the season with 66 total tackles, including a team-high 40 solo or individual tackles.

Always around the football, Lloyd also produced 5.5 tackles for a combined



loss of 19 yards, one sack, one interception, three pass breakups and two forced fumbles.

Truly a young person who masterfully prioritizes his time, he is also the co-coach of the Ringgold High School baseball team and a three-sport youth referee. He is a player representative of the Vulcans’ team leadership development program and attended the Nike NFL Coaches’ Clinics the last two years.

As if that were not enough, Lloyd is also a part-time sportswriter, a volunteer for Meals-On-Wheels and a member of the Fellowship of Christian Athletes. This young man truly symbolizes what being a student-athlete is all about, and we are proud to call him one of our own.

“ We have no doubts that the team Lloyd coaches will soon reflect his winning character. ”

Riding Out

Last summer, Dr. Mary Kreis, assistant professor of sport management studies at California University, was on top of the world. With a new teaching position waiting for her at Cal U, the newlywed and her husband, Steve, were embarking on their “handlebar honeymoon,” a cross-country tandem bicycle trip, when she learned she was pregnant.



the Storm

Unfortunately, during such a time of incredible bliss, another unknown awaited her. This time, it was one of life's worst surprises – cancer. For Mary, it came in the form of melanoma, or skin cancer. Not only did the couple have to cancel the rest of the trip, but Mary learned she would have to endure surgery.

Two days after her first surgery, she had opened the local newspaper to see a full-color advertisement featuring Lance Armstrong and the Tour of Hope and their visit to PNC Park in Pittsburgh. With her family in tow, she was compelled to participate in the event. With the powerful sight of hundreds of cancer survivors lining the outfield, it was the first time Mary realized she was going to be a cancer survivor.

When she returned home that day, she visited the Tour's web site to sign up for e-mails. Later, she was filling out an application to join the ranks of team members, joining a pool of nearly 1,100 applicants.

A team of 24 cancer survivors, caregivers, researchers, nurses and physicians were selected to ride from San Diego, California, to Washington, D.C., this September, as members of the Tour of Hope, marking the third year of the cross-country bicycle trip.

Mary is one of the 14 cancer survivors on the team of 24 who joined seven-time Tour de France winner and cancer survivor Lance Armstrong in San Diego to begin their journey.

Now, it's a little more than a year and two surgeries later – after she first learned she had cancer – that Mary is back on her bike, and headed across the country once again, as a team member of the Bristol-Myers Squibb Tour of Hope. The educator has expanded her teaching capacity as a national promoter of the need for cancer research and clinical trials.

Along the way, the Tour is stopping at events hosted by cancer centers and organizations to encourage communities to support research and invite them to be part of the fight against the disease. The Tour team is divided into four groups that travel 80-100 miles in 5-hour increments; when the members are not riding, they have minimal resting



time and are transported to the next starting point.

A U.S. Army Reservist and sports enthusiast, Mary now looks forward to finishing the bicycle trip she had started more than a year earlier. She will finish her honeymoon in October. Steve will ride the last 50 miles of the Tour with her.

Dr. Mary Kreis and her husband, Steve, happily hold their baby girl, Viva Sky.

Athletic Training Program

It is a significant accomplishment and a challenge to attain a level of excellence in anything, be it a team, job or academic program. Sustaining a high level of efficiency and expanding upon that excellence is an even greater achievement.

Both of these formidable feats are recent achievements of California University of Pennsylvania's Athletic Training Education Program. This program was recently awarded full accreditation for a six-year period from the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

The Commission recognized the athletic training education program's full compliance with national standards, established by the CAAHEP, the American Academy of Family Physicians, the American Academy of Pediatrics, the American Orthopedic Society for Sports Medicine, and the National Athletic Trainers' Association (NATA). Nationally accredited since 1983, this cycle marked the athletic training education program's first re-accreditation since 1997. It was also the program's first accreditation since its unprecedented distance education collaboration with Clarion University of Pennsylvania.

Using video teleconferencing, the

program provides general education credits at Clarion and course work in athletic training by means of distance learning from Cal U's campus. Clarion students who complete the 120 credits graduate with a bachelor of science degree awarded by California University. Dr. Bruce Barnhart, professor of health science and sport studies who directs Cal U's athletic training

education program, says the arrangement is unique, and there is no other school in the country accredited in athletic training with a remote satellite 111 miles away.

