

Track season wraps up

By Miranda Wyatt
Staff Writer

The women's track team will end a successful season this weekend at Baptist College. This is only the second season for UNCA to have a women's track team, and they have greatly improved on their performance from last spring.

"The team is so much better than last year. The difference has been like night and day. Within the next year or two I expect to become competitive with the big schools like Duke and Clemson," said track coach Valerie Lemoignan.

The team is still young and in the process of building. They have worked hard and consistently this season to improve on last year's performance.

"Considering this is only the team's second year, I feel that we have done really well," said Crystal Dunham, shot-putter for the team.

"It's been a lot of fun, and it's hard work, but we don't mind

because we all have a good time together and that's what is important," said team member Aretha Barnes.

The track team has shown some great talent this season, with strengths exhibited in the shot put and long distance events. Lemoignan primarily recruited for distance runners.

The two shot-putters are Barnes and Dunham. The first meet out, Barnes placed first in shot put, with Dunham backing her up in third place.

Both athletes did well at the Emory Classic, a meet against 22 other teams which took place in Atlanta, Ga.

At the Emory Classic, Dunham took first place, setting a meet record and a personal record. Overall, UNCA placed 13th.

At a meet against Furman University Dunham won again, setting a lifetime personal record of 39'7 3/4". Barnes came in second place at Furman, also setting a lifetime personal record.

"All the girls have worked very hard and have gotten 100 percent

better. Most of them have done their lifetime best this season," said Lemoignan.

The long distance runners on the team, Janine Tremblay, Michelle Selby, and Deann Harmon, have all excelled this season. Selby currently holds the school record in the 1500 m run. This season is Selby's first year of running on the track team.

"I think Michelle Selby is doing really well and her times are very good, especially for a first year," said Tremblay, a fellow team member.

Ashley Woods, a long distance runner also, and a very solid athlete, has been doing well in the 1500 m event, according to Lemoignan.

"I think the team is very enthusiastic this year. They are excited about meets, and everything is there as far as spirit. Everyone has wanted to do well," said Tremblay.

Debbie Hollingsworth, a hurdler, has been struggling in the 100 m hurdles, but has competed well in the 400 m hurdle event, said

Lemoignan.

"We've been running against very large schools, so they are not really on our level, but as a result I think our whole team is looking stronger," said Tremblay.

"I think Valerie has worked hard with us this season. She's put a lot of time and effort into the team, making everything come together for us," said Tremblay.

The women's track team has a positive attitude. The team has placed much higher than last season, which is encouraging to the team.

"We are headed in the right direction," said Lemoignan.

"We've had a good performance from the team, with just about everyone setting a personal record. We all blend together well as a team," said Barnes.

"Track is different than other sports because it is an individual sport that competes as a team. You don't have to worry about everyone's feelings affecting the cohesiveness of the team when it comes down to performance," said Barnes.



Photo by Miranda Wyatt

Members of the track team prepare for final meet.

UNCA names new head athletic trainer

By Guy Stuart
Asst. Sports Editor

Former Appalachian State graduate Rita Smith has been named UNCA's new head athletic trainer and director of Sports Medicine (SMED), said athletic director Ed Farrell.

Smith, who has a master's degree in Physical Education, officially joins the Bulldog staff July 1, 1990. Smith has been Head Athletic Trainer at Lees-McRae College for the last six years and has worked for the junior college since 1983.

Farrell said Smith had strong support from both Lees-McRae faculty and trainers at Oklahoma and Boston universities. "She came highly recommended, we had several strong candidates and we felt she was the best."

Dr. Cheryl McClary, director of Health promotions agreed, "I have no doubt what so ever that we made the right choice. I am confident that she will do an excellent job and I feel the committee did an outstanding job."

The committee, which consisted of two members of the athletic department, two members of the Health Promotion department, and two other faculty members,

chose from over 50 applicants, said Farrell. "We had almost 100 people contact us and about half of those applied. We were looking for someone with a master's who was a certified athletic trainer."

According to Farrell, Smith started a SMED program at Lees-McRae similar to the type of program that UNCA wishes to soon have.

McClary said this gives Smith a definite advantage in working with the SMED program. "She already knows the ropes. Rita's been through this and knows what it takes to develop the program. (The committee) knew she had the skills that were necessary to develop a good solid program at UNCA because of what she had already accomplished."

Head student trainer Vic Rose said Smith will provide continuity to the SMED program. "She is very professional and should be here for several years. That is what this program needs."

Smith replaces Ray Rodriguez who was director of SMED for one semester but resigned in December. Charles Hopkins had served as interim trainer for the spring semester. Rose said Hopkins did a commendable job in a tough position. "He provided the consistency we needed to get through this difficult period. The

coaches have been totally satisfied and he has definitely been an asset." According to Farrell, Hopkins has recently accepted a position with a private orthopedic group in Charlotte that was seeking someone in sports medicine.

Farrell also stated that he feels Smith will stay with UNCA for several years and if she ever left it would be for a better job on a higher level, not because of any frustration she might have with the SMED program.

"This is good progression for her," said Farrell. "We are a struggling Division I program and she is fully aware of that. She needs to build a solid program here in order to be attractive on a higher level."

McClary said Smith should help reestablish the stability that will be needed to get full academic credit for the SMED program. The next step for SMED, according to McClary, is for herself and Smith to draw up a proposal to introduce SMED for academic credit. Currently, it is being taught as a special topics course. McClary called Sports Medicine a "terrific chance for students to have. Sports Medicine certification can enhance a career a student might choose in the sports industry. It can be a tremendous benefit for a

student when they enter the job market."

McClary said she is looking forward to working on the proposal. She said her and Rodriguez had already written up a proposal before he resigned and the process with Smith should be even easier. "Ray had some good ideas in our original proposal. We can add those to mine and Rita's and come up with an even better proposal than the first one."

Farrell, McClary and Rose all

said the biggest problem next year could be the number of student trainers but all three emphasized they did not expect any real difficulties. Rose said he and three other trainers will be the only returners next semester and recruiting had been difficult because of all the uncertainty in the program.

McClary said, "Usually an athletic trainer has a whole year to recruit in high schools. Rita will only have a limited amount of

time. The first semester will be small in my opinion, but she may surprise us. She feels positive she will have a good sized class and is confident she can recruit a strong 1991-1992 group of students."

McClary also said that Smith was very excited about the new position, coming to Asheville and working with the program. "It is very apparent that she is what we need for a strong program."

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