Swimming, diving ready to conquer at nationals



By Melanie KotoSTAFF WRITER

This week, the Swimming and Diving team will travel to St. Petersburg, MO for the 55th Annual Swimming and Diving National Championship meet. The team has 6 female and 12 male swimmers and 1 male diver who will be going to the meet to compete, with 49 individual meet entries and 10 relay entries between both the Men's and Women's teams.

Going into the meet, there are some good perspectives for some of the athletes. Sophomore Ian McNair is seeded third for Men's 3-meter diving and fifth for 1 meter diving. Freshman Aimee Dewante is currently seeded fifteenth in the Women's 200-yard IM, while sophomore Max Ramminger is seeded third in the Men's 50-yard freestyle. Freshman Michael Bodzay goes into the meet with the seventh

fastest time for the Men in the 400-yard IM, and junior Keiji Halloway is in twelfth for the Men's 100-yard butterfly, while freshman Yoni Pruzansky is in sixth for the Men's 200-yard freestyle. Ramminger also goes into the meet with the seventh seed for the 100-yard breast-stroke, with sophomore Eric Grunden going in fourteenth, and in the 200-yard backstroke Bodzay is currently seeded tenth. Ramminger is also seeded third in the 100-yard freestyle, and Grunden is seeded seventeenth in the 200-yard breaststroke, while senior Joe Muchna is seeded sixteenth and Halloway is seeded twentieth in the Men's 200-yard butterfly.

The meet will be held March 2-5 and is a prelim final meet where the swimmers and divers will compete twice to try to get the top sixteen spots. The team goes to the meet with hopes of placing top 10 again, as they have in past years.

ASB raising funds with friendly competition

By Jason Neal

DIRECTOR OF INTRAMURALS AND RECRE-ATION

Basketball, soccer, volleyball, ultimate Frisbee, and water polo. What do these sports all have in common? The ASB Team believes they can beat you in these sports, and they're willing to try and prove it this Saturday. That's right, the ASB Team wants to take you on, in an effort to raise money for they upcoming trip. And for \$5, you can find out if you have what it takes to win.

Before we talk about how badly they want to beat you, let me give you some background. There are about 30 students and staff from IIT participating in this year's Alternative Spring Break service trip. In less than two weeks, they will be on their way to sunny Oakland, CA. For most of us, this would be a vacation, right?

The purpose of their trip is to do volunteer work with Habitat for Humanity, a not-for-profit organization whose mission is to help build, rebuild, or repair homes for families who cannot afford a house or the cost of the repairs.

Even with money from SAF, the cost is sub-

stantial, and each member is asking for donations to help alleviate some of the burden. The ASB Team has conducted several fundraisers since mid-Fall to make the trip financially feasible. They have hosted spaghetti dinners, a car wash, and a bowling tournament, ran a concessions stand for two swim meets, and sold roses for Valentines Day. They have embarked on a letter wring campaign seeking donations from friends and family.

"ASB Takes On..." is an opportunity for you to come to Keating and play against the ASB Team in some of your favorite sports. They have a basketball team, a soccer team, an ultimate Frisbee team, and a water polo team. To participate, you can form a team of your own, or sign up as an individual. It is a fundraiser, and it costs \$5 to join in the fun. The event will take place at Keating Sports Center this Saturday, March 5th, from 6pm to 10pm. The facility is normally closed during these hours, and the only people in the building will be those participating in the event.

To sign up as an individual or a team, send an email to intramurals@iit.edu or to contribute, go to this link: https://payment.iit.edu/item.php?item=464



(Photo courtesy facebook/IITASB2011)

Cricket World Cup matches will be televised in Keating

By Utsav Gandhi

CAMPUS EDITOR

Occupying a special place in the hearts of almost a quarter of the world's people, the quadrennial ICC Cricket World Cup returns this year to the place where those very people live - the place where it is loved so much that it is almost considered a religion, the Indian subcontinent. At a time when defending champions, and four-time winners, Australia are struggling to find the confidence that earned them that dominance, teams like Sri Lanka and England are slowly, but steadily, coming up to make their mark on world cricket, and in the process, are no longer considered to be just dark horses. At a time when the game's most iconic player, Sachin Tendulkar, has done almost everything possible during a glittering career, except win this very trophy, this year's tournament is very exciting, and will no doubt send the cricket-crazy hosts and their fans all over the world into a frenzy.

The IIT Cricket Club, IIT SASA, and the Office of Intramurals and Recreation are bringing the ICC Cricket World Cup 2011 games to Keating. They will be televising all weekend games and all the Play-off Games of the ICC Cricket World Cup live, for free. Get ready for the month long extravaganza combined together with the schools very own Keating Premier League (KPL).

Here are the remaining matches that will be televised at Keating:

Sat Mar 5 03:00 a.m. CST Sri Lanka v Australia

Sat Mar 5 10:00 p.m. CST India v Ireland / England v South Africa

Sat Mar 12 03:00 a.m. CST India v South Africa Sat Mar 19 04:00 a.m. CDT Australia v

Pakistan (Subject to Keating Spring Break Schedule) Sun Mar 20 04:00 a.m. CDT India v West

Indies (Subject to Keating Spring Break Schedule)
Sat Apr 2 04:00 a.m. CDT Final - TBA v

Here is some general information about the top teams in contention.

