

# Sports

## Sports feature of the week

### Strike a pose with yoga

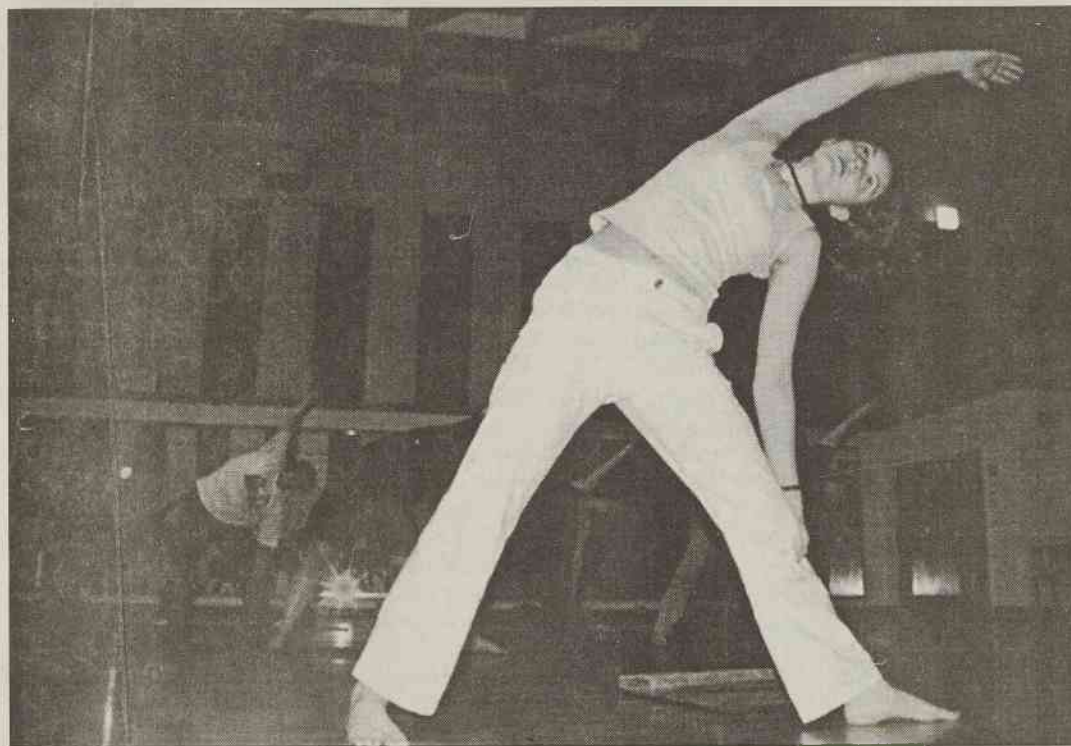


PHOTO BY JUSTIN MECKES

Frances Ruiz, an undeclared freshman, and classmates stretch in order to properly warm up.

**Amanda Anderson**  
Staff Writer

Yoga, a Health and Fitness class offered at UNCA, allows students to ease the head and body aches brought on by the pressures of school, according to students in the class.

"I am seeing more students from different disciplines," said Bonne Kelly, who teaches the yoga class and is a certified yoga instructor.

"The class used to be students that had some knowledge of yoga. Now, I am seeing more people that are hearing that it helps athletes, it helps students with the stress of school and back pain from book bags as well," said Kelly.

"I really wanted to do something to get in touch with my body," said Sharon Behn, a junior economics major. "Yoga is relaxing."

Yoga has only recently become popular, but its origins go back thousands of years.

"Yoga originated several thousands of years ago in India," said Kelly. "It was a way of maintaining health

and well-being."

"The word yoga in Sanskrit means 'to unite,' said the Web site hinduism.about.com.

"In this sense, it is an exercise in moral and mental cultivation that generates good health, contributes to longevity, and the total intrinsic discipline culminates into positive and perennial happiness and peace," said the Web site.

"It has always had elements of physical exercise. A yoga student works with the breathing, meditation and spiritual work," said Kelly.

Students in yoga are gaining flexibility, according to Kelly.

"It gets to parts of the body I never knew I could stretch," said Behn.

"In health and fitness, stretching is one of the most important things to do," said Behn. "This really gets at it."

It is important for students to have a good working knowledge of yoga, but also practical ways students can bring it into their lives, according to Kelly.

"I show the students ways that they can do this three minutes before they go to class," said Kelly. "I

also show them a stretch they can do while they are sitting on a chair studying."

There are a variety of benefits from a yoga workout.

"It is very subtle," said Behn. "All of a sudden, you are walking straighter and taller."

"Yoga is helpful for people with back pain, headaches and neck pain," said Kelly. "We do breathing that helps with falling asleep at night and breathing to help with headaches."

"At the end of class, we do a resting pose, or a guided meditation," said Kelly. "That way people are learning to let go of the physical and mental tension."

"After we do poses, we go into the resting pose," said Behn.

"It seems like everyone else goes into a state of sleeping, but not asleep," said Behn.

The goal of the class is for students to be able to practice yoga for the rest of their lives if they desire, according to Kelly.

