

Huskers ready for battle vs. Wildcats

Kubik, Schwartz hold key for win against Kentucky, says Sanderford

BY JAY SAUNDERS
Staff writer

On Selection Sunday, Nebraska Women's Basketball Coach Paul Sanderford was worried his team would not make it to the NCAA tournament.

As the selections were being announced, Sanderford saw his team in the field of 64. That doesn't mean his worries are over, though.

The coach said he now is trying to get the Cornhuskers prepared for first-round opponent Kentucky. The game against the Wildcats will be Saturday at 8:15 p.m. at UCLA's Pauley Pavilion in Los Angeles.

"I'm excited that we are playing in the Big Dance," Sanderford said. "If you have to go on the road, it's a nice place to go."

NU would not be in the tournament if not for a late-season run that carried the team into the semifinals of the Big 12 Tournament.

Junior guard Nicole Kubik has been the Huskers' guiding force all season, and she said the team did not spend all of its energy just getting to the tourney.

"Every team has to step it up another level," Kubik said. "This team has another level to go up to. Everyone is hyped about going to California and showing the nation we can win."

Kentucky has not been to the tournament since their coach, Bernadette Mattox, took over four seasons ago.

The Huskers, on the other hand, played two tournament games last season, and went to the tournament in 1995.

Sanderford said he hopes experience will help his team, but that factor can be deceiving.

"Those people are so excited about being there sometimes they forget to play," Sanderford said. "But everyone in the field is pretty doggone good."

These first-round combatants are no stranger to the opposition's style of play. Sanderford said he was showing films of a Kentucky game and the players found several of their plays familiar.

Sanderford compared Kentucky to Big 12 foe Kansas because of the team's quickness

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NICOLE KUBIK
NU guard

and athleticism. The Wildcats also have a 6-foot-2 player at the small forward, which Sanderford said will help junior Brooke Schwartz.

"If Kentucky has an advantage," Sanderford said, "it's their ability to shoot the basketball. But they will have a quickness advantage with Brooke."

If the Huskers can get past UK, they have a possible second-round matchup with UCLA, a team Nebraska lost to 85-67 on a neutral court Nov. 27.

The Bruins would have the home court if both teams advance, but Sanderford warns of anyone looking past the first round.

"We can play with UCLA, but first we have to get by Kentucky," he said. "With the excitement of the Big Dance, you have to have your work done."

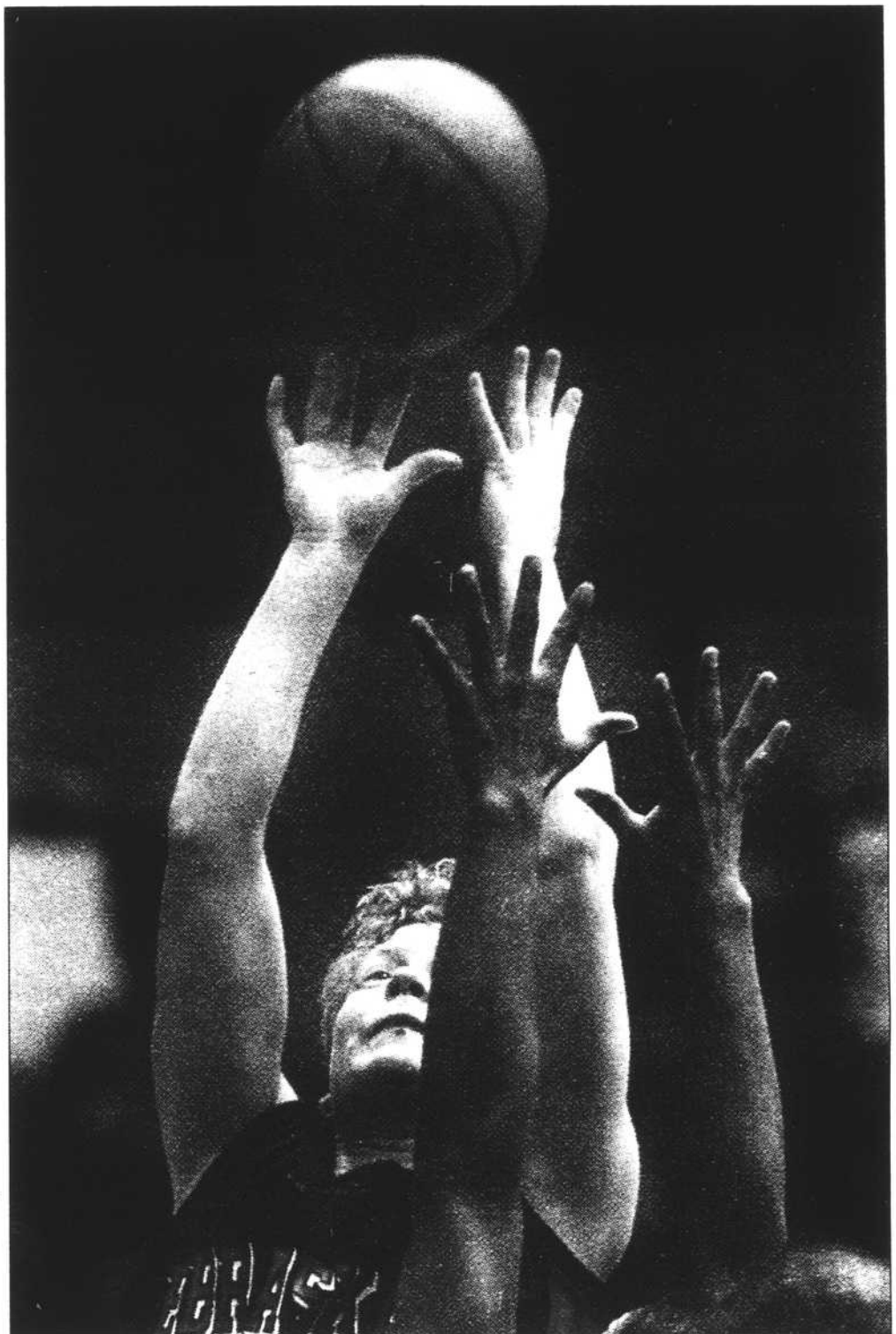
Sanderford has years of tournament experience to back up his words. This is the coach's 14th trip to the NCAA tournament, and his second straight with Nebraska.

