

SPORTS

March Madness: BASKETBALL

-REBEKAH PHILLIPPI, Staff Writer-

MEN'S

The Brevard College Men's basketball team has had an entertaining season thus far. They received a high preseason ranking giving them confidence heading into the season. Though the team lost three starters from last season they proved themselves worthy by winning the Appalachian Athletic Conference in 2002 with a record of 17-3.

The team plans to achieve this goal in 2003 in addition to gaining a bid to the NAIA national tournament. In the absence of three starters from last year, Brevard has gained two seniors: Tyjuan Campbell, 6'4", Paul Wiedeman, 6'0". Other returning senior are Will Gibbs, 6'6", and Travis Williams, 6'5". According to junior Reggie Perry, "the team has put forth a great effort so far, and we have shown what we really are made of. I know that we will continue to do better and better as the season comes to an end."

Perry is not the only one who thinks this way. The team's hard work and dedication has really paid off this season resulting in a number three rank in the 2002 Appalachian Athletic Conference preseason poll. These guys are really showing a great team effort and determination as well as a lot of skill and stamina. We should all support and be respectful to those who play this game and be proud of who they represent.

Women's Softball

- JAMIE DAVIS, Staff Writer-

A new season of Tornado softball has kicked off. The team will have to rely on new players since only four are returning. A tough spring schedule is already set for the inexperienced group. The lone senior, Kim Pate, hopes to establish herself as a leader on the field. In its third year in the conference this team is expected to make a strong run for a championship. Coach Kelly Jones is also going into her third season here as coach and will definitely be looking to improve on last year's record. Taking care of team problems and the large recruitment class will help her out in that department. Just last year she made a school record of wins in a year by winning 14 games. This season has begun with the Lady Tornados tearing up the other teams. With lots of home games and free admission, catching a game makes for an exciting afternoon. Be sure to catch up with the action this semester and cheer on your friends as they go for a run at the conference championship. An online schedule is available as well as updates and player profiles at www.brevard.edu. Be sure to check out the website and a game. This is sure to be an exciting year, as freshman Rose Johnson says: "We're going to be good this year. We have the talent and the coaching to make sure we go all the way."

WOMEN'S

As many people all ready know, Brevard College basketball has become a yearly tradition. This tradition has taken many ups and downs. The Lady Tornados have been showing their best and one can see that through many of their performances thus far. Though suffering two losses back-to-back last week, at Union and Covenant Colleges, the ladies came back with a blaze of glory. Recently the Brevard Women capped off a five game winning streak with an 82-44 win over rival Covenant College. The ladies continued this streak with a victory over Virginia Intermont with a score of 70-59 at home. Although the scores fluctuated throughout the first half, the lady tornados came back with an eleven point lead thus winning the game in the end. On a more exciting note the team has managed a number one ranking in the 2002-2003 AAC preseason poll. Some of the leaders to victory were seniors Tekielia Oden and Alyssa Schutte. The Lady Tornados have worked hard and we wish them luck with the rest of their season.



Women's Softball, photo by KRISTY MAYFIELD.

BASEBALL Brief

-JAMIE DAVIS, Staff Writer-

As the winners of back to back Appalachian Athletic Conference titles, the men's baseball team is at the top of its game. Fourteen players and 8 starters from last year's team will hopefully be a good equation for a winning season. A strong recruiting class coupled with great coaching have the players prepared for the tough, long season that is to come. Coach Gill Payne has a 280-162 win loss record going into this year and will be sure to build upon that as the year continues. The year has started out with familiar beginnings as the Brevard team has looked fresh so far. The lone senior on the team, Caleb Hill, has demonstrated he is up to the task of being team leader. Strong pitching is abundant as the team returned six pitchers from last year as well as adding top recruits. The team has shown they will be a force in the AAC. Quickly meshing with the team's comfortable family setting, these players will be expected to make an immediate impact. Freshman Zach Tolbert says, "The start has been rough for all of us. The routine plays that usually happen haven't been going down the way they should be. We'll definitely come around though. This year we will be the team to beat." This is a feeling that is widespread throughout the team. Working hard despite snow and injuries, this year's team will hopefully be bonded together throughout the season. Together they hope to compete for their third straight title in the AAC. With that accomplished the tornados will be a dominant team in the NAIA.



Intramurals

-DUSTIN FREE, Section Editor-

Brevard College is a school that is enriched with athletic ability with athletes comprising the majority of student body. Whether participating in a team sport here at the college or taking part in individual sport as a hobby or physical activity, the intramural program at Brevard College is designed to provide challenges to the athlete in a relaxed competitive environment. Brenda Skeffington, head volleyball coach, is the coordinator of the intramural program and she has provided students with the chance to take a break from their studies and bust out some moves on the court or field. I encourage the students of Brevard to take part in an intramural this spring semester. I am sure that it will provide you with an experience that will leave your heart warm with competition; though it is intramurals the competitive nature of man and woman truly shine through. Here is a schedule of intramurals to come in the spring.

- Indoor Soccer: begins February 18
- Volleyball: March 20
- 5 v. 5 Basketball: April 1
- Frisbee Golf Tournament: TBA
- Ultimate Frisbee: April 8
- Softball: TBA

If that are any other questions Brenda Skeffington will be more than able to answer them. I look forward to participating in the activities and I hope that we can for a greater intramural movement.

HEALTH CORNER:

-KATIE GOETZ, Staff Writer-

MUSCLE CRAMPS?

Are you getting enough:

- Water?
- Calcium?
- Potassium?
- Sodium?

Protein is needed for building and repairing muscle. 15% of your daily intake of calories should come from protein. How much protein do you need?

Grams per lbs. of body weight

Minimum	.4
Recreational exerciser	.5 - .75
Competitive athlete	.6 - .9
Adult building muscle	.7 - .9
Maximum	.9

SHAKE IT UP

- 1 cup milk
- 1 banana
- 1 Tablespoon peanut butter

FRUIT and VEGGIES

On the go? Dried fruit offers carbohydrates and potassium!

There is usually more nutritional value in the darker, more colorful vegetables!