



# THE SCORE

*Publication of the Soaring Eagles Life Skills Program*

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## Men's Hockey Raises Over \$900 For American Cancer Society

The Elmira College Men's Hockey team raised just over \$900 for the American Cancer and the fight against prostate cancer. Fans were asked to bring donations to the Friday, January 29th match-up against visiting ECAC West rival Utica College. It was an all around great night as over \$900 was raised for the ACS and the Soaring Eagles defeated Utica College 7-3.

According to the American Cancer Society, prostate cancer is one of the most common forms of cancer among American men. As men age, their chance of developing prostate cancer increases. An estimated 8 out of 10 men diagnosed with prostate cancer are over age 65.

The Soaring Eagles will look to continue their perfect ECAC West record during Athletics Alumni Weekend as they take on the Statesmen of Hobart College at 7:00 p.m.



## From the Office of Career and Counseling Services

The Office of Counseling and Career Services invites all students to explore the opportunities and services that will enhance their ability to succeed in life after Elmira College.

“Commencement to Career Month” events will be held from February 1<sup>st</sup> to February 19<sup>th</sup>. Commencement to Career is an effort to engage all Elmira College students in productive career planning and placement activities including workshops, presentations, panels, information sessions, career counseling and more. Activities will be sponsored by the Office of Counseling and Career Services and presented by professors and administrators, graduate schools, Peace Corps, and Kaplan. Students in all classes are encouraged to attend and learn from these presentations.

If you can not attend a workshop and are interested in receiving information please call the Office of Counseling and Career Services at (607) 735-1830 to schedule an individual appointment to begin or continue your own Commencement to Career journey.



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## From the Office of Sports Medicine

### Fueling for Early Morning Workouts & Practices

Try eating a healthy 300 - calorie carbohydrate & protein rich snack or small meal one hour before bedtime.

It is not whether you should or should not eat before bed but rather what you eat and how much. Keep the bedtime snack to fewer than 300-400 calories and low in fat and refined sugars.

The next morning, you should eat a little of something before the start of exercise. For example if you wake up at 5:30 a.m. for a 6:00 a.m. practice, you should limit yourself to 75-100 easily digested calories. If you have an 8:00 a.m. practice and you wake up at 6:30 a.m., you can afford to have 100-400 easily digested calories.

- A slice of whole wheat bread = 85 calories
- 16 ounces of sports drink = 100 calories
- medium banana = 110 calories
- energy bar = 230 calories
- PBJ sandwich = 310-360 calories
- small bowl of whole grain cereal with 2% milk = 250 calories
- a hard-boiled egg with two slices of whole-wheat toast = 250 calories (10g protein)

## Elmira College Student - Athletes Attend Empire 8 Summit

On Friday, January 29th four selected Elmira College student - athletes traveled to the Holiday Inn Airport in Rochester, NY to take part in the 4th Annual Empire 8 Leadership Summit. Travis Armideo '12, Danielle Corjulo '11, Alston Eldridge '12, and Andrea Masiello '11 were the selected Student Athletic Advisory Board members to attend the two day program.

The Summit's objective is to bring student - athletes from all nine Empire 8 institutions together each year to discuss numerous hot topics. The theme of this years summit was team diversity and the student - athletes had the privilege to work with keynote speaker Stan Pearson. Stan challenged the student - athletes to leave their comfort zone and discuss a sometimes difficult topic to address, team diversity.



In addition to experiencing many fantastic hot topic workshops and discussions Travis, Danielle, Alston, and Andrea had a great time meeting fellow student - athletes from rival conference members.

### Mark your Calendar:

Encore- Mark Twain's Music Box  
Tuesday, February 2nd

Athletic Alumni Weekend  
Friday, February 5th -  
Sunday, February 7th

Super Bowl  
Sunday, February 7th

Encore- Biava Quartet  
Monday, February 8th

Encore- Carrie Hooper  
Tuesday, February 9th

Encore- Cornell University Glee Club  
Monday, February 15th

Mid-Term Break  
Saturday, February 20th -  
Sunday, February 28th

