

# SPORTS

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## Mase shines in conference

By Gordon Gundlach  
STAFF WRITER

The UNC Asheville women's cross country team took sixth and the men's team took seventh in the Big South Conference Meet Saturday at Jackson Park in Hendersonville.

"We definitely made improvements from the previous meet. We made progress," said Head Coach Jesse Norman.

The Lady Bulldogs beat Winthrop University and Charleston Southern University with a score of 146, narrowly losing to Virginia Military Institute, who received 143 points. The men scored 205 to beat Charleston Southern.

"As a team I feel that we did well in conference this season," said junior Adam Matthews.

Senior Emily Mase came in 11th place, with a personal best time of 18:17. She also made the Big South All Academic team. Senior Ingrid Allstaedt came in 18th

with 18:56, a personal record. Sophomore Katie Olert ran a 19:49 and came in 34th. "I feel like we did pretty well compared to the rest of the season," Olert said.

Senior Liza Duncan came in 36th with a time of 19:56. Sophomore Emily Becker came in 50th, running the 5K in 22:13, and freshman Colleen Vetti ran 22:22 to get 52nd place. Seventy-three women ran in the race.

"I felt really good. I did a minute better than last race," Vetti said. Junior Andrew Burnett came in 25th for the men, running the 8K in 27:34. Junior Adam Matthews ran a time of 28:30 and scored 35th for the team.

"We ran pretty well, maybe we went out too fast. I tried to use some of those hills to pick off opponents. There are areas I should have gone a little bit faster, a little bit harder," Burnett said.

Senior Joel Quirk ran a 30:13 and earned 46th and a spot on the Big South All Academic team. Freshman Jay Barringer placed 48th with 30:36, and sophomore Matt Holman scored 50th with his 32:19 finish. Freshman Robert Abrahamson ran 33:17 and placed 53rd. Sixty-four men participated in the race.

"It was a tough course, but we knew that going into it. I think we're all pretty pleased with how we did," Quirk said. "We're all feeling pretty spent, but that's a good thing."

Liberty University took first in both the men's and women's competition. The men scored 27 points and the women scored 36. Senior Joshua McDougal came in first for the men, running in at 24:11. For the women, Coastal Carolina University's senior Diana Jepchirchir ran the race in 17:17 and came in first.

High Point University came in second for the men's race with 58 points and third for the women's race with 68 points. Coastal Carolina University's women's team earned 39 points and came in second. The Chanticleer's men's team came in sixth with 118 points. Winthrop University's men's team placed third with 75 points, Radford University's men's team received 100 points and earned fourth, and Virginia Military Institute's men's team got 110 points and fifth place.

This is Norman's first season coaching the Bulldogs. "The biggest thing coming in was convincing everyone that my system works. We should get better in the next two to three years," Norman said.

Players responded well to Norman taking over the team this year, according to Duncan. "For me, it was exciting. When you have an excited coach, it makes the team more excited. He really motivates me," Olert said. "He's just a good guy. I've never seen him angry."

## Basketball teams dazzle fans in Jammin' at the Justice

By Devon Dow  
SPORTS EDITOR

Women's and men's basketball began their season preparation with a UNC Asheville tradition, Jammin' at the Justice, giving fans a preview of the teams' schedules and a showcase of their talent.

"This will be an exciting year for both teams," said Janet Cone, UNC Asheville athletic director. "Both teams are coming off good seasons from last year and look to improve on their game playing this year."

Both teams made their season debut participating in team scrimmages and skill events ranging from a three-point shot contest to a slam dunk contest.

"An event like this is good for the community to be able to come out and see the teams before the season starts," said men's Head Coach Eddie Biedenbach.

In the slam dunk contest, senior Brian Smithson won after sophomore John Williams missed his final attempt on a dunk that required Williams to place the ball behind his back in mid air before dunking the ball.

"The contest was all fun and games," Smithson said. "It was nice to be able to compete in it again this year. The crowd enjoyed it, which was what it was all about."

Senior Matt Day won the three-point shooting contest for the men and senior Ashton Barton won for the women.

"Winning the contest was a high note for me," Day said. "It gives me a little something to brag about with the guys."

### Women's Basketball Preview

The women's team, coming off their championship season with an overall record of 21-12, will return to the court with a younger team than last year. Seven of the 11 players on the roster are freshmen or sophomores.

"What we have to remember as a team is that the success that we had last year has been just that, last year," said women's Head Coach Betsy Bloese. "We are a young team this year. Our girls have been practicing very hard this year. We want to return this year with the same intensity we had ending last year, and I believe that we can do that."

Last year's Big South Freshman of the Year, Kyla Jones, returns to the Bulldogs for her second sea-



### Home opener

Nov. 9 vs. Furman

### Key Away Games

Dec. 1 vs. Virginia Tech

Dec. 19 vs. Tennessee

Jan. 5 vs. South Carolina

Jan. 9 vs. UNC Chapel Hill

Senior guard Brian Smithson soars over sophomore pitcher Matt Dalby in the slam dunk contest during the Jammin' at the Justice celebration. The Middle Tennessee State transfer led the Bulldogs in scoring last year averaging 12.2 points a game.

PHOTO BY CLINT LATHINGHOUSE - STAFF PHOTOGRAPHER

son. Jones scored 11 points and grabbed 11 rebounds in the championship game last season that propelled the Bulldogs to their first ever Big South title over Radford 67-57.

"Kyla had a great freshman year," Bloese said. "Since last year, I have seen her mature as a player and young lady. This year she will do even more for our team, as will the rest of the team."

This year the Bulldogs are pro-

jected to finish third in the Big South conference regular season.

