

PREDICTIONS

Sizing up the fall sports season: a look into the future

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My Take: The Quakers have a solid team coming back and have plenty of experience on the court. Coming into the season with high expectations, the team should be a strong contender in the ODAC. The team will not be easily defeated; they look like they are going to be in the middle of the pack in the ODAC. Even though the team was picked eighth in the ODAC preseason poll, I believe they will finish in sixth.

The Quakers have a solid team coming back and have plenty of experience on the court.

Men's Soccer (8-12-1, 3-7 ODAC last year)

Overview: Coach Jeff Bateson has a positive outlook coming into this season. With a large number of veterans returning with a lot of experience, there is an overall expectation of success for this team.

Key Players: Fortunately, the team didn't lose anyone from last year's team. Adding to the group of talented first-years, the team has four transfers. Sophomore midfielders Ronnie Castellanos and Freddy Gomez bring back strong scoring presence to the team. Castellanos ended the season with nine goals and four assists. Gomez finished the season leading the Quakers' offense with 11 goals and

five assists.

They Said it: "We have a lot of upper-class leadership and work ethic returning who show

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the young/new players what is expected of them at practices, in games, and off the field. We are taking each day as its own and making it a goal to become better each day." — Bateson

My Take: Despite an eighth place ranking in the preseason ODAC Coaches' Poll, the Quakers seem like they are going to be a top contender in the ODAC this year. They have a lot of talent to get the job done on the field. With a few losses going the other way, I feel the Quakers will come in fifth in the conference.

Women's Soccer (7-12-1, 4-6-1 ODAC last year)

Overview: The Quakers coming into the 2010 season were ranked eighth in the preseason poll. After a decent year, the team is looking to improve in the ODAC. With the experience coming back and the talent group that was brought in, the Quakers should have an excellent season.

Key Players: The Quakers have 11 returners bringing experience

and leadership to the team this year. Goalie Kat Adams, who had 96 saves last season, brings her skills back to the team. Also returning is midfielder Bri Eilman, who had seven goals and four assists last year. Both will continue to be an impact players on the team.

They Said It: "We are faster, more athletic and more focused coming into this year." — Head coach Eric Lewis

My Take: With such a strong conference in the ODAC, The Quakers will have their hands full this season. I don't see the team taking the conference by storm, but I do see them making some noise in the conference. I see the Quakers finishing sixth in the ODAC.

"We are faster, more athletic and more focused coming into this year."

Eric Lewis, Head Coach Women's Soccer

Men & Women Cross Country

The ODAC cross country coaches tabbed Guilford College's men's and women's teams sixth out of ten teams in their annual preseason polls. Few returners and little experience being brought back to the team may be harmful to the team during the season. The Quakers look to keep improving in

the conference.

Key Players: Derick Kosgei, who received all-region honors in 2009, returns looking to improve on his 33rd place finish in the South/Southeast Regional Championships. Richard Rogers, who owns the fastest eight-kilometer time in school history at 27.21.0 further strengthens the Quakers' squad. Morgan Freyer, who had the best six-kilometer time on the team at 27.47.20 last year, also brings her skills back to the team.

They Said it: "As a team, the men's team has a legit chance of winning conference; as for the women's we are short on number, but we will be better than last year." — Head coach Heidi Pinkerton

My Take: I feel like both teams will continue to make improvement to get better this season. With Pinkerton excited about this season both teams should do very well in the ODAC. I feel the men's will be top three in the conference and the women will improve and become fourth in the conference.

Football (3-7, 2-4 ODAC last year)

Overview: Coming off a disappointing season last year, the Quakers look to improve this year. Only losing four seniors, and bringing in a talented crowd of players, Coach Kevin Kiesel seems to have a solid team. The experienced returners here should greatly help lead this team to do big things.

Key Players: Guilford expects 11 starters among 44 letter winners returning this year. Redshirt-senior receiver Justin Parker is one of the

Quakers' top offensive veterans. Junior defensive back Kenneth Hyman III leads returning defenders coming back from last year's team. Parker led Guilford with 55 receptions for 493 yards and three touchdowns last year. Hyman ranked third on the team with two interceptions and led the Quakers

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Kevin Kiesel, Head Football Coach

with seven pass breakups.

They Said it: "I am so excited to go see this team play because we are a team with a lot of experience, depth and outstanding leadership." — Kiesel

My Take: The competition level in the ODAC is high, with four teams with records over .500 last year. The Quakers were tabbed sixth in the preseason poll taken by the head coaches in the ODAC. With that being said, don't sleep on their chances to be a strong competitor this year in ODAC. They might be a sleeper team that will shock everyone in the conference. I believe that the Quakers will do much better this year and take fourth in the conference.

What You Missed in Guilford Sports:

LAST WEEK'S GAMES AND MATCHES

MEN'S SPORTS				
Sport	Date	Guilford	Opponent	Score
Soccer	9/1	Guilford	NC Wesleyan	3
	9/3	Guilford	Covenant	3
	9/4	Guilford	Chowan	0
Track & Field	9/4	Guilford	Lyons	1
WOMEN'S SPORTS				
Soccer	9/1	Guilford	Methodist	2
	9/4	Guilford	Peace	0*
	9/8	Guilford	Averett	1
Volleyball	9/1	Guilford	Herndon	2
	9/4	Guilford	Roanoke	2
	9/4	Guilford	Wheat	3
	9/8	Guilford	Emory & Henry	2
	9/7	Guilford	Patrick	2

What You Don't Want to Miss in Guilford Sports:

UPCOMING GAMES AND MATCHES

MEN'S SPORTS		
Sport	Date	Opponent
Football	9/11	Guilford v. METHODIST
Soccer	9/11	Guilford v. Lynchburg
	9/12	Guilford v. Radford
	9/13	Guilford v. GREENSBORO
WOMEN'S SPORTS		
Soccer	9/10	GUILFORD v. Bluefield
	9/11	Guilford v. WESLEYAN
	9/14	Guilford v. GREENSBORO
Volleyball	9/10	Guilford @ GREENSBORO
	9/11	Guilford @ GREENSBORO
	9/11	Guilford @ GREENSBORO
	9/14	Guilford v. Washington & Lee

HOME TEAM IN CAPS