

# Behrend Lions Men's Water Polo 2008



PENNSTATE



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# Behrend Lions Men's Water Polo

## 2008 Season Preview

**H**ead Coach Joe Tristan is looking forward to the start of the fall season. After luring talented back-to-back recruiting classes to join the Behrend Lions, the program appears poised to make a run in 2008. "I am very excited about our men's team entering the upcoming season," said Head Coach Joe Tristan. "We have several experienced players that will challenge for playing time."

After compiling the second most wins in school history a year ago the blue and white will look to improve on that mark in 2008. The Behrend Lions will look to four experienced juniors to lead the way. Jacob Bernstein (Sierra Madre, CA/Pasadena) will be one of two captains on this year's squad. Bernstein, who was named to the Collegiate Water Polo Association All-Academic Team last year, looks to improve on his eight goals and 16 steals from a year ago. Goalie Robert Westhelle (Norwood, NJ/Northern Valley Regional at Old Tappen) will move into the shallow end goalie slot as he played both ways as a sophomore and was active in 15 games last season.

Also, Matt Pluta (Erie/Cathedral Prep) returns and is the program's most dynamic returning offensive player. He connected for 33 goals and 17 assists in his first season for the blue and white. After a season off, Alex Goldstein (Golden Beach, FL/Dr. Michael Krop) provides the Behrend Lions with another veteran presence.

The core of the Behrend Lions water polo program is comprised of seven sophomores. Drivers Keith Meehan (Erie/McDowell) and Raudel Arriaga (Perris, CA/Perris) will look to be scoring threats. Meehan scored 15 goals a year ago and led the program with 18 assists. While Arriaga contributed seven assists and 11 steals.

Centers Jon Bacon (Glendale, CA/Crespi Carmelite) and Derek Sieber (Erie/McDowell) are instrumental to the success of the blue and white. Bacon will also be the second captain of the team. Last season Bacon was able to score 14 goals and post seven assists from the center position. Sieber will give size and strength to the 2-Meter offensive position, while sophomore defenders Nicholas Lowrie (Corona, CA/Santiago), and Kevin Wolak (LaGrange Park, IL/Riverside-Brookfield) will control the perimeter. Lowrie played in all 27 games a season ago for the Behrend Lions, while Wolak hit the water in 26 contests and collected 20 steals and nine goals in 2007.

Rounding out the sophomore class is goalie Keith Yaegle (Warren/Warren). Yaegle, another member of the CWPA All-Academic Team, was ranked eleventh in the country for total saves with 235 a year ago and will be guarding the goal. He will be working with the defense to improve hit shot save percentage of 45% this fall.

Newcomers to this year's team are Robby Gausman (Erie/McDowell), Chris Graves (McMurray/Peters Township), and Ricardo Ortiz (Erie/McDowell). All will look to work their way into the blue and white line up. "This is a very talented incoming class," said Tristan. "They will strengthen both our offense and defense and help us contend for a strong finish in the CWPA."

The blue and white will begin the 2008 season traveling to Rochester, NY to take part in the Rochester Invitational. Penn State Behrend will hit the road for four straight to open the regular season. They will enter the Junker Center pool for the first time on September 27 when they take on local rival Mercyhurst College at 4:00 p.m. and then take on Salem International at 8:00 p.m. In early October, the Behrend Lions will again be heading to the West coast. The blue and white will battle several top-notch squads while playing in the Claremont Invitational.

Post season play begins when the blue and white head to Johns Hopkins for the Division III Eastern Championships on October 25 and 26. Then November brings the Southern Division Championships at Princeton and the Eastern Division Championships at Navy. The season could conclude with the NCAA championships on December 2 and 3.

