

SPORTS STATS

By Harrison Slaughter, Sports Editor



Photo by Johnny Conden - Staff Photographer

Women's volleyball achieves winning streak.

VOLLEYBALL

Sept. 10	Final	
University of New Orleans	1	
UNC Asheville	3	
Sept. 11	Final	
The Citadel	1	
UNC Asheville	3	
Sept. 12	Final	
Alabama A&M	0	
UNC Asheville	3	
	Final	
South Carolina State	1	
UNC Asheville	3	



MEN'S SOCCER

Sept. 11	Goals by Period	Final
UNC Asheville	1-0	1
Vermont	1-0	1
Sept. 13	Goals by Period	Final
UNC Asheville	0-0	0
New Hampshire	1-1	2

WOMEN'S SOCCER

Sept. 11	Goals by Period	Final	
UNC Asheville	2-1	3	
Virginia Military Institute	1-0	1	
Sept. 13	Goals by Period	OT	Final
UT Chattanooga	1-1	0	2
UNC Asheville	1-1	1	3

Volleyball Season

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teams, which is a scary thing because you can go to five sets and possibly lose. Staying together and calm under pressure was really important for us."

Santos said they played well as a team and that everyone has a job to do to make everything come together.

"I hate to pinpoint players. We really perform well as a unit. It's difficult to put emphasis on one or two players," Santos said. "We will pick an MVP and someone else who made the all-tournament team, but to me it is the ultimate team sport. You just can't do it by yourself."

Fischer was named to the All-Tournament team following the weekend, while Cameron Pryor, freshman UNCA volleyball player, was named the tournament's MVP.

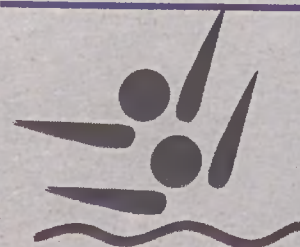
According to Santos, the biggest takeaway from the tournament is that the team is improving. They aren't where they want to be yet, but they are definitely on an upward swing. It's a positive start, he said, and hopefully it can only go up from here.

The UNCA women's team heads to the Citadel this weekend for their next tournament.

"The next team we play is the Citadel so we are feeling pretty happy about playing them again. It's also a lot of confidence coming into the next tournament. I think we feel like big dogs right now and it's great," Fischer said. "We need to take that positive energy and pride to the next tournament. We can beat anyone we play in the next few tournaments."

Swimming

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movements in the pool that would benefit their regular lap swimming."

She said the participants were so varied in skill and age and they all did the movements wonderfully.

"Honestly, they surprised me by how quickly they picked up elements and how well they executed them," Istvan said.

She said it was refreshing to teach those who wanted to learn and were visibly enjoying it.

Synchronized swimming was new to participant Jessica Wolfe, 24, a former lifeguard.

"It was the first time I've ever done anything like this," Wolfe said.

It was very challenging, she said, and a little harder than she thought it would be.

Michelle Bettencourt, faculty member in the foreign language department, said she thought it was a great idea to offer a workshop at UNCA given Istvan's background and experience.

"It was so fun to try something totally different," Bettencourt said.

Bettencourt said she especially enjoyed the low pressure, fun and accepting atmosphere.

There was a diverse group of people in attendance.

"All were made to feel welcome," she said. "We all had smiles on our faces the entire time."

SEPT. 16-SEPT. 22 CALENDAR

Sept. 16
Spin Class
Student Recreation Center
Room 213-B

5:30 p.m.
Sept. 17
Abs Blast
Sherrill Center
Room 351
12 p.m.
Sept. 18
Women's Swimming

Blue and White Inter-squad
Justice Center Pool
4 p.m.
Sept. 19
Women's Soccer vs.
USC Upstate
Greenwood Field
7 p.m.

Asheville Cross Country
Invitational
TBA
Sept. 20
Mindful Flow Yoga
Meditation Room 468
Sherrill Center
4 p.m.

Sept. 21
Wake-Up Yoga
Meditation Room 468
Sherrill Center
7 a.m.

Sept. 22
Fit in 5
Sherrill Center
Room 351 at 12:15