With the team's struggles earlier this season, Sanderford said this tourney may be the sweetest.

"I'm not sure if this one isn't more gratifying than any of them," Sanderford said. "It's because we've had our backs against the wall."

DN FILE PHOTO

BROOKE SCHWARTZ and the Huskers will battle Kentucky in the first round of the Women's NCAA Tournament on Friday in Los Angeles.



Huskers buff up over winter

BY DAVID WILSON
Staff writer

It may be surprising to see a seemingly reserved 5-foot-9 cornerback yelling at his fellow defensive backs when they lag behind while running.

But it was that kind of leadership, along with lifting in groups by position, that helped the Nebraska football team gain more lean muscle mass than it ever had in a six-week period.

The Cornhuskers, who averaged 194 pounds of muscle per person when winter conditioning began Jan. 20, gained an average of 12 pounds of lean muscle per person when tested Wednesday. Nebraska also dropped its body fat from 14.2 percent to 9.6 percent.

"We came into the winter program a little bit off the mark in terms of body composition," said Boyd Epley, Nebraska's director of athletic performance. "Our goal was to build lean body mass with greater emphasis.

"That happens in the weight room. Coach (Frank) Solich stressed to the players that we needed to really do a good job in the weight room to get that turned around. That's exactly what the players did. It's really phenomenal for a six-week period."

1999 Top Scores

10-Yard Dash		40-Yard Dash	
Tyler Rauenzahn	IB 1.52	Eric Crouch	QB 4.47
Matt Davison	WR 1.53	Tyler Rauenzahn	IB 4.48
Ben Cornelsen	WR 1.54	Dwayne McClary	WR 4.48
		Erwin Swiney	DB 4.52
10-Yard Dash Points		40-Yard Dash Points	
Dominic Raiola	OL 754	Tyler Rauenzahn	IB 775
Damien Bauman	TE 733	Eric Crouch	QB 775
Kyle Vanden Bosch	RU 713	Dwayne McClary	WR 744
Josh Kohl	LB 713	Kyle Vanden Bosch	RU 744
		Carlos Polk	LB 744
Pro Agility		Vertical Jump	
Paul Kosch	WR 3.75	Dharran Diedrick	IB 723
Clint Finley	DB 3.77	Sean Applegate	WR 38.5"
Kelby Krueger	DB 3.86	Josh Anderson	DB 37.5"
Jeff Hemje	DB 3.86	Correll Buckhalter	IB 37"
Pro Agility Points		Vertical Jump	
Jon Clanton	DL 983	Correll Buckhalter	IB 688
Chris Kelsay	RU 970	Sean Applegate	WR 688
Kyle Vanden Bosch	RU 850	Damien Bauman	TE 663
Clint Finley	DB 850	Jay Runty	QB 646
Performance Index			
Kyle Vanden Bosch	RU 2939		
Chris Kelsay	RU 2921		
Damien Bauman	TE 2887		

JON FRANK/DN

The Huskers hadn't worked in position-by-position groups at the same time every day in previous winter conditioning periods.

The change, Epley said, allowed the players to keep track of each other more than if they were lifting individually.

"They had camaraderie within their position," Epley said. "Team unity is a very important factor. They pushed each other. You don't want to be late because the rest of the guys in

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DeAnda, Munson to see tournament play

BY LISA VONNAHME
Staff writer

For the past five years, Jose DeAnda and Scott Munson have dedicated their lives to Nebraska wrestling.

They've competed with injuries, and they've felt frustrated while having to share a starting spot with another NU grappler.

They've had big moments, too — like during Munson's sophomore season when he pinned Iowa State's Matt Mulvihill and led the Cornhuskers to a 20-18 upset over the Cyclones.

They've watched their teammates compete at the NCAA tournament. They've seen those teammates become national champions and All Americans.

But this year's NAAs will be different for DeAnda and Munson.

The senior duo won't be watching the tournament from the stands. Instead, for the first time in their careers, 11th-ranked DeAnda and 12th-ranked Munson will be wrestling in it.

This time, DeAnda and Munson will have a shot at becoming an All American, or maybe even a national

"I've always wanted to wrap up my wrestling career ... at nationals."

SCOTT MUNSON
NU wrestler

champion, in their final competition of their careers — the NCAA Championships, March 18-20 at State College, Pa.

"I've always wanted to wrap up my wrestling career, which I've had for the last 18 years, at nationals," said Munson, NU's 197-pounder. "I want to go out doing the best I can do until the last moment of my eligibility."

Like Munson, DeAnda's hope is to finish in the top eight of his weight class, which would earn him the status of an All American wrestler.

And even though the seniors will be competing in front of a sold-out crowd of 13,700 at Penn State's Bryce

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