



Another "Rebuilding" Year for the Orioles

THE O'S UNDERWENT ANOTHER ROLLERCOASTER SEASON DESPITE A SEEMINGLY SUCCESSFUL OFF-SEASON

By Ellen Brooks

Baltimore is an intense city by any standards. First of all, there's that drug and murder problem. Then there are political issues that divide households. But most importantly, our sports provide a source of passion. Baltimore is, as described by Sports Illustrated, a "sports-made" city. We have the Ravens, the Blast, the Bayhawks, high school lacrosse, and, of course, the good old Orioles. Old, yes. Good, not so much.

From an out-of-shape Sidney Ponson to a chronic-slumper Rafael Palmeiro, the Orioles have had some terrible luck when it comes to baseball in the 21st century. To fully understand what the permanently

rebuilding Orioles have put its fans through in 2004, we must backtrack a year. Keep your arms and legs inside at all times and hold on tight—it's going to be one wild ride.

On December 12th, 2003 the Orioles signed shortstop Miguel Tejada to a six-year, \$60 million dollar contract which included an unprecedented \$12 million dollar signing bonus. Tejada, the 2002 AL MVP, had hit 27 homeruns and 106 RBIs for the Athletics in 2003. Ten days later, the Orioles signed Atlanta Braves catcher Javy Lopez to a three-year, \$22.5 million dollar contract. Javy, coming off a career season with the Braves, had hit 43
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Varsity Football Contest Draws Huge Fan Support

ON SEPTEMBER 10th SCORES OF ENTHUSIASTIC GILMAN STUDENTS TRAVELLED TO DEMATHA

By Simon Landau

The evening of Friday September 10th was the scene of an amazing event for the Gilman athletic program, and moreover, the Gilman community as a whole. After a winter and spring in which fan support began to increase, the senior class of 2005 took it upon themselves to add to that momentum and start the 2004 Fall Sports season of with a bang. Following school President Paul Stack, as well as spirit leaders Tyler Hoffberger

and Noel Fetting-Smith, carpools of Greyhound devotees made the inter-city trek from Baltimore to Washington, D.C. to support the Gilman Varsity Football team take on the Dematha Stags. Dematha, ranked first in Maryland at the time of the match, not to mention ninth in the country, were matched pound for pound both on the field, and in the stands.

Masses of screaming
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Varsity Soccer Gets Seal of Approval

NEW GILMAN COACH JON SEAL HOPES TO BRING THE PROGRAM BACK TO THE TOP OF THE MIAA

By Matt Todd

This year, we at Gilman are lucky to have the soccer team's highest a high school soccer team's high scorer on our sideline. Unfortunately, the team referred to is McDonogh's, and Mr. Jonathon Seal is no longer playing soccer. Fortunately, however, he is the new coach of Gilman's Varsity Soccer program. As his impressive resume displays, Coach Seal held McDonogh's all-time goal-scoring record and the single season scoring record from 1988-2000. In 1999, Seal was inducted into McDonogh's Athletic Hall of Fame. He was a fiery competitor in his high school days, and nothing, it seems, has changed, as he brings that very intensity to Gilman's sidelines.

Fueled by heavy ambition, Seal is set on being a perennial contender for the MIAA A-



Varsity Soccer Coach Jon Seal gives Paul Stack ('05) tips about defending (Photo by Redmond Farba)

Conference championship. After familiarizing himself with Gilman's team for a little less than a month, Coach Seal has already implemented a completely new system from the previous coach,
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- A redesigned *Sports News* with a different design and loaded with new features
- Dual Player Profiles: Varsity Football Lineman Andrew Pyke and Varsity Soccer Defender Tauren Kagwima
- Photo Feature: Summer Sports
- Editorial: The Sad State of Professional Sports

Player Profile:



Andrew Pyke

VARSITY FOOTBALL

By Teddy Davidson



Photo by Jake Klein '05

For the Gilman Varsity Football team, there are certain expectations that must be upheld. A winning, if not undefeated, season and a MIAA championship trophy are anticipated, and the 2004 season is no different. With these expectations in mind, it is the hard work, dedication, and strong leadership from veteran Andrew Pyke that will undoubtedly bring the Greyhounds back to the top of the Maryland football ranks.