"While we weren't projected in the preseason poll to be No. 1 in our conference, anyone who plays sports knows that predictions do not matter," Jones said. "Look at our team and the women's soccer team last year."

Both teams were not predicted to win the conference titles and we still won. We have a strong team this year. "This year the

women's team added five freshmen to their roster. Kendall Shepard, Chioma Okoli, Arescia Moore, Kiana Rainey and Lindsey Montgomery join the Bulldogs in a quest to repeat as conference champions.

"We graduated five seniors last year, but gained really good young talent that has the potential to be great college players," Bloese said.

### Men's Basketball Preview

The men's team finished their regular season strong last year, by defeating Coastal Carolina University on the road in the first round of the Big South Tournament; though the team lost to Winthrop University, who went on to win the conference title in Rock Hill, S.C. the Bulldogs plan to build off last year's success.

"Our team will be better this year," said junior Jason Ridenour. "Coming off of last season, I feel that we know what it takes to get better as a team. The run at the end of last season showed that we have the talent to be a team people have to look out for."

The men's team will have four starters and 10 lettermen returning this season. This year the men's team will have a tough non-conference schedule playing against Tennessee, Virginia Tech, UNC Chapel Hill and South Carolina.

"The schedule is a good thing for our players," Biedenbach said.

"We have a competitive schedule this season but that is just what our team needs. If we want to be a better program we have to play good programs. We played well last year and made some noise in the conference tournament and this year we hope to capitalize on that success."

Asheville returns its starting backcourt in senior guard K.J. Garland and senior guard Bryan Smithson.

Garland was the Bulldogs' second leading scorer last year with a 12.2 average and led the team in assists with 126. He was among the league leaders in assists-to-turnover ratio and had just 59 turnovers. A lot was expected from Smithson after he transferred from Middle Tennessee State, and Smithson led the Bulldogs in scoring (14.6), for three-point shots made (43), steals (60) and free throw shooting (85.2 percent). His free throw shooting percentage led the Big South Conference.

"K.J. and Brian are great leaders on the court. Their dedication is tremendous. They work hard and have been great examples for our young players to learn from on and off the court," Biedenbach said.

This year the men's team welcomes six new players to the team. One to watch for this year is red shirt freshman John Williams, according to Biedenbach.

"John is going to be exciting to watch," Biedenbach said. "He's one of the most athletic talents that UNC Asheville has ever recruited. He continues to work on his game and he will only get better."

Both teams have had their pre-season schedules cancelled and will begin play with their first games of the regular season.

"The basketball seasons this year are going to be great for both programs," Cone said. "The women's team defending their title, and our men's team looking better than ever promise for exciting games this year at home. Both teams have the talent to finish well this year."

## 'Dogs win their first conference game of season

By Nora Stoney  
STAFF WRITER

The women's volleyball team picked up their first conference win of the season last week as they downed Charleston Southern 3-1 in front of a packed Justice Center during the Jammin' at the Justice celebration.

"This is a great win for our team," said Head Coach Julie Torbett. "We've been playing better and tonight we really put things together to beat a well-coached and talented Charleston Southern club."

The Bulldogs won the match 28-30, 30-19, 30-25, 30-23.

"We had a lot of intensity the whole game, and that had a lot to do with our win," said junior player Heather Burns.

UNC Asheville had four players scored double figures in kills against Coastal. Alysha Greer and Kelsey Benorden both had 17 kills each. Lauren Ficker finished with 15 kills and four blocks, while Ashley Wrightenberry contributed 12 kills and eight blocks. Labero Raquel Miotto had 25 digs.

"Right before the Coastal game

we had just gotten a win against Gardner Webb, so we were definitely veeing off the momentum from that. It was also Jammin' at the Justice and there were a lot of people there so that was very helpful. Especially by the end of the game, when it was really tight, it was nice to have the cheerleaders and mascot and all the fans supporting us," Miotto said.

While the Buccaneers won the first game, the Bulldogs took charge in the second quickly downing them 30-19 and went on to win the next two, dominating play and ending the match with a score of 3-1.

"We finally put everyone together as a team and not individuals," Miotto said. "We played together and we were passing well setting well and hitting well. For the first time since conference started we played as a team."

Unfortunately the Bulldogs two-game winning streak broke when they faced Coastal Carolina University.

The Chanticleers won the match 3-1 the following Saturday afternoon, with scores 30-18, 29-31, 30-27, 30-25.

"We finally put everyone together as a team and not as individuals."

RAQUEL MIOTTO  
junior student

"Saturday everyone ended up getting frustrated and didn't work together," Burns said. "We let little mistakes mess us up because we were so tense and frustrated that we weren't doing well."

"We were also tired mentally because we had been focusing on Charleston Southern's game all week long," Miotto said. "This year we've been playing one game after another and so we had a short amount of time in between to break and think about the Coastal game."

CCU controlled the first game from the start and cruised to a 30-19 win. The Bulldogs rallied in the second game and built a 22-17 lead only to see the Chanticleers come back to win it 29-31.

"Good passing is the main aspect to winning a game and we passed very badly against Coastal," Miotto



The women's team has one victory in conference play this season.

PHOTO BY CLINT LATHINGHOUSE - STAFF PHOTOGRAPHER

said. "It is definitely something we will be working on before our next game."

Asheville took the lead in the third game off a service ace from Miotto, but Coastal rallied back to get another win, 30-27. The Chanticleers sealed the deal in the fourth game, keeping the lead and finishing with a score of 30-25.

"We definitely could have improved our communication and working together," Burns said. "We are also going to focus on service receive and passing. We are offensively a very strong team, we just need to work on perfecting our game."

UNC Asheville will host Radford Friday night at the Justice Center.