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**BIG SOUTH** increase our level of play. Our non-conference schedule is designed for us to get ready for our conference schedule. We use that time to gel and develop team chemistry."

While rebuilding, women's basketball focus on Big South play

"We're experiencing more parity in Big South play this year," said second-year head coach **Brenda Kirkpatrick**. "We have the potential now."

Coming off a 2-28 season, the Bulldogs witness their hard work pay off this season with a 9-11 record, 6-5 in conference.

"Our first goal is to put the team first in everything that we do," Kirkpatrick said. "The second thing was trying to achieve excellence in everything, an overall lifestyle of excellence and applying that to the classroom and obviously on the court. This team is in a rebuilding process. We're trying to create a winning mentality and

After starting the season with a 4-6 record at home, the lady Bulldogs have won their last two games at Kimmel Arena with impressive victories over Liberty and Charleston Southern.

"Right now in our conference standings we have a lot of teams that are tied with each other," **junior guard Shonese Jones** said. "It's very important for us to get wins in conference and overall. Every game is crucial when you play, you can't take a day off."

According to Jones, team chemistry becomes vital for continued success.

"Team chemistry is a big thing that we talk about," Jones said, a native of Etowah, N.C. "We need to

believe that nobody can out-work us collectively. It's all about believing and working hard."

Asheville works to maintain a level of consistency and see the benefits of working together.

"Our goal is to be a champion team in the Big South," Kirkpatrick said, a former assistant coach at the University of Florida. "It's just are we really maximizing our talent level and maximizing each opportunity. Winning on the road at Radford and Longwood, games we were expected to win, was huge for our growth and our program. Having a target on our backs and still winning is huge. Our kids are learning how to handle success. Our goal for this program is, we will be winning championships. Every game is going to be a fight."

## SPIN

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loved it and it was something we did as a family. I just grew a passion for it. I continued to do it here at school and when I heard about the opportunity to learn how to be an instructor, I did it. I thought it would be cool to not just get paid for doing something I love, but to share my passion with other students and staff," Bangham said.

At UNCA, becoming certified for becoming a yoga, pilates, sculpting and cardio instructor is free of charge. Certification processes elsewhere can be up to \$1,000.

Aleen Dailey, assistant director of campus recreation for fitness and facilities, decided last year to take on doing in house training for students who are interested in becoming instructors.

"My main program area is the fitness side so I program all the group fitness classes and I do the teacher training for all the group fitness instructors. I do yoga and pilates training one semester and I do a spin, sculpting, cardio training the other," Dailey said.

The training process is a semester long, with two-hour meetings each week. After the training, they have to do practical tests, which are written tests and a practical audi-

tion at the end.

"We always have people who end up dropping it once the semester goes on. We started with 15 and ended up with eight people who completed everything, and Candice was one of those eight," Dailey said.

Bangham has completed two weeks of instructing spin classes and plans to continue instructing at UNCA until she graduates.

"She is just phenomenal, and you can see it, that passion. If you've been to one of her classes, you can see that she's into it. I probably didn't even need to train her all that much, just give her that anatomy and safety background. She definitely stood out someone who was very motivated and knowledgeable," said Dailey.

Students are not only given tests on their specific goal of becoming an instructor, but everyone is given a full anatomy course to insure that they know how the body works.

"It's weird being on the other side and like trying to motivate people. It's different when you're trying to motivate people and actually talking to people, not just taking the class. It's really fun, and I like seeing people's excitement in class. It feels good to know that I'm encouraging and motivating people to spin," said Bangham.



Photo by Brian Vu - Staff Photographer  
Paige Love takes it to the hoop against Liberty.