As one of four senior captains, Andrew Pyke has quietly stepped up into his role as a model for younger players to work towards. There is no question that his effort day in and day out is admirable, to say the least. "He's got a great work ethic," says teammate Alex Zarzecki '05, "probably one of the best on the team, if not the best." Fellow senior Ryan Summers explained how he and Pyke, along with several other players, go in each day before

practice even begins. Just as you can't go into an exam without having studied the information, the same applies for football. Andrew Pyke has put forth the effort each and every day, and has come out a truly successful athlete. Senior teammate Patrick Lee is familiar with Pyke's regimen, saying "He probably has the best work ethic on the team. Sometimes I don't like to go to practice because of him."

But Pyke does more than simply train hard to get in shape. He is a very committed team leader who others can look to for guidance. "He's a great leader on the field," says Summers. "Everyone looks to him when we are having a bad practice." For the first time in the last few years there is an absence of a defined all-star on the squad, so Pyke and a few other players have risen to the occasion and filled their shoes. "He's a great example for the younger kids," says Jordan Tucker '05. "He's always coaching up the younger guys." It is one thing to work hard for your own interests. But to achieve real success, you work for others as well. All in all, Pyke knows what it means to be a positive role model.

Despite how impressive his efforts are in practice, Andrew Pyke's real prowess comes on display when he's on the game field. Says Zarzecki,

— VITALS —

Height: 6'0"
 Weight: 210 lbs.
 Experience: 3 years Varsity, 1 year Junior Varsity
 2003 Stats: 78 tackles, 10 sacks, 5 fumble recoveries
 He Said It: (About the 9/10 DeMatha game) "We played hard, and we should have won; we can beat the #9 team in the nation. But we are looking forward to our league games, and we have to work really hard for the rest of the season."

"when you see Pyke pull you know you better get ready for a blow because he gives his 100% all the time." Whether he's delivering a crushing tackle or blocking against blitzing linebackers, you can be sure Pyke won't let you off easily when you go head to head. "Andrew really sets a tone for the entire team," says Tucker. "His intensity and his love for the game inspire us to play better." To Pyke, it's all in a day's work. "His leadership is by showing...not saying," says Ryan Summers. When he's working, Andrew Pyke may appear to be just another face on the Gilman football team. But if you get to know him, you will see in living color the stuff that champions are made of.

[GSN]

Photo by Will Finney '08



Varsity Football Update 5-0 as of 9/19/04

9/3 - Dunbar - 28-14 Win
 9/10 - DeMatha - 9-12 Loss
 9/18 - Boys Latin - 24-6 Win
 9/23 - St. Paul's
 10/2 - Georgetown Prep

Junior Varsity Football Update 2-0 as of 9/19/04

9/9 - DeMatha - 14-29 Loss
 9/15 - Boys Latin - 21-18 Win
 9/22 - St. Paul's - 3-0 Win
 10/2 - Georgetown Prep

Fresh-Soph Football Update 1-0 as of 9/19/04

9/14 - St. Paul's - 12-6 Win
 9/22 - Calvert Hall
 9/29 - Georgetown Prep

Next Issue

- Coach Dave Allan pursues lax coaching career at Johns Hopkins University
- Up-and-Comer: Ben Eaton, Varsity Football
- Player Profile: Pell George, Varsity Volleyball
- Catching Up with Victor Abiamiri and Ambrose Wooden, Sophmores at Notre Dame

Seal of Approval

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Mr. Ned Harris.

After three straight losses to start off the season, the Coach is not phased, as he commented that after five or six years of using his system with McDonogh's Varsity Soccer team, he knows that it does not reach its high point until mid-October. The coach has faith in the system to ultimately win games by the end of the season. In continuing with his logic, Seal remarks, "we need to get in the playoffs to put ourselves in a place we can take advantage of." The coach comments that achieving his goals depend on, "how quickly we can come together and adapt to the system." The system of which he speaks so highly is simply a zone in which the players swing to encompass the ball.

Coach Seal has surrounded himself with soccer for majority of his life. Before Gilman, Coach Seal implemented the system very successfully at McDonogh School where he assumed the role of the Assistant Varsity Soccer coach from 1992-2003. Under his leadership, the Eagles went to six consecutive



The man Coach Jonathon Seal replaced, Mr. Ned Harris, jogs and imparts soccer wisdom on Varsity defender Tauren Kagwima ('05)

MIAA A-Conference championship games, winning two titles in this span.