"The students will have a number of postures and sequences that they can practice for the rest of their lives," said Kelly.

## Bulldogs place third

**Angela Nantz**  
Staff Writer

UNCA (6-9) placed third in the Bulldog Invitational Volleyball Tournament with a split of its matches each day at the Justice Center Sept. 22 and 23.

The Bulldogs ended the tournament Sept. 23 with a 3-0 win over North Carolina A&T 15-7, 15-13 and 15-12.

Freshman outside hitter Kelly Budnik had 14 kills and 15 digs to lead the team to the third place finish (2-2). Junior outside hitter Heather Terrell added eight kills and two blocks for UNCA and earned All-Tournament honors. Sophomore setter Katie Meindl had 10 kills and 25 digs.

UNCA lost to the University of Pittsburgh with scores of 15-10, 15-2 and 15-1. The Panthers finished unbeaten (4-0) and claimed the Bulldog Invitational Sept. 23.

The Bulldogs were led by sophomore outside hitter Kristie Brinkley with seven kills and 10 digs. Budnik added six kills, according to the athletics Web site.

Campbell University defeated UNCA 15-12, 15-7 and 15-12, making two straight wins on the first day of the Bulldog Invitational. Campbell started off quickly in each game and held off Bulldog comebacks to get a 3-0 win over the host team.

UNCA was led by Budnik with 14 kills, while Terrell had 13 kills. Terrell hit .500 for the match with just two errors in 22 attempts, according to the athletics Web site.

"It is great having a player like Heather on the team, especially because she was really on this tournament and played well," said sophomore setter Katie Meindl. "With conference coming up this weekend, this week of practice we need to keep in mind getting ourselves back to everyone playing well together."

UNCA defeated Loyola 15-12, 15-5 and 15-6 in their second match on Sept. 22. Terrell and Budnik had 11 kills each to lead the Bulldogs to their first home win of the season. Budnik also had 10 digs.

The Bulldogs evened their record in the tournament's final match of the night after losing to Campbell earlier in the day.

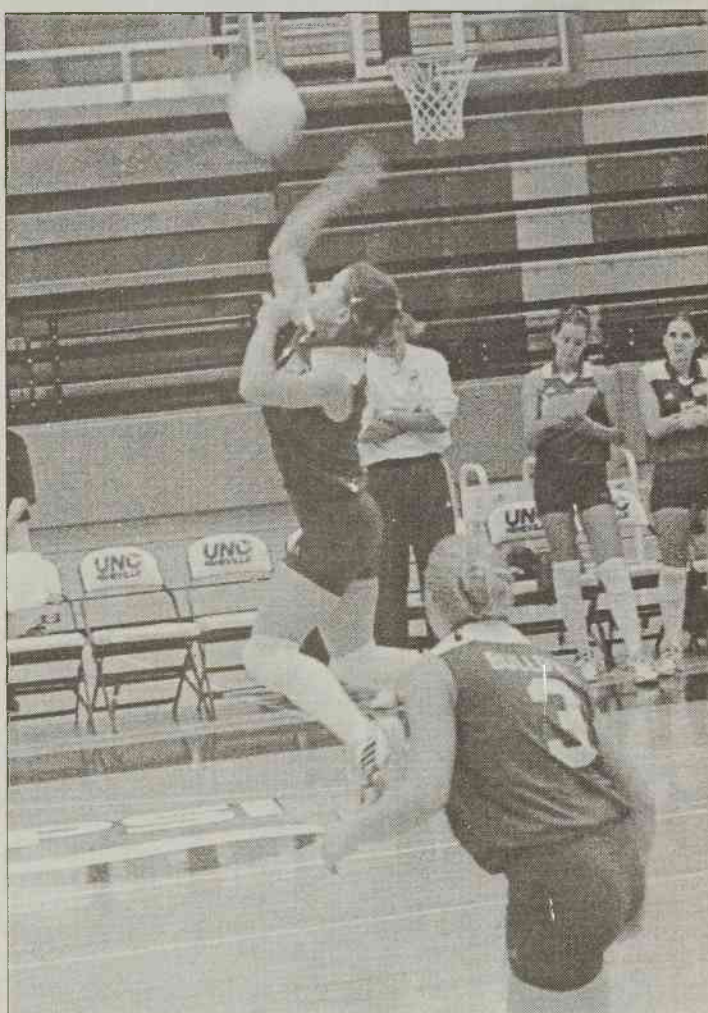


PHOTO BY ANTHONY GRECO

Leslie Whitfield, a junior outside hitter, hits the ball over to a fellow teammate during a match at the Bulldog Invitational held at UNCA Sept. 22 and 23.

The key game was the first one as UNCA trailed most of the way, but then when the score was 12-10, the Bulldogs were able to rattle off the final five points of the game to gain momentum, according to the athletics Web site.

The results from the Bulldog Invitational Volleyball Tournament placed Pittsburgh on top followed by Campbell, UNCA, Loyola and finally N.C. A&T.