## Quick Facts

### Address

Penn State Erie,  
The Behrend College  
Junker Center  
5103 Station Road  
Erie, PA 16563-0400

### Telephone

814-898-6000

### Founded

1948

### Enrollment

4,600

### Chancellor

Dr. Jack Burke

### SportsLine

814-898-6163, press 1

### Arena

Junker Center

### Capacity

1,600

### Nickname

Behrend Lions

### Colors

Blue and White

### Affiliation

NCAA Division III

### Conferences

CWPA and ECAC

### Director of Athletics

Brian Streeter 814-898-6379

### Athletics Trainers

Jeff Webster 814-898-6340

Angela Meserole 814-898-7227

Deana Brink 814-898-6017

### Sports Information

Paul Benim 814-898-6322

prb3@psu.edu fax: 814-898-7570

Phil Pisano 814-898-6235

pap174@psu.edu 814-898-7570

### Head Coach

Joe Tristan 814-898-7147

jpt12@psu.edu

### Alma Mater

Eastern Michigan University, 2000

Eastern Michigan University, 1998

### Team Information

Overall Record Last Year 5-22

Conference Rank Fourth

First Year of Water Polo 2000

### Media Information

#### College Newspaper

*Behrend Beacon*

814-898-6488 fax: 814-898-6019

#### Newspaper

*Erie Times-News* 814-870-1700

fax: 814-870-1808

#### Television

WICU-TV 12 814-454-5201

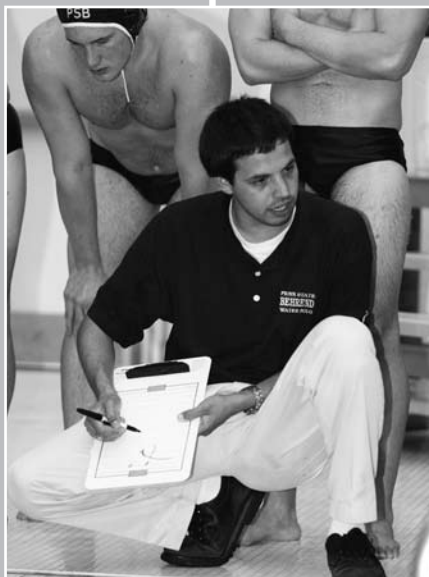
fax: 814-454-3753

WJET-TV 24 814-868-2424

fax: 814-864-1704

WSEE-TV 35 814-454-3500

fax: 814-459-3500



# Behrend Lions Men's Water Polo

## Coaching Profile



Joe Tristan

### Head Coach Joe Tristan

Joe Tristan enters his sixth season as the head men's and women's water polo coach at Behrend. Tristan is committed to constantly improving the program through both academics and athletics.

Tristan led the 2007 men's team to the third most wins in school history. The blue and white were ranked eleventh in the nation in goals per game. Through Tristan's leadership the Behrend Lions tallied 10.5 goals per game.

Tristan led his 2004 team into Behrend history with a fourth place finish at the Division III Eastern Championships and guided two players to the All-Tournament team. He also led Anthony Spoto to the Division III All-America Team and was able to take Spoto to the USA Senior Men's National 'A' Team Tryouts in Southern California. Last season the men finished fourteenth in the academic national poll, the highest the team has reached since the program began. Coach Tristan is a member of USA Water Polo where he is currently a Level 3 coach.

Tristan joined the Behrend Lions after leading the women's club water polo program at Eastern Michigan University. He also was an assistant coach for the Great Lakes Water Polo Club in Ann Arbor, MI. At EMU he coached a pair of all-conference players and directed the team to earn all-academic honors. From 1997-2002, Tristan was the head boy's junior varsity coach for Huron High School.

A native of Southern California, Tristan played water polo and swam for Earl Warren High School. He also played water polo for Tulare Water Polo Club and for Eastern Michigan in 1995-96. In 2000, Tristan competed and finished twenty-second in the United States Olympic swimming trials in the 200 meter freestyle. From 1998-2000 Tristan was ranked in the FINA Top 20 and the top 100 in the World in the 200 meter and 100 meter freestyle events. He currently is EMU's record holder in the 800 freestyle relay. Tristan was a vital part of a pair of EMU Mid-American Conference Swimming and Diving Championship teams.

While serving as a coach at Behrend Tristan will also serve as the assistant men's and women's swimming coach and instruct in the health and physical education department.

# Behrend Lions Men's Water Polo

## Player Profiles

### **Jacob Bernstein** **Junior Utility #21**

**Hometown: Sierra Madre, CA**  
**High School: Pasadena**

Tallied six goals and 16 steals a year ago ... in 2006 earned three goals, eight steals and three assists ... earned CWPA Excellent Academic All-American honors in 2007 ... three-year varsity letter winner ... Pacific League Honorable Mention ... majoring in biology.