As for his career outside of high school coaching, Seal coaches the Casa Mia's Bay Under-16 Boys team. Currently, Casa Mia's is ranked number one in the country. In the last year and a half, Coach Seal's Casa Mia's Bays team has won ninety-eight games, all the while only losing one game and tying one more. It's no wonder Coach Seal has such high expectations for this young but talented Gilman team.

After leaving McDonogh, Seal applied for Gilman's coaching job; on his resume for the coaching position at Gilman, Seal wrote, "My expectations extend beyond [the players] physical ability." He wrote that he demands that his players put in 110% of both physical and mental effort everyday. Senior team captain Will Schoeberlein said of his coach, "he

really expects a lot out of us."

The transition from Coach Harris to Seal has gone smoothly, though senior team defender Marc Walsh commented, "it's a big change coming from Coach Harris." Athletic Director Mr. Tim Holley said, "Harris' input was terrific, and he has passed on the baton." Holley, who ultimately hired Coach Seal, is very enthusiastic about the new coach and commented, "he has been a wonderful infusion of energy into the soccer program." In hiring the new coach, Gilman was looking for a candidate with

a general interest in youth soccer who would improve Gilman's whole soccer program from middle school to varsity. Seal not only fit that criteria but is, like Harris, an excellent player with an extensive knowledge of the game. Captain Will Schoeberlein declared that though the coach and the team are still getting used to each other, "we have a legitimate chance of making the playoffs and going from there."

Seal's experience, determination, and, most importantly, focus on his "system" bodes well for the future of Gilman Soccer.

GILMAN SPORTS NEWS

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Emails to the editors are much appreciated. If you have any comments to make or would like to have a letter published, please email us at gilmansports@yahoo.com.



Rubi Mucchala ('05) watches as Coach Seal works on correcting a player's mistake (Photo by Redmond Farha)

Varsity Soccer Update

5-5-1 as of 9/21/04

- 8/31 - Park - 3-0 Win
- 9/2 - Loyola - 2-3 Loss
- 9/7 - Curley - 1-4 Loss
- 9/9 - St. Paul's - 0-2 Loss
- 9/11 - Boys Latin - 2-1 Win
- 9/14 - John Carroll - 4-1 Win
- 9/15 - Calvert Hall - 1-2 Loss
- 9/18 - C.Milton Wright - 1-1 Tie
- 9/21 - Landon - 2-1 Loss *

Junior Varsity Soccer Update

1-4-1 as of 9/21/04

- 9/2 - Loyola - 0-5 Loss
- 9/7 - Curley - 0-6 Loss
- 9/9 - St. Paul's - 0-0 Tie *
- 9/11 - Boys Latin - 1-0 Win
- 9/14 - John Carroll - 0-2 Loss
- 9/15 - Calvert Hall - 0-1 Loss
- 9/18 - C.Milton Wright - postponed

Fresh-Soph Soccer Update

1-4-0 as of 9/21/04

- 9/7 - Calvert Hall - 1-2 Loss
- 9/11 - Curley - 1-2 Loss *
- 9/14 - John Carroll - 0-5 Loss
- 9/17 - Loyola - 1-0 Win
- 9/20 - Mt. St. Joe - 0-3 Loss