The Panthers (12-4) downed Campbell Sept. 23 15-2, 15-11 and 15-7, and then downed UNCA in the afternoon, 15-10, 15-2 and 15-1 to claim the tournament.

Stacy Renick and Jennifer Nickles of the University of Pittsburgh were named All-Tournament players.

Campbell (7-10) finished second in the tournament with two wins on Sept. 22 and a split of its matches Sept. 23. Campbell lost to Pitts-

burgh in the morning, then downed Loyola in the afternoon 15-9, 18-16 and 15-9 to finish 3-1.

UNCA finished third with a split of its matches each day. The Bulldogs ended the tournament with a 3-0 win over N.C. A&T.

Loyola (8-9) finished fourth in the Invitational with an afternoon victory over N.C. A&T 15-8, 15-4 and 15-13.

Carisa Kreichauf led the Greyhounds with 13 kills. Setter Lincy Hacko had 35 assists and earned All-Tournament honors, according to the athletic Web site.

The Aggies (2-8) finished in last place, but did place Candace Lunford on the All-Tournament team. Lunford had six kills against Loyola and six kills against the Bulldogs.

The Bulldogs return home Sept. 30 to face Charleston Southern.

## Women's soccer falls to undefeated Clemson, NCSU, ETSU



PHOTO BY ANTHONY GRECO

Amanda Wilkinson, a senior midfielder, dribbles the ball.

**Ben Ezell**  
Staff Writer

UNCA's women's soccer team played the first of two games of the Clemson Invitational Sept. 22 as they lost 0-5 to the Clemson Tigers.

Clemson, ranked #2 nationally and coming off a victory over the defending national champion North Carolina Tar Heels, provided an extremely challenging foe for the young and inexperienced Bulldogs, according to the women's soccer team.

"The main difference between us and Clemson is speed," said junior midfielder Emily Weld. "They have superior composure and better ball skills."

UNCA was able to hold the Tigers scoreless for the first 27 minutes of the game, and competed with Clemson pretty well up until that point, according to Weld.

However, when Clemson's Allison Mitchell managed to score the Tigers' first goal at

the 27:43 mark, the momentum shifted entirely in the direction of the tournament host and the barrage of goals began.

Clemson (9-0) then scored three more goals in the first half of play to put the score at 4-0 going into half time.

Clemson managed to score one more goal in the second half, and earned a 5-0 victory over the Bulldogs. The Bulldogs gained some of their composure in the second half, but had few opportunities to score because of the overpowering Tiger's offense.

"We were on defense pretty much the whole game," said Weld, who commended the Bulldogs for playing especially well against a strong opponent such as Clemson.

Head coach Michele Cornish said she was obviously not pleased with the outcome of the game.

However, Cornish said she seemed upbeat that her squad had done fairly well, considering some key injuries the Bulldogs sustained in the recent past, including the loss of

senior forward Joanna Stocking to a knee injury.

"Clemson is a team that could win the national championship, and we started eight freshmen against them," said Cornish on the athletics Web site. "We battled hard against them."

After the game against Clemson, the Bulldogs played the North Carolina State University Wolfpack Sept. 23 in the same tournament.

The Bulldogs were unable to pick up the victory as they lost 1-3.

NCSU opened the scoring early in the game, when Wolfpack forward Katherine Warman put one past UNCA freshman goalkeeper Caroline Jacobson.

However, the Bulldogs responded, and at the 12:08 mark tied the game when senior midfielder Amanda Wilkinson fed fellow senior midfielder Samia Fercha.

Fercha promptly tied the game 1-1.

For the rest of the game, the teams played evenly until late in the second half, when

NCSU's Lindsey Underwood scored the goal that put them up 3-1 and secured the victory, according to the women's soccer team.

The Wolfpack outshot the Bulldogs by the wide margin of 36-5 as UNCA's goalkeeper made eight saves.

The injuries and the fact that they played Clemson the day before had a lot to do with the team's standing in the tournament, according to Fercha.

"Playing Clemson the day before was hard on us," said Fercha.

Because of the injuries to many of the players, some people had to play positions they were not comfortable with, according to Weld.

"It was confusing at some points," said Weld.

Most of the players were excited to just be in a tournament where they could compete against such strong competition, according to Weld.

"It was just fun to be out there and compete against the best," said Weld.

Cornish was extremely pleased with her young team's

effort.

"We battled as hard as we could, but we just did not have the legs," said Cornish on the athletics Web site.

"I am really proud of how we fought this weekend. We are an awfully young team, but I think we grew up a little this weekend. Hopefully, we will use this for the rest of the year," said Cornish.

The Bulldogs took on East Tennessee State University Sept. 20.

ETSU scored three quick goals in the second half to put the game out of reach for UNCA as the Bucs won 4-1.

The Bulldogs trailed 1-0 at halftime but came out quickly in the second half as freshman forward Kelsey Dawson scored her third goal of the year and tied the game at 1-1.

However, ETSU with a record of 4-3, took the lead for good at the 64:04 mark when Andrea Brown found the back of the Bulldog net and made the score 2-1.

UNCA will meet S.C. State at 4 p.m. at Greenwood Field Sept. 30.