

Norton places in NCAA Championships

By Colleen Gonzalez
STAFF WRITER

Another cross-country season has come and gone. However, for sophomore Chad Norton, it was a season unlike any that he experienced so far. Norton came into the season extremely prepared to make his goal of qualifying for nationals a reality — and exceeded his expectations.

"I had no doubts when Chad graduated from high school that he would continue to find success at whatever level he chose to compete," said high school coach Justin Schumacher in an email interview. "His accomplishments this year are not a surprise to me or anyone else who knows him, and I know that the best is yet to come for Chad."

Norton came close to qualifying for nationals last season, but not as close as he had hoped.

"I tied for the first place to not go to nationals, so that was a big motivator in my training," said Norton.

However, when it was time to qualify at regionals in Texas, Norton brought his A-game, earning himself a sixth-place finish, All-South recognition and a chance to show his potential at nationals in Wisconsin.

"Last year he was a follower," said Head Cross Country and Track and Field coach Bill Cason. "This year he has been a leader in both practice and meets. Now that he made it to nationals and found out what it's like, he needs to go back and try to be an All-American."

In an email interview, Norton's mother expressed how proud she was of her son's accomplishments.

"I have watched him for many years setting goals, working incredibly hard, making sacrifices to achieve them," said Norton's mother Barbara Norton. "He has never given up on anything that he truly desired, and being All-American is absolutely a desire."

Despite not receiving an All-American title, Norton has managed to earn countless accolades throughout the season.

He earned First Team All-Old Dominion Athletic Conference honors, set a new five-kilometer record of 15:24.9, as well as the second fastest eight-kilometer time of



Sophomore **Chad Norton** flies through the air.

25:11.4 and was named Guilford Student-Athlete of the Week Nov. 6.

Norton is a prime example of how hard work pays off when there is enough determination and passion to follow it through.

"Chad is more focused (this year)," said sophomore teammate Dylan Skinner. "He knows what he wants to do, knows what he can do now and he knows where he

wants to go. His intrinsic motivation to be successful carried him through the hard work that very few teenagers are willing to commit themselves to.

Norton's ability to focus and commit to grueling workouts and long runs is all that matters once race day comes.

"Race time is time to show the whole reason that we train and why we put in everything we do," said Norton. "It's a chance to perform and show yourself what you are doing is working and what you're able to do is worth it."

Although running is considered an individual sport, Norton had his teammates to push him and in turn inspire them to do the best they can.

"Chad was the main front runner this year ... pushing the pace," said Skinner. "I know in my case he was making sure that I was running as fast as I could ... and making sure I wasn't holding anything back."

Of course, having top-contender senior Derick Kosgei as a friendly competitor helped as well.

"One of the best things you can have is someone in front of you to push you and someone to chase," said Norton. "The competition between us helps us be the best that we can."

Now that cross country is over, Norton will be getting ready for his track season where he will take on the 10-kilometer run, the longest race in the sport of track and field. However, that doesn't mean he isn't thinking about ways to improve next year.

"I want to come back next season and be better than I was this season," said Norton.

Even his mother knows he will go further than he has already. When asked about Norton's future seasons, she knew exactly what would happen.

"He will have an All-American medal around his neck."

For the complete story, check out www.guilfordian.com!

NBA lockout ends; season tips off on Christmas Day

By Charlotte Hudson
STAFF WRITER

Early on Saturday morning, NBA players and fans awoke to a special surprise to cap off their Thanksgiving weekend. The NBA lockout was finally over, as the owners and players came to a tentative agreement with the season set to start on Dec. 25.

"We want to play basketball," NBA commissioner David Stern stated.

Oklahoma City Forward Kevin Durant reacted on Twitter: "Mann, i'm bouta to get a ratchet tattoo on my ribs that say 'survived the NBA lockout in 2011.'"

Carmelo Anthony, star Forward for the New York Knicks added "SHOWTIME!!!!"

Matt Barnes, Lakers Guard/Forward also wrote "I think its time to #GOBACK2WORK!!! Thank god."

The overall reaction by the players could be described as a sensation of relief and joy at the thought of getting back out there on the court, playing the game they love.

"The settlement means players will get to do what they love and have a chance to compete for a championship," said Dave Walters, sports information director.

"It also means the owners will have a chance to generate revenue through television rights, ticket sales and merchandising. If the settlement had not been reached, neither the players nor the owners would be able to realize

any of their goals," added Walters.

According to ESPN.com, the new agreement is set to last ten years with a mutual opt-out in 2017. While the agreement is encouraging in terms of length, in reality the deal favors the owners, especially in the revenue split.

According to CBSsports.com, NBA Players Association Executive Director Billy Hunter said a recent deal like the finalized one was, "Not the greatest proposal in the world." The final agreement was clearly made tentatively in the truest sense of the word.

The players receive 51 percent of the revenue as compared to 57 in the 2005 CBA. After losing up to 400 million in the last three seasons, the league finished the negotiations with a new economic plan to remedy that. Unfortunately, the players will lose about 20 percent of their salaries, due to the lockout.

Small market teams will benefit most from the new deal with the undistributed funds from the luxury tax, going to those who are disadvantaged in the market.

New changes in trades, disabled player exception, midlevel exception, contracts, free agents and restricted free agency will also be implemented.

"There is still a lot of work to be done," according to an article on Valley of the Suns. Smaller issues such as the age limit and drug testing are still yet to be discussed.

Hopefully, as the season starts on Dec. 25, the NBA will be able to get itself back on its feet and be a perfect Christmas present for the players and fans.

Quaker Quality Players



Brittany Atwater
13 points – 2 rebounds – 6 assists – 2 steals



Will Freeman
10 points – 10 rebounds – 1 block



Jazlyn Gibbs
31 points – 7 rebounds – 3 assists – 3 steals – 1 block



Morgan King
32 points – 16 rebounds – 4 assists – 4 steals – 1 block



Gabriel Lowder
11 points – 2 rebounds – 1 assist – 1 steal



Brad Monroe
21 points – 20 rebounds – 5 assists – 2 steals



Jaclyn Nucci
10 points – 6 rebounds – 6 assists – 3 steals – 2 blocks



Gabby Oglesby
20 points – 14 rebounds – 1 assist – 1 steal – 2 blocks



Josh Pittman
14 points – 5 rebounds – 4 assists – 2 steals



Carson Sullivan
25 points – 11 rebounds – 6 assists – 1 steal

Players are listed in alphabetical order. Individuals' statistics are from the past week's games (11/30 – 12/6).

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