The year-long accreditation process began in October 2003 when two team members of CAAHEP made a three-day site visit to Cal U after the

University submitted its self-study. The CAAHEP visitors produced their own report listing the strengths and deficiencies, and Cal U responded. A change in the rules since the last accreditation in 1997 now requires students to receive general medical experiences where they



Dr. Joni Roh (right), associate professor of health science and sport studies, instructs junior athletic training major Molly Long, on using an exercise bike in Hamer Hall's athletic training facility.

Earns Six-Year Accreditation

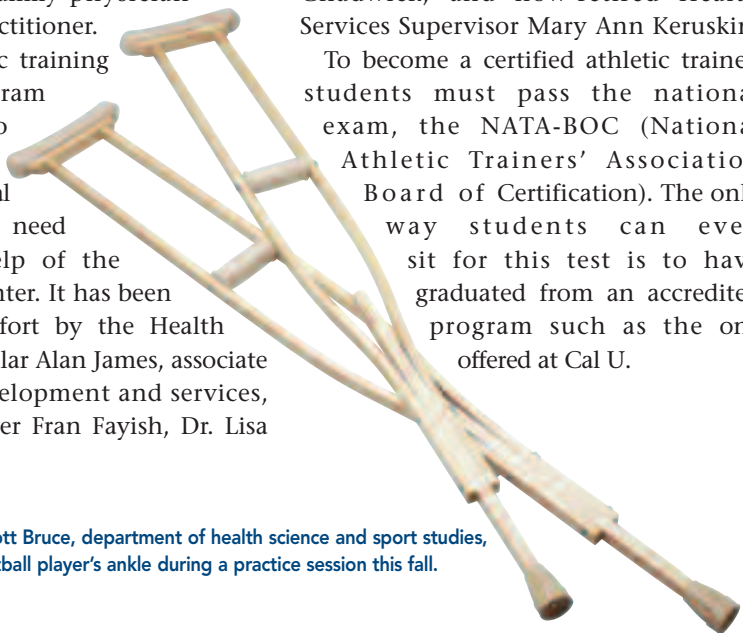


interact with a family physician and a nurse practitioner.

Cal U's athletic training education program has been able to give its students the general medical experiences they need through the help of the Cal U Health Center. It has been a cooperative effort by the Health Center, in particular Alan James, associate dean, student development and services, Nurse Practitioner Fran Fayish, Dr. Lisa

Chadwick, and now-retired Health Services Supervisor Mary Ann Keruskin.

To become a certified athletic trainer, students must pass the national exam, the NATA-BOC (National Athletic Trainers' Association Board of Certification). The only way students can even sit for this test is to have graduated from an accredited program such as the one offered at Cal U.



Assistant Professor Scott Bruce, department of health science and sport studies, works on a Vulcan football player's ankle during a practice session this fall.



PGM Program Scores Hole-in-One

Cal U is proud to introduce the Professional Golf Management (PGM) program. Once the program is accredited, we will become one of 15 universities nationwide offering such a curriculum.

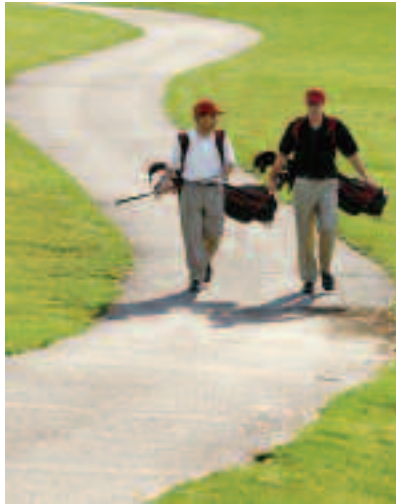
Josh Seelye, a member of Cal U's golf team and a sophomore in the PGM program, chips a shot while practicing at Cedarbrook Golf Course in Rostraver Township.

The ultimate goal of Cal U's PGM program is not to just develop professional golfers. The university wants to prepare graduates for a myriad of careers in the golf industry, through an understanding of the business. Our curriculum has courses ranging from turf grass management to hospitality management. Students will be privy to an accredited business/sport management program, a competent and thorough PGM curriculum, direct access to a PGA recognized golf facility and, most importantly, assistance in obtaining employment upon graduation.

The four-and-one-half-year college curriculum for aspiring PGA professionals has specific entrance requirements. One of the first steps in becoming a PGA professional is passing the 36-hole Playing Ability Test (PAT). In addition to classroom studies, each student is required to complete an internship of at least 16 months at a golf industry locale.