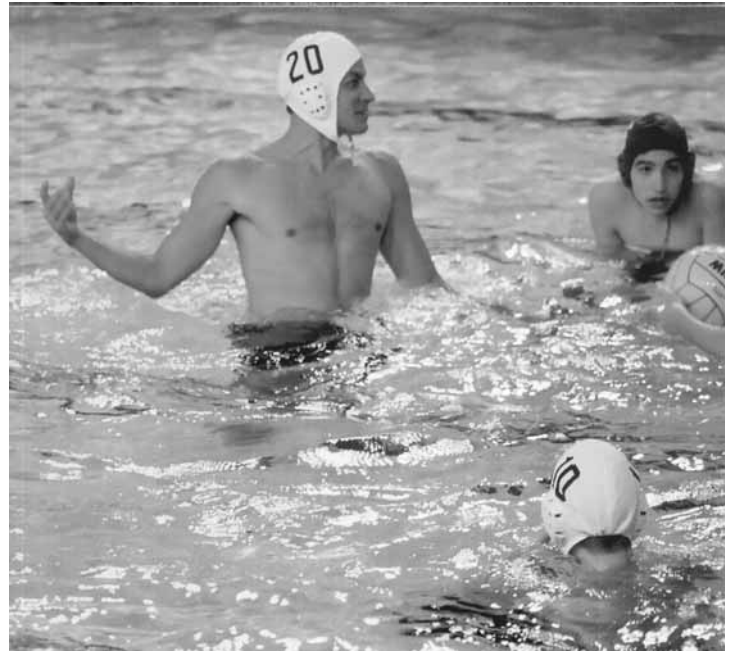
* Implies Overtime

Photo Feature: Summer Sports

DURING THE SEASON, FALL SPORTS TEAMS PREPARED FOR THEIR UPCOMING SEASONS, AND THE GSN CAPTURED ALL OF THE ACTION



Sam Poggi (07) and Mark Cleeland ('08) stares in dismay over an empty water bucket after his second practice of the day
(Photo by Redmond Farba)



New Water Polo coach Jody Driscoll demonstrates the correct way to hold an imaginary ball
(Photo by Redmond Farba)

Varsity/JV Coach Neil Gabbey teaches his players to step into the hit
(Photo by Redmond Farba)



Varsity Soccer team captain Will Schoeberlein awaits instruction from new coach Jon Seal
(Photo by Redmond Farba)



Christian Flow ('06) plays defense on Paul McBride ('06)
(Photo by Redmond Farba)



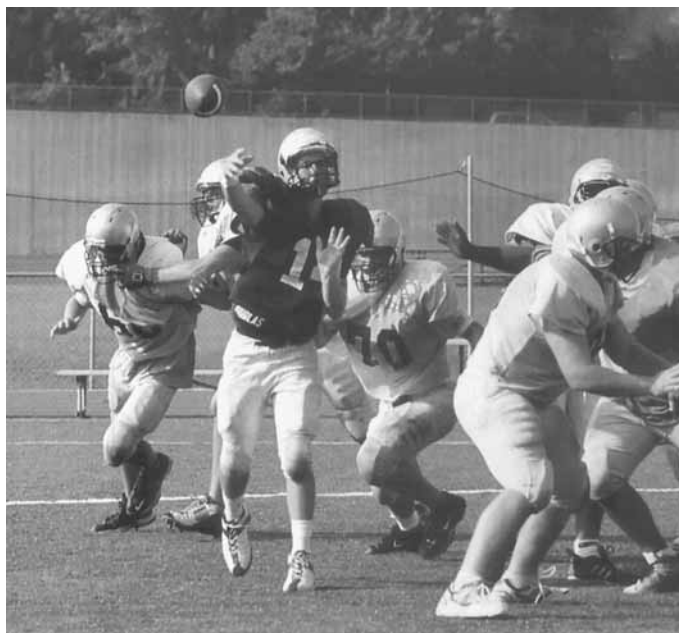
Kyle Weiman ('07) slamming a set from teammate Rip Fridell ('07)
(Photo by Redmond Farba)



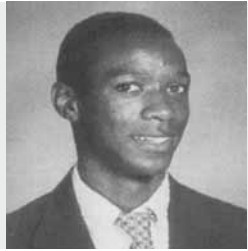
Reed Hartman ('07) sets up a teammate in hitting drill
(Photo by Redmond Farba)



Jason Mattison (07) shows poise and a good arm in summer workouts
(Photo by Redmond Farba)



Player Profile



Tauren Kagwima

VARSITY SOCCER

By Ruben Khan



As the new school year begins, certain individuals seem to be emerging as the leaders of Gilman. Such men are well rounded individuals who take pride being part of Gilman, and Tauren Kagwima is one of these men. Not only has Tauren been a leader in school by becoming the Senior class president, but he also is one of the three captains for the Varsity soccer team.

The soccer players of all levels look at Tauren as a leader who can provide support both off and on the field. On the field he is a threat with his blazing speed and shifty moves. Tauren controls his area of the field whether he is put in at halfback or fullback, and he never asks to come out of a game.

Furthermore, Tauren's skill level allows him to survey the field with his head up to assess the situation. He can keep the ball under control while thinking about his next move. Moreover, Tauren directs the people in front of him in check. Since Tauren plays in the defensive part of the field primarily, he can see the whole field and find the weaknesses in the Gilman defense to stop any offensive chances. Will Schoeberlein said, "Tauren can provide us with a quick counter-attack because he can win the ball in the air and put the ball back into our offensive zone." The team also relies on Tauren's height to win any balls which are played his way. The team also uses Tauren's height as an offensive weapon on corner kicks and free kicks because he creates a screen for the opposing goalie. In addition, Tauren's composure

places confidence in his teammates' mind's; they trust his decisions on the field completely. Furthermore, since Tauren has not received a penalty card in his Gilman career, proving that people can play a clean game and still be successful.