Jacob Bernstein

### **Robert Westhelle** **Junior Goalie #1A**

**Hometown: Norwood, NJ**  
**High School: Northern Valley Regional**

Played two ways as a sophomore scoring six goals and stopping over half between the pipes ... will be the starting shallow end goalie ... will also be a member of the Behrend varsity swim team ... possesses a great deal of natural athletic ability ... majoring in accounting and finance.



Robert Westhelle

### **Raudel Arriaga** **Sophomore Driver #4**

**Hometown: Perris, CA**  
**High School: Perris**

Played in 26 games as a freshman ... contributed seven assists and 11 steals in 2007 ... earned three letters in water polo while at Perris High ... will contend for playing time throughout the season ... also outstanding swimmer in 200 and 500 freestyle ... majoring in biology.

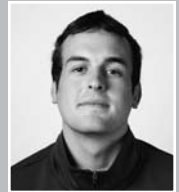


Raudel Arriaga

### **Jon Bacon** **Sophomore Center #5**

**Hometown: Glendale, CA**  
**High School: Crespi Carmelite**

Scored 14 goals and had 17 kick outs as a freshman ... named to the NISCA All-America Team ... named MVP in 2004 and 2005 and Co-Captain in 2006 for Crespi Carmelite High School ... helped lead his high school team to a bronze medal in the 2004 Alberta Open ... major is undecided. Captain



Jon Bacon

### **Nicholas Lowrie** **Sophomore Defender #13**

**Hometown: Corona, CA**  
**High School: Santiago**

Four-time all-league academic award winner ... experienced defender ... accumulated 17 steals as a freshman ... earned CWPA Superior All-Academic recognition in 2007 ... graduated Santiago high school with honors ... will make strong contributions as a defensive specialist ... majoring in biology.



Nicholas Lowrie

# Behrend Lions Men's Water Polo

## Player Profiles



Keith Meehan

### **Keith Meehan** **Sophomore Driver #10**

**Hometown: Erie, PA**  
**High School: McDowell**

Excelled in water for McDowell Trojans ... earned CWPA All-Academic recognition in 2007 ... was a threat for Behrend in 2007 scoring 15 goals, 18 assists and 18 steals ... majoring in engineering.



Matt Pluta

### **Matt Pluta** **Sophomore Defender #11**

**Hometown: Erie, PA**  
**High School: Cathedral Prep**

High school All-American and All-State performer ... contributes strong shooting to the perimeter ... tallied 32 goals and 33 steals as a freshman ... majoring in management.



Derek Sieber

### **Derek Sieber** **Sophomore Center/Defender #12**

**Hometown: Erie, PA**  
**High School: McDowell**

Strong high school career at McDowell ... size gives strength to the 2-Meter offensive position ... compiled 11 goals and 17 steals in 2006 ... majoring in business.



Kevin Wolak

### **Kevin Wolak** **Sophomore Defender #9**

**Hometown: LaGrange Park, IL**  
**High School: Riverside-Brookfield**

Selected team MVP at Riverside-Brookfield at 2 meter position ... adds great experience to Behrend's defensive side of the water ... 20 steals in 2007 ... earned four more letters in swimming ... majoring in electrical engineering.



Keith Yaegle

### **Keith Yaegle** **Sophomore Goalie #1**

**Hometown: Warren, PA**  
**High School: Warren**

Standout swimmer and soccer player for Warren Dragons ... team captain ... named to the superior CWPA All-Academic team ... made 235 saves in 2007 ... ranked 11th nationally in saves ... member of NHS in high school ... majoring in mechanical engineering technology.

**Robby Gausman**  
**Freshman Driver # 8**

High school team captain... dubbed an All-State preformer ... strong outside threat ... will contend for playing time ... major is undecided.

**Hometown: Erie, PA**  
**High School: McDowell**



Robby Gausman

**Alex Goldstein**  
**Freshman Driver #3**

Earned team most valuable player ... named All-American ... Vice President of Delta Sigma Pi ... majoring in business liberal arts and sciences. Returning after break

**Hometown: Golden Beach, FL**  
**High School: Dr. Michael Kros High School**



Alex Goldstein

**Chris Graves**  
**Freshman Driver #2**

Swam for the blue and white a year ago ...will add additional speed to the Behrend bench ... majoring in plastics engineering technology.