Group A:

Australia: Not the same team that won the last three world cups, but it will be foolhardy to count them out.

Pakistan: The perennial surprise package,

capable of upsetting the best on their day.

New Zealand: Have made it five times to the semis, never beyond that. Will want to change that.

Sri Lanka: Red hot contenders, they are a very dangerous team at home.

Group B:

India: Home is where the heart is? A very dangerous batting line-up and in extraordinary form right now, they carry the hopes of a billion people.

South Africa: Strong favorites, but tend to fumble at big stages.

England: Have fielded a strong team after a long, long time. Look ready for the challenge.

West Indies: The dark horses. Could be responsible for some big upsets.

Pilates classes impact fitness

By Ashlie Ingold

STAFF WRITER

Pilates was developed by Joseph Pilates to increase the strength, flexibility and control of the body. He began as a young child in Germany suffering from asthma, rickets, and rheumatic fever, and he dedicated his entire life to improving his physical strength. He studied bodybuilding, yoga, and gymnastics. He lived a difficult life, moving to England in 1912, before World War I, and he emigrated to the United States in approximately 1925, where he and his wife began training students into the 1960s. Joseph died at the age of 84 in 1967.

Studying the different arts allowed Pilates to create this style of exercise that even those with many health issues are able to perform. Mandy Work believes that his story is worth knowing. Knowing this will hopefully encourage all students to come to a pilates class and develop their own style of exercise or continue in the tradition. I had the opportunity to interview Mandy, the pilates teacher here at IIT, and this is what she had to say:

How long have you been teaching pilates? Two years.

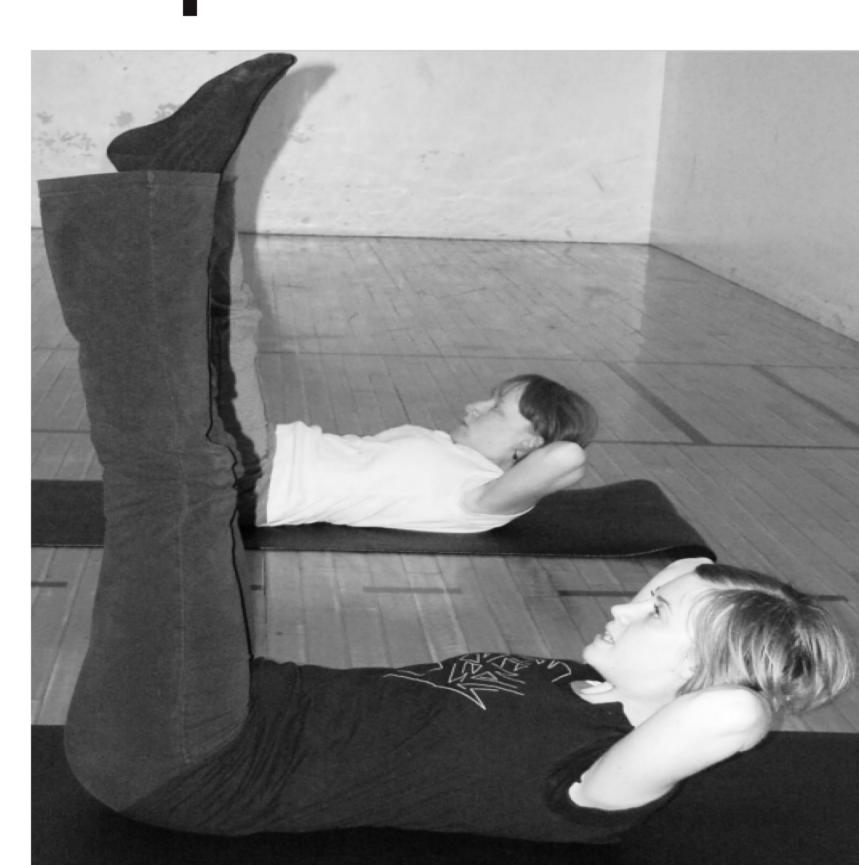
How long have you been teaching pilates at IIT?

1.5 years.

What do you like about teaching pilates here?

I like that students can come check out the classes for free, so I get a lot of students who have never done pilates before. I like introducing it to them.

What are the benefits to taking a pilates class?



(Photo courtesy illinoistechathletics.com)

Pilates lengthens and strengthens the body at the same time. It is especially good for core strengthening, and regular practice improves breathing, posture, and performance in other physical activities.

How did you get into pilates?

I took classes at my college fitness center.

What do you hope to accomplish by teaching pilates?

The powerful benefits that pilates offers the body and mind have had a significant impact on my life. I believe others can find increased personal wellness through incorporating pilates into their life whatever their goals may be.

Who was your main influence?

There wasn't just one person. I think it was more a side effect of being a dancer. It goes hand-in-hand.

Do you teach outside of IIT and where?

Yes, I teach at Move Your Feet Sports Fitness Studio.

Pilates is offered at Keating Athletic Center Wednesdays at 5:30 p.m. in racquetball court #3.