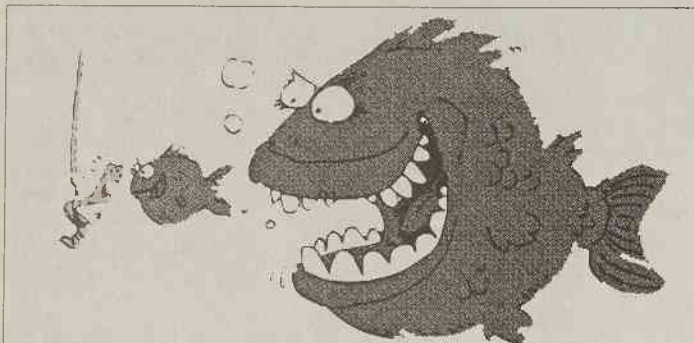


Sports

Sports feature of the week

Sink or swim

Water aerobics provides an intense workout for any age



ART PARTS

Amanda Anderson
Staff Writer

Water aerobics has commonly been used as a form of exercise for senior citizens, but it is now becoming a form of cross-training for all types of athletes.

"Water aerobics has always been associated with senior citizens, but you can ask any of the students. They are getting a hard workout," said Teri Siegel, UNCA's water aerobics instructor.

"It's a way of cross training so that if you're working out, running, playing soccer, playing football or which ever sport, it is a way of working your heart muscle," said Siegel.

"This class happens to be before my soccer practice on Monday, Wednesday and Friday," said Keith Painter, a sophomore history major. "It helps me get warmed up."

Water aerobics incorporates rhythmic body movements and dance steps performed in water, according to www.health.cybear.com.

Water aerobics has all the components of a traditional workout, according to the Web site.

"Water aerobics are conducted both in waist to chest deep water and in deep water," said the Web site.

A typical water aerobic workout usually lasts 40 to 50 minutes, with time devoted to warm-up, cool-down and stretching routines, according to the Web site.

Many aerobic water programs include a toning and strengthening component, as well as an aerobic portion, according to the Web site.

Water aerobics appears to be as easy as it sounds, but according to Painter, it is not.

"I thought the class was going to be easy, but it is actually rather

difficult," said Painter.

The class focuses mostly on cardiovascular work, stretching and flexibility, according to Siegel.

"Right now, we are doing a variety of cardiovascular moves in the water," said Siegel. "We do a lot of jogging in the water. I also try to do routines. For example, we did different types of running. We ran uphill and down hill, and did hurdling and power walking."

"The way the class starts out is with a warm up," said Siegel. "Then we go into a cardiovascular, which lasts about 20 minutes. We then go into strength training with pushups and abdominals."

One objective of the class is for students to see what goes on in the water, according to Siegel.

"There is no impact on your joints because you are not hitting the floor," said Siegel. "It is a nicer way to flow and yet get a really good workout."

There are several health benefits that come with water aerobics, according to Siegel.

"There is no impact on your body, and you can work out at your own pace," said Siegel.

The students are in competition with only themselves, according to Siegel.

"There is nobody else to compete with," said Siegel. "Someone who is in incredible shape and someone who has never exercised before can do the same routine. They just have to pace themselves."

The goal of the class is for the students to learn that as long as there is water they can get a workout, according to Siegel.

"I want them to have a knowledge of water," said Siegel. "I want them to take what we have worked on throughout the semester. No matter where they go in the world, as long as there is a pool, they can get a workout."

Around the Big South Conference

www.BigSouthSports.com



www.Oldsmobile.com

Oldsmobile

Men's Soccer on Cruise Control

The Big South Conference is enjoying two weeks of success by its men's soccer teams. Of the eight Conference schools, only one has an early-season record that is under .500. Liberty, the preseason favorite started slow at 0-3, but the Flames quickly proved the record was only temporary, scoring their first win of the season against Wake Forest, who was the fifth-ranked in the nation. In addition, Coastal Carolina has racked up big wins, with victories over UNC Greensboro and UNC Wilmington. Charleston Southern and Elon both notched wins over N.C. State and High Point picked up a tie against the Wolfpack. In all, the Big South is 3-0-1 against the Atlantic Coast Conference this year in men's soccer and also has wins against Virginia Tech, Stetson, Wofford and Central Florida.

Coastal Carolina Scores First-Ever Wins in Women's Soccer

Coastal Carolina picked up its first-ever women's soccer victory with a 2-1 win over Gardner-Webb. The Chanticleers followed up that win with a 10-0 drubbing of South Carolina State for the program's second win. This is the first year Coastal Carolina has sponsored a women's soccer program. After opening the season with a tie, the Chanticleers dropped three straight matches before defeating Gardner-Webb.

Radford Volleyball Off to 8-1 Start

The Radford volleyball team has made an effort to prove its selection as the preseason favorite was justified. The Highlanders have started the season 8-1, with two Tournament victories (West Virginia and N.C. State) and wins over programs such as Virginia Tech. Radford's only loss came at the hands of former Big South Conference member Towson.