According to Jim Hefti, newly hired director of Cal U's PGM program, the degree in sport management is what makes the program so rewarding. A certified Class A PGA professional since 1987, Jim also has been a PGA of America faculty member in education and business schools for the past eight years. He comes to Cal U from SUNY-Delhi, where he developed and implemented its PGM program. Before that, Jim was the director

of instruction for three years at the prestigious Taconic Golf Club in Williamstown, Mass. From 1993 to 1999, he was the director of golf at Ballston Spa Country Club, Ballston Spa, N.Y., where he also developed a structured Junior Golf Program. There he produced three players who went on to become the NCAA Division III Players of the Year. He has worked as the head professional at many other facilities and even served as the head golf coach at Sienna College.



As a player, Jim qualified for three national Club Professional Championships (CPCs), four national Senior CPCs and three National Oldsmobile Championships. Jim was named the New England/New York PGA Professional of the Year in 1998.

Jim's plans for Cal U's PGM program are bold and far-reaching. As the program grows, he will play an integral

role in developing both indoor and outdoor golf-training centers on university property. Coinciding with the initiation of the PGM program at Cal U this fall is the start of men's and women's golf teams, which are competing at the NCAA Division II level. Men's golf returns to Cal U's sports repertoire after a 22-year absence; but, this is the first year for women's golf at the university. The Vulcan men's golf team made four NCAA Division II national tournament appearances (1979, 1980, 1981, and 1983) and hosted the 1983 national tourney.

Justin Barroner, California University's PGM internship coordinator and Josh Seelye, a member of Cal U's golf team and a sophomore in the PGM program, walk along a cart path at Cedarbrook Golf Course.

Cal U Alumnus Commands Third U.S. Army

California University of Pennsylvania's alumnus R. Steven Whitcomb '81, who graduated with a master's degree in elementary education and counseling and served as an ROTC instructor for the university in the early 80s, is now Lieutenant General R. Steven Whitcomb. He is the commanding general of the Third U.S. Army, U.S. Army Forces Central Command and Coalition Forces Land Component Command.



Starting his military career as an undergraduate student at the University of Virginia, he was commissioned a lieutenant in the infantry. After working his way through several command positions all over the world, he assumed his current position in 2004 – 60 years after lieutenant general George S. Patton held the reins of the same organization. Today, Lieutenant

General Whitcomb's job requires him to accomplish four distinct missions.

The first mission is to train and equip fighting land forces for Central Command (CENTCOM).

The second mission is to provide support to all of the CENTCOM Army forces throughout the theater. His organization is responsible for supporting all

of the Army troops located in 27 countries to include Kenya, the horn of Africa, across the Arabian Peninsula, Iraq and Iran, central Asian states and the former Soviet Republic as far north as Kazakhstan.

The third mission is to engage with 23 of the 27 countries. Lt. Gen. Whitcomb's job is to visit leaders and to establish productive relationships



Cadet Matthew McDonough, a sophomore majoring in Criminal Justice, does a chin-up during a morning training exercise on campus, as ROTC's Captain Roy Nickerson watches on.

with these countries. He coordinates major training exercises with these countries; the most recent included more than 8,000 participants.

The fourth mission involves processing troops for forward deployment. Operating out of two headquarters, in Atlanta, Georgia, and Kuwait, Lt. Gen. Whitcomb's command provides reception, staging and onward movement for troops heading to Iraq and Afghanistan. From late November to late March, his soldiers moved 300,000 troops – which is equivalent to the population of Tallahassee, Florida – through Kuwait.

According to Lt. Gen. Whitcomb, his troops work all four of these missions simultaneously in Iraq, Afghanistan, Iran and Saudi Arabia, all hotbeds for terrorist groups. Plus, his organization is responsible for contingency plans for other types of operations that may take place as part of the global war on terror.

“

By perseverance,
study, and eternal
desire, any man can
become great.

”

General George S. Patton Jr.

Speaking of the education he received at Cal U, the lieutenant general says the principles of counseling and listening have served him very well throughout his professional life. Cal U provided an ideal learning environment, with good programs, good faculty and talented, non-traditional students, most of whom were already teaching in the field while working on their master's degrees. He says he still corresponds with four students who went through his ROTC program, and they are colonels today.

Lt. Gen. Whitcomb describes his experiences at Cal U as some of the most enjoyable times of his family's life. And, there were quite a few times to which that experience could be compared; the couple and their two daughters moved 24 times in their 32 years of marriage.

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