



Intramurals offers students outlet for stress

UNC Asheville's Intramural program is a great way for students to find a release from the stress they encounter during a typical academic-laden day.

While the program may not compare to schools that are a part of the Atlantic Coast Conference, it does offer the two most essential things: recreation and fun.

Not only does the program offer a great getaway and activity for those who choose to participate, but it also draws in some degree of spectators.

You're probably more likely to find students watching intramural sporting events than UNCA women's basketball games, as harsh as that may be.

The intramurals program has not only continued to steadily grow in participation, but also tries to add to current experiences and create new ones.

"All of the conferences I go to, the discussions and meetings I have with other intramural directors are about what works for other programs," said Joel Collier, assistant director of campus recreation, intramurals and sports clubs. "In every program you're going to have your competitive athletes, those who have stopped



Commentary
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playing collegiate sports or who were really good athletes in high school, but then decided they wanted to focus more on their studies and continue playing with a competitive aspect. However, in intramurals we want to focus on the people that just want to have fun."

They even offer a flexible schedule for students. Instead of having to work your schedule around the events in order to participate, they're willing to work their schedule around the students'.

"We would definitely defer any intramural planned event if something came up academically," Collier said. "We don't say, 'Oh hey, you need to come to intramurals and not focus on your studies.' That's not the way it is. Intramurals is an additional component to your on-campus experience

that we want you to enjoy in conjunction with your academics."

Though UNCA's intramural program is not as big or as heavily funded as others, it does a good job of providing a wide variety of sports.

There's something for everybody, even one-day events for those students who can't commit themselves for an entire season.

"We're going to do more things in conjunction with other departments on campus, to try to put together one or two events in order to let people come out and see what campus recreation and intramurals are all about," Collier said. "We're trying to increase the students' experience other than just 'come out and play.'"

Because of their dedication to variety, there's something for everyone to enjoy. Don't let competitive teams who are out for the championship T-shirt scare you away.

Let them go all out for that 100 percent piece of cotton that will eventually be too small to fit. Focus on what you came to do and what intramurals are really about: having fun while being active.

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Men's tennis suffers setback with injuries, battles through season

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Hampered by injuries, the UNC Asheville men's tennis team is battling through matches midway through the season.

"We're obviously struggling, but we've had some bizarre injuries that you hate to have," Head Coach Lise Gregory said. "We're not winning the close matches we should win and we haven't handled the pressure like we need to. They've been as close as the women's team in a lot of the matches, but we're just not handling the pressure well."

While those injuries hold the Bulldogs back, Gregory indicated that things should be getting back on track soon.

"We're starting to get a little healthier

now as we progress, and I'm seeing improvements," Gregory said.

The Bulldogs (1-7) began their season on Jan. 24 with a loss to 26th ranked Wake Forest.

UNCA lost the match 7-0 but picked up a doubles win from senior Mauricio Correa and freshman Jonas Brobeck.

Freshman Nicolai Nonnebroich played strong, and won his first set 6-3 against WFU's Jon Wolff.

Wolff eventually proved too strong for Nonnebroich, as he went on to win the next two sets 6-2 and 6-0.

The Bulldogs saw similar results in their next two meetings against East Carolina and Appalachian State on Jan. 31 and Feb. 1, respectively. UNCA lost 0-7 in both matchups and fell to 0-3 on the season.

UNCA turned their game around on

Feb. 7 and grabbed their first win of the season against Kennesaw State at the Asheville School.

The Bulldogs picked up the doubles point by winning all three doubles matches. UNCA then received single match wins from Correa and junior Joe May.

With the match tied 3-3, sophomore Alexander Greer faced off in the last singles match against KSU freshman Justin Suesserman.

Suesserman won the first set 6-4, but Greer battled back and won a close second set 7-5.

The third set was cut short due to darkness, and Greer won the tiebreaker 11-9, which gave the Bulldogs the winning margin.

On Feb. 8, the Bulldogs traveled to Furman to try to continue their success but

were stopped cold and lost 0-7.

The men fought tough in the next match at Lees-McRae but came up short, losing 3-4.

The Bulldogs were swept in the doubles matches and split their singles matches.

May came close to winning it for UNCA by winning his first set 6-4 against LMC's Alek Mojski, but then losing the last two sets 1-6 and 7-6.

The team yielded the same results in its next two matchups against UNC Greensboro and UT-Martin, losing 0-7 and 3-4.

The Bulldogs play at 2 p.m. Thursday on the road against Winston-Salem State.

"We've been working hard, we're working on strategy, but what it comes down to is winning the close ones," Gregory said. "We're capable of winning them, but we just have to get over that hump."