UNC Asheville, Liberty, Coastal Carolina Pick Up Cross Country Meet Titles

UNC Asheville, Liberty and Coastal Carolina all came away from early-season cross country meets as the winning team. The Bulldogs won the Gamecock Invitational on the men's side. Coastal Carolina won the Charleston Southern Classic on the men's and women's side. Liberty picked up men's and women's wins as well, taking home both trophies at the Elon/High Point Invitational.

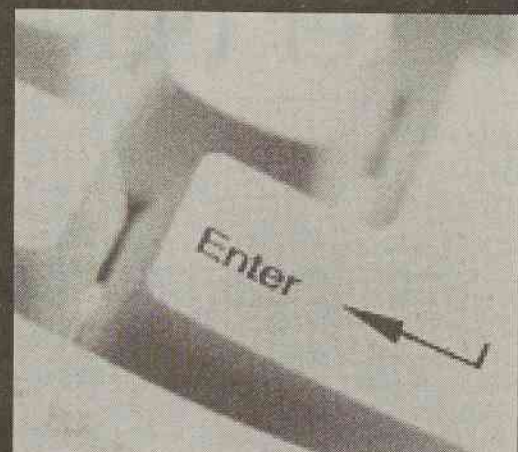
It's a
**win, win,
win, win,
win**
situation.



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Upcoming Sporting Events

Sept. 22

Women's soccer at Clemson

Cross country at McAlpine Invitational

Sept. 22-23

Volleyball hosts Bulldog Invitational

Sept. 22-24

Men's and women's tennis at McAlpine Invitational in Charlotte

Sept. 23

Men's soccer at Coastal Carolina

Sept. 27

Ultimate frisbee scrimmage at Warren Wilson College

*To receive your AT&T Instant Win Game Decoder Card, go to att.com/collegelakeahemoney. Follow the directions by inputting the Entry Code that appears on your Decoder Card to see if it reveals an instant-winner message. To play without a Decoder Card, visit att.com/collegelakeahemoney and follow instructions on how to receive an Entry Code for a chance to win instantly. Game ends 10/31/00. HOW TO CLAIM: If your Decoder Card or Entry Code reveals a prize message, mail your original Decoder Card, along with a 3" x 5" card with your name, address, phone number and Entry Code (if you don't have a Decoder Card) to: AT&T Take the Money and Rock Sweepstakes, c/o National Judging Institute, Inc., 100 Marcus Dr., Middlebury, NY 11761-4229 by 11/10/00. FOUR WAYS TO ENTER: SWEEPSTAKES: 1) To enter online, visit att.com/collegelakeahemoney. Complete the registration form by filling in your complete name, address, phone number, area code and e-mail address to be entered into the Sweepstakes. Or if you have an Entry Code that does not, 2) To enter via sign-up, complete online registration and sign up for the AT&T One Rate Off-Peak II Plan to receive 100 free minutes of talk time. (Your first mailed entry is worth 10 entries. Each additional mailed entry is worth one entry.) Sweepstakes ends 10/31/00. SWEEPSTAKES DRAWING: The Sweepstakes Grand Prize winner will be selected in a random drawing about 11/1/00 from among all eligible entries received. Odds of winning Sweepstakes Grand Prize depend on total number of eligible entries received. PRIZES: INSTANT WIN PRIZES AND APPROXIMATE ODDS OF WINNING: (1) \$10,000 and a 7-day/6-night trip for 4 to Orlando, FL, including roundtrip coach air transportation, deluxe hotel accommodations at The Hard Rock Hotel (2 rooms, double occupancy), ground transportation to and from the hotel/airport in FL, (ERV) and an alternate winner selected. Acceptance of prize constitutes permission to use winners' names and likenesses for promotional purposes (including posting name on website), without further compensation except where prohibited by law. By entering this promotion, you agree to be bound by the Official Rules. ELIGIBILITY: Open to residents of the U.S., 18 years of age or older as of 7/1/00, except employees and their families of AT&T, its affiliates, subsidiaries, contractors, advertising agencies and Don Jagoda Associates, Inc. Void where prohibited or restricted by law. Subject to all federal, state, local laws and regulations and to the Official Rules available at att.com/collegelakeahemoney. NO PURCHASE NECESSARY. Instant Win Game and Sweepstakes ends 10/31/00. Void where prohibited. att.com/collegelakeahemoney. SPONSOR: AT&T Corp., Basking Ridge, NJ 07920. Instant Win Game and Sweepstakes subject to Official Rules for Official Rules visit att.com/collegelakeahemoney. ¹100 free minutes offer based on becoming a new AT&T Residential Long Distance customer and selecting the AT&T One Rate Off-Peak II Plan. 100 free minutes of AT&T domestic, direct-dialed long distance and local toll calls will be credited against qualifying usage on your first bill. ²44 bill after all discounts and credits are applied. Unused minutes cannot be carried over. Qualifying calls do not include conference calls, AT&T Calling Card, Directory Assistance, Operator-Handled calls, 700 or 900 number services or mobile, home or cellular services. In addition, monthly recurring charges, non-recurring charges and taxes are also excluded. Offer expires 12/31/00. ©2000 AT&T. All Rights Reserved.