**Hometown: McMurray, PA**  
**High School: Peters Township**



Chris Graves

**Ricardo Ortiz**  
**Freshmen Driver #6**

Two year letterwinner at McDowell ... will contend for playing time ... strong threat on the perimeter ... earned two letters on the Trojan swim team ... majoring in political science.

**Hometown: Erie, PA**  
**High School: Mcdowell**

# Behrend Lions Men's Water Polo

## Career Leaders

### Goals

1. Anthony Spoto	247	2004-07
2. Andre Pranckevicius	148	2004-06
3. Justin Ryder	71	2003-04
4. Brandon Sieber	56	2002-04
5. Carl Ward	53	2002
Mark Ostrzeniec	53	2000-01
7. Andy Hanhauser	49	2001
8. Steve Schleicher	46	2002-05
9. Jon Harding	42	2000-01
10. J.R. DeLorenzo	38	2002

### Assists

1. Andre Pranckevicius	62	2004-07
2. Steve Schleicher	56	2002-05
3. Anthony Spoto	41	2004-07
4. Dario Kis	35	2000-03
5. Brandon Sieber	31	2002-04
6. Andy Hanhauser	26	2001
7. Vincent Brewer	25	2004-07
8. Brandon Thiel	24	2003-05
9. Nick McGrady	20	2001-04
10. Justin Ryder	19	2003-04

### Steals

1. Steve Schleicher	136	2002-05
2. Vincent Brewer	133	2004-06
3. Andre Pranckevicius	111	2004-06
4. Dario Kis	101	2000-03
5. Ben Atkins	94	2001-02
6. Nick McGrady	83	2001-04
7. Brandon Sieber	81	2002-04
8. Anthony Spoto	79	2004-07
9. Carl Ward	66	2002
Jon Harding	66	2000-01

### Saves

1. Nick McGrady	679	2001-04
2. Leandro Azevedo	315	2005-06
3. Keith Yaegle	235	2007
4. Brian Vallor	131	2000-02
5. Conor Powers	106	2005
6. Robb Christensen	96	2001
7. Brian Kustra	48	2003-04
8. Chad Holzshu	39	2000-01
9. Jason Nachman	8	2000

### Drawn Ejections

1. Anthony Spoto	194	2004-07
2. Andre Pranckevicius	105	2004-06
3. Justin Ryder	83	2003-04
4. Steve Schleicher	62	2002-05
5. Mark Ostrzeniec	39	2000-01
6. Rodolphe Acelor	34	2004-06
7. Andy Hanhauser	33	2001
8. Vincent Brewer	28	2004-06
9. Brandon Sieber	26	2002-04
10. Carl Ward	22	2002

# Welcome to Penn State Behrend

**P**enn State Erie, The Behrend College, offers more than 4,600 students the learning opportunities and resources of a major research university in a student-centered environment. The college offers thirty-four bachelor's, six associate, four pre-professional, and two graduate programs with twenty-two minors in four schools—the Sam and Irene Black School of Business, the School of Engineering, the School of Humanities and Social Sciences, and the School of Science—plus a nursing program.

Penn State Behrend is ranked among the top public colleges and universities in Pennsylvania by *U.S. News & World Report* on a number of important measures, including student-to-faculty ratio, SAT scores, first-year student retention rate, and graduation rate. More than 75 percent of our students who go on to graduate with Penn State degrees complete their degrees at the college. According to recent student surveys, ninety-six percent of those graduating seniors would recommend Penn State Behrend to friends considering college.

Our 725-acre campus features more than 50 buildings and is recognized as an arboretum through membership in the American Public Gardens Association. More than 1,650 students live in on-campus residence halls, suites, and apartments in buildings all named for commanders and ships that took part in the Battle of Lake Erie in the War of 1812.

Campus life is enriched by more than 110 clubs and organizations. The athletic program features twenty-one NCAA Division III varsity teams—ten for men and eleven for women—as well as intramural and club sports, and student fitness activities.

As part of a land-grant institution, Penn State Behrend is uniquely positioned to advance the economic, social, and intellectual welfare of northwestern Pennsylvania through research and outreach. Annually, the college funds nearly \$250,000 in undergraduate research opportunities. Outreach efforts include more than two dozen centers, programs, and initiatives for business and industry, area school students, and the community.