Tauren has also proven to be a great leader off the field as well. He listens to any advice from each and every player, and

VITALS

Height: 5'11"

Weight: 169 lbs.

Experience: 3 years Varsity, 1 year Junior Varsity

Position: Right Fullback

He Said It: (About Gilman's 1-4 start) "I think we can still make the playoffs. We might've stumbled a little bit, but we can come back. We are going to have to win just about every game from now on- every game matters."

School Spirit

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Tyler Hoffberger ('05) is a leader of the spirit committee (Photo by Adrian Kostrubiak)

he considers the advice with care because he wants to help every person on the team. Furthermore, Tauren does "not want to hear any negative comments from any players against each other." When asked to elaborate, he said, "If any player has any problems, either on the field or off, he should come to me before causing any further damage to this team or to him." Tauren provides the team with support both mentally and physically.

Playing most, if not all eighty minutes of each game, Tauren is a great physical threat to every opposing team. His knowledge of his importance to the team allows him to play intelligently. Lastly, when asked about any advice he can give to other soccer players, he said, "Have fun because people get so caught up in the game that they lose sight of that."



Greyhound fans packed the stands, bringing the noise to say the least. Even better, they kept it clean. Whether it was the ridiculous, yet hilarious calls of Patrick and Owen Slevin ('05) about Middle Earth, or Marcus Singleton ('05) dancing to the beat of Britton Nyce's ('05) drum, the Gilman fans were impressive in the support of their team, in whatever manner they chose to display it. School President Paul Stack was very pleased with the fan turnout, saying, "The fan support was just terrific. To get fifty to seventy people to come to a Friday night game in Washington, D.C. is outstanding."

On the field, there was a game being played, as Gilman came out with the intensity and spirit that they so desperately needed to compete with the premier team in the state of Maryland. After Senior kicker Luke Bell had been a perfect three for three on field goal attempts for the night, his name was called with the score Dematha: 12, Gilman: 9. This attempt, however, was from fifty-one yards away, a tall task for a high-school kicker. Unfortunately, Bell could not stay perfect, and the Stags went on to win by a score of 12-9. Despite the loss, the effort was commendable, for both the team as well as the fans. With the leadership of the class of 2005, as well as the sale of the 2004-2005 Spirit Committee tee shirts, entitled "Super-Fan", fan-support for this year's Gilman athletic program looks incredibly bright.

Editorial: The Sad State of Professional Sports

IN AN ERA DOMINATED BY INCONCEIVABLE CONTRACTS AND STEROID CONTROVERSY, AMONG OTHER THINGS, WHAT HAS HAPPENED TO PROFESSIONAL SPORTS?

By Redmond Farha

Waking up in the morning and watching Sportscenter used to be one of my favorite things to do. On summer mornings, I would wake up at 9 a.m. to see highlights of all of the baseball games from the previous day and maybe catch news from NFL training camp or NBA trades. I watched Sportscenter until my eyes hurt, and it felt good. It felt really good. This scenario prevailed years ago, back in the era of Culbertson. Now, my favorite TV show has become a joke, and the fault lies not with the folks at ESPN; rather, professional (and college, at times) sports are to blame for this now-tainted show.

I recall a certain two-week period this past summer, an interval in which I almost completely lost faith in all that has been so good to me the past few years. ESPN saw in the Lakers' "downfall" immeasurable success and ratings for its premier program. Phil Jackson, the legendary coach who, despite being lighted by utterly miserable rosters of untalented players, always managed to win championships, was let go of. Shaquille O'Neill danced with the idea of leaving LA for good- he has. Kobe Bryant, already in a sticky situation in Boulder, Colorado which involved rape charges (which have recently been dropped), toyed with the idea of joining LA's other franchise, the Clippers. And for the proverbial icing on the cake, the Lakers had been in contact with celebrated NBA coach Rudy Tomjanovich and Duke Blue Devils coach Krzyzewski. As you can imagine, Sportscenter was on Cloud 9. Meanwhile, millions of sports fans, myself included, were going crazy.

I remember thinking to myself, what have we done to deserve this punishment? I have seen the same interview with Shaq

17 times today, and, as touching as a Duke student's emotional "Stay, Coach K" letter is, I can't bear to watch any more. Needless to say, I turned off the TV, like any sane fan would. What I did next would, unfortunately, only lead to greater despair.

