

First-year athletes develop on and off the field

By Charlotte Cloyd
STAFF WRITER

Figuring out how to live on your own in college is hard enough. But add playing a sport on the varsity level to that transition from high school to college.

Deciding whether to play sports on the collegiate level is a no-brainer for some college first-years, while others must consider whether or not pursuing their high school athletic glory is a realistic option.

"I'm planning on running all four years," said first-year cross-country runner Joseph Rangel. For Rangel, running was always his intention. "With Guilford being a Division III school, I can be on the team and practice and run."

For athletes playing college level sports, Division I schools require even more time from students, and coaches are more likely to play fewer athletes than a Division III school like Guilford College would.

Some athletes know that pursuing their sport is not always the easiest option, especially when the competition amongst players is heightened at the college level.

According to senior Sarah Stangl, who played soccer at Guilford during her first year, the commitment to playing soccer did not hold as much importance for her as pursuing other opportunities on campus.

"There were too many people on the team, and there wasn't very equal playing time," she said. "The coach preferred to play the starters despite other people's efforts in practice."

As a result, Stangl joined the ultimate Frisbee team.

"I decided I wanted to play a sport that was more egalitarian," said Stangl. "People are really invested in not only their own improvement, but also others' improvement."



First-year **Chad Gunton** prepares to kick a soccer ball during seasonal practice on Armfield Athletic Center.

Once students decide to commit themselves to a particular sport, the obvious roadblock of being part of a new team as well as living independently from family makes itself known.

"I've never had this type of responsibility," said first-year baseball player Dexter Allen when considering the difficulties of time management in a new environment that is both more academically demanding as well as athletically challenging. "It's a totally different type of learning and responsibility. I'm actually really proud of myself for staying on top of stuff."

Varsity sports do not appeal to everyone, but for those who do wish to commit a large part of their college experience to sports, the coaching staff are there to support them.

"The first day, the first meeting, is all about time management," said head cross country coach Bill Cason. "When they have grades, we ask for them. There's not much they can hide."

Coaches not only check on grades, but also schedule open office hours and study halls for the students to attend.

Demanding conditioning and practice schedules quickly drain time from students' already busy days. Fortunately, the coaching staff and upperclassmen on the teams help the first-years grapple with their transition.

"All of the upperclassmen are really welcoming," said Allen. "They're eager to coach and learn."

For those students who intend to stick with the sport they love, coaches and teammates can help ease the stress that first-years may be experiencing now that schoolwork and practice schedules have begun to merge as we hit the fourth week of school.

College not only offers students a broad academic playing field, but an accessible and varied literal playing field as well, so do not be afraid to peruse the opportunities available on Guilford's campus.

Juggling school and sports provides a workout for athletic Bonners

By Ellen Nicholas
STAFF WRITER

The demands of college life can be intense and stressful for any student. Juggling classes, clubs, and friends is at times strenuous, even for the average college student. Add to that at least 140 hours of community service per semester, extra meetings, and a sport and you have the demanding life of athletes in the Bonner Scholar program.

"There are a lot of meetings," said Lily Wotkyns, junior soccer player and Bonner Scholar. "We have family Bonner meetings and then we have our site meeting where we train people and it's just all of that, it gets really packed. My day is always packed. I'm always at meetings, classes, and soccer. Nothing else. But it's worth it."

Bonner athletes have hectic schedules and numerous obligations that require their full, whole-hearted commitment. Though their schedules are jam-packed, Bonner athletes agree that it is fully worth the effort.

"It's very worth it," said senior soccer player Kereith Pinnock. "I wouldn't give it up. I feel like the Bonner program has done so much for me. It pretty much allows me to (attend Guilford), so that's where my real responsibility lies. It's definitely worth it."

"Definitely (worth it)," said Wotkyns. "Love it. Love the people. I can't stress enough how fun it is. We may work a lot, but it's for the fun and for the other people. We all have a goal to change someone's life."

Some may think twice about whether a student could be successful in the Bonner program while also balancing the regular demands of college and playing a sport. Director of Community Learning James Shields does not give preferential treatment to Bonner athletes.

"That being said, some of our best students have been athletes," said Shields. "They understand the importance of discipline, disciplining themselves. They understand the importance of working within the confines of a system."

The Bonner Scholar program has around 60 members at Guilford, 13 of whom are also athletes.

"Not enough hours in the day, I guess," said Pinnock when asked about the drawbacks of the program. "It's a big balancing act with soccer, homework and Bonner but I feel like once you get your time management down it's not too bad. But it is a time commitment."

Though the downside of a large time commitment seemed to be a common thread, there was also agreement that it was all well worth it.

"I feel like being a Bonner has allowed me to find something that I really care about at Guilford and really work with that," said Pinnock. "It's given me, I guess, a greater purpose over the last three years."

The appreciation and connection these athletes felt with the Bonner program was deeply apparent, and what they gain from it seems to far outweigh what they give up.

Wotkyns succinctly summed up this feeling, saying, "Bonner love all the way."

Quaker Quality Players



1. **Sarah Levitt - Soccer**
5 goals - 3 assists - Team 3-0



2. **Hannah Schiltz - Soccer**
5 goals - Team 3-0



3. **Taylor Phillips - Volleyball**
138 digs - named to All-Tournament Team Greensboro Invitational Tournament-Team 1-4



4. **Sarah Bradburd - Soccer**
2 goals - Team 3-0



5. **Ben King - Football**
10 receptions - 118yds - 1td - Team 0-1



6. **Emma Gunn - Volleyball**
46 kills - Team 1-4



7. **Mary Moody - Volleyball**
30 kills 37 digs - Team 1-4



8. **Laura Kopald - Volleyball**
36 kills 11 digs - Team 1-4



9. **Jordan Farmer - Football**
9 tackles; 6 solo - Team 0-1



10. **Quan Parker - Football**
2 punt returns - 64yds - 56long - 1td - Team 0-1

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