# Penn State Behrend Athletic Facilities

## Behrend Fields

The college's soccer teams compete on the Behrend Fields, located northwest of the baseball and softball complex and across the bridge over Trout Run.

The complex comprises four multi-purpose athletic fields and a putting green. The facility was created in 1988, thanks to a pacesetter gift of \$1.4 million from an anonymous donor. The fields are also used for intramurals and course instruction. They accommodate a variety of play configurations, including flag football and softball.

Other outdoor facilities on campus include lighted tennis courts and sand volleyball courts.

## Junker Center

The growth of athletics at Penn State Behrend has led to the development of new indoor facilities. The \$10.2 million Junker Center, which opened in the spring of 2001, comprises 72,800 square feet, including outstanding volleyball and basketball facilities.

The center features three all-purpose courts and a gymnasium seating 1,600, an eight-lane swimming pool, three-lane running track, jumping pits, aerobics room, locker rooms, offices, and a variety of exercise equipment. The fully equipped Jageman Fitness Room provides a variety of exercise equipment for students, faculty, and staff.

## Baseball and Softball Complex

Penn State Behrend's baseball and softball complex, located adjacent to the main campus entrance, ranks as one of the region's best facilities.

Each field features a built-in irrigation system, seventy-foot in-ground dugouts, batting cages, bullpens, scoreboards, a full warning track, permanent fences, a concession stand, and scorekeepers' stations.



# Behrend Lions Men's Water Polo

## 2008 Roster

<b>No.</b>	<b>Name</b>	<b>Pos.</b>	<b>Yr.</b>	<b>Ht.</b>	<b>Hometown/High School</b>
1	Keith Yaegle	Goalie	So.	6-7	Warren/Warren
1A	Robert Westhelle	Goalie	Jr.	6-1	Norwood, NJ/Northern Valley Regional
2	Chris Graves	Driver	Fr.	5-10	McMurray/Peters Township
3	Alex Goldstein	Driver	Fr.	5-7	Golden Beach, FL/Dr. Michael Kros
4	Raudel Arriaga	Driver	So.	5-9	Perris, CA/Perris
5	Jon Bacon	Center	So.	6-0	Glendale, CA/Crespi
6	Ricardo Ortiz	Driver	Fr.	5-9	Erie/McDowell
8	Robby Gausman	Driver	Fr.	6-3	Erie/McDowell
9	Kevin Wolak	Defender	So.	6-4	LaGrange Park, IL/Riverside-Brookefield
10	Keith Meehan	Driver	So.	6-0	Erie/McDowell
11	Matthew Pluta	Defender	So.	6-4	Erie/Cathedral Prep
12	Derek Sieber	Center	So.	6-0	Erie/McDowell
13	Nicholas Lowrie	Defender	So.	6-3	Corona, CA/Santiago
21	Jacob Bernstein	Utility	Jr.	5-9	Sierra Madre, CA/Pasadena

# Behrend Lions Men's Water Polo

## 2008 Schedule

Date	Opponent	Time
September 13-14	@ Rochester Invitational _____	9:00 a.m.
September 18	<b>Mercyhurst College</b> _____	<b>7:00 p.m.</b>
September 19	@ Washington and Jefferson _____	7:30 p.m.
September 20	@ Salem International _____	4:00 p.m.
September 26	@ Gannon _____	7:30 p.m.
September 27	<b>Mercyhurst</b> _____	<b>4:00 p.m.</b>
September 27	<b>Salem International</b> _____	<b>8:00 p.m.</b>
October 3	@ Claremont Invitational vs. Occidental _____	10:15 a.m.
October 3	@ Claremont Invitational vs. Fresno Pacific _____	2:00 p.m.
October 4	@ Claremont Invitational vs. La Verne _____	11:30 a.m.
October 4	@ Claremont Invitational vs. Whittier _____	4:30 p.m.
October 17	<b>Gannon</b> _____	<b>9:00 p.m.</b>
October 18	<b>Washington and Jefferson</b> _____	<b>2:00 p.m.</b>
October 25-26	Division III Eastern Championships @ Johns Hopkins _____	TBA
November 8-9	Southern Division Championships @ Princeton _____	TBA
November 22-23	Eastern Division Championships @ Navy _____	TBA
December 2-3	NCAA Championships _____	TBA

Home games in **BOLD**