Turns out, Michael Lewis is Major League Baseball's antichrist. Baseball has reached its all-time low point, and Michael Lewis' best-seller proves it- no one cares about the game of baseball any more. My own faith in Baseball had been depleting, withering away, for the past two years, at least. And when it wasn't informing me of what Kobe Bryant ate for lunch today, Sportscenter threw in a few

Meanwhile, millions of sports fans, myself included, were going crazy.

Baseball highlights; an Orioles beatdown caught my eye.

The Orioles, who this past offseason spent tens of millions of dollars to bring in three star players, were supposed to go places this year. If not win the division, the least they could have done was make the pennant. As I am writing this, Baltimore stands 17.5 games out of the Wild Card spot; the worst part about this disappointment of a season, however, is the fact that I could not care less about Major League Baseball right now. Games are long, trading cards are gone, fantasy games are in, and Moneyball has drained every last ounce of interest in baseball out of me.

Thanks, Mr. Lewis. No, not you, Michael- I'm talking to Jamal. During my two weeks of hell, I tried to stay optimistic. Hey, I thought to myself, we've still got the Ravens,

who have a 2,000-yard rusher, a developing quarterback, and one of the nastiest defenses in NFL history. Turns out, Jamal Lewis was intending to "distribute cocaine" in 2000. But hey, Red, we just signed Deion Sanders. Sure, Primetime has reported to Ravens training camp, but a cocaine-dealer rushed for 2,000 yards in a competitive, parity-filled National Football League- I think something's wrong.

Where am I going with this? Well, it's simple- professional sports have run amuck. Ricky Williams retired from the NFL at 27 to pursue a career in...smoking weed? The National Hockey League is facing a possible lockout in the 2004-05 season, and for what? The league wants to put a limit on team spending, on account of the debt it has compiled. Cheering for the home team has become a thing of the past with fantasy sports dominating our culture. America can't even win an Olympic Gold Medal without its validity in question. What has happened to the state of professional sports?

I have no solution to solving the numerous problems in sports today, but even if I did, my opinion wouldn't matter much. Maybe that is the problem? Professional sports are known now as a "business," because players come and go, and contracts get bigger and bigger, but what ever happened to the basic concept of these athletes enjoying the game? Whatever happened to players like Cal Ripken, Jr., whose intentions were never questioned because he kept the fans happy, and that was what mattered. Professional sports, from MLB to Nascar, need to reassess their goals- for now, however, I will enjoy the post-game handshakes with other teams, the camaraderie of my hockey team, and I will love every minute of my last year of high school athletics.

Letters to the Editor

If you would like to voice your opinion about the most recent editorial or any of the preceding articles, we would love to hear it. If you want to submit a letter or e-mail, please put the letter in either Redmond Farha's or Simon Landau's mailbox. If you would like to submit your letter electronically, please e-mail it to us as an attachment to gilmansports@yahoo.com. We thank you sincerely,

Editors-in-Chief
Redmond Farha
Simon Landau

Interviews

The GSN is always interested in interviews with sports personnel or athletes on the professional level. If you know someone who might be a good interview, please send e-mail to gilmansports@yahoo.com. Please include your name, the possible interviewee's name, as well as your association with him/her.

Thanks once again,
Editors-in-Chief
Redmond Farha
Simon Landau

O's Up-and-Down Season

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homeruns and drove in 109 runs in the 2003 season. To complete this trio of highly paid studs, the O's brought Rafael Palmeiro back to Baltimore, luring him in with a one-year, \$4 million dollar contract; Raffy had 38 homers and 112 RBIs with Texas the previous year.

Not only did the O's bring in offensive firepower, but they resigned star pitcher Sidney Ponson. Ponson, who was traded to the Giants last year (at the time, he had a 14-6 record), was enticed by a \$22.5 million dollar contract, and he stayed true to the Orioles. Ponson complemented a solid rotation involving the likes of young guns Matt Riley, Eric DuBose, and Rodrigo Lopez. For the first time in a while, the O's were looking good on the mound.

The O's hit the ground running. The Birds flew through the first few games of the season, and

as of April 21st had won 5 straight and were in sole possession of first place with an 8-4 record. Moreover, Javy was hot. Many were predicting a wild card race; Ponson was being praised; MLB attendance, in general, was up, with Camden Yards being no exception.

That very evening, the Orioles lost, and all those beautiful hopes and dreams so brashly predicted during the off-season were all but ground into mud by the cleats of the Tampa Bay Devil Rays.

April finished and May followed with many close defeats, and some not so close. On May 11th for example, the Orioles lost 15-0 to the White Sox. Ouch doesn't even come close to describing the loss. Not only did Ponson continue his terrible play (in his last four starts, he went 0-4 with a 10.29 ERA, allowing 38 hits in 21 innings) but Tejada went down in the first inning with a leg injury. Only eight days later the Orioles were again shut out, this time at the hands of the Mariners, 11-0. April and May, however, were great compared to June. In June, the Orioles could only salvage seven win in 27 games.

Heading into the All-Star Break, Mazzilli and the rest of the O's were less than pleased. And they had a right to be: with a

nasty-looking record of 37-48, the team had not won a home series since the weekend of May 8th when they swept Cleveland. Tejada managed to give the Orioles some momentum with his hard-earned appearance in the

All-Star game and his replacing Jason Giambi in the Homerun Derby. Unfortunately his 26 winning homeruns in the derby could not be redistributed into the following games of the season. The O's managed to win nine of the next seventeen mid-summer games. Then came the shocker.

The Orioles won an amazing eleven out of the first fifteen games in August. This included an eight-game winning streak and a peek at .500. It appeared as though Baltimore was finally coming around. Could they finish strong? Get back to .500 and stay there? In predictable fashion, however, the O's once again faltered.

What has come to be known as the "dirty dozen" took Orioles fans on a heart-wrenching plunge into despair. How was it possible to drop off of eleven solid wins into a pit of 12 straight? Only the Orioles. But, again, things changed, and the Orioles won six straight. The O's reached a high point in the steak when they finished their season series against the Devil

Rays; they have successfully won 57-56 all-time. The other two wins were against the Yankees, who are limping into the fall. These wins seemed encouraging nonetheless. After a recent 9-1 Blue Jays defeat in which new pitcher Bruce Chen improved his ERA to 1.93 (in four starts with the O's), maybe things are on the rise again.

All of the ups and downs make it tough to be an O's fan. It is rare that the Orioles are consistent enough to give fans an idea of what kind of team they are cheering for. Instead, Baltimoreans have to deal with the abundance of huge disappointments and small surplus of sound wins.

The Orioles don't have a stupid goat or a great Bambino to curse them. We have a rich history of baseball. There is no reason for the fans to endure distress for so long because a team can only rebuild for so long. The O's did take a big step forward in 2004, but the big names haven't produced as much as their contracts should entail. Raffy and Javy have only hit a combined 35 homeruns, and the team only has two players batting over .300. The O's must end this rebuilding process and make a commitment to winning games or things will just get worse- that's a dangerous thought. [GSN]

He Said It: This year, the GSN will attempt to have a section providing readers an inside look at issue occurring in the college sports world. We will do this by featuring a "He Said It" section, including quotes by several Atlantic Coast Conference Coaches. This weeks question posed to the coaches was the following: "Now that the ACC has added football powerhouses Miami and Virginia Tech, as well as Boston College next year, where does it stack up with the best college football conferences in the country?" Here were their thoughts:

Coach: Ralph Friedgen

School: Maryland

He Said It: "Well I think it stacks up with the very best. If those three teams were in our conference last year, we would have had nine teams in bowl games. And then when you put that with the media markets that are involved in the ACC, I think it's probably one of the strongest conferences in the country."

Maryland is 2-1 overall, 0-0 ACC

Coach: Chuck Amato

School: NC State

He Said It: "Well, I think it's hard to say whose league is the best in the country. But we do have the right to say that, because we have three teams who have been in BCS Championships in the last five years or so, but there's more to it than that."

NC State is 1-1 overall, 0-0 ACC

Coach: Frank Beamer

School: Virginia Tech

He Said It: "Well, I think strengths will change year to year. However, I believe that now year in and year out, the ACC will be one of the best if not the best football conference in the country. I think when you look at it, you've got to put the ACC there."

Virginia Tech is 2-1 overall, 1-0 ACC

Coach: Jim Grobe

School: Wake Forest

He Said It: "Well, obviously I think we stack up pretty well- I don't think there is any question about that. I don't think that there's a better football conference in the country. We will find out over the next few years how we stack up."

Wake Forest is 2-1 overall, 0-1 ACC