

Birds of a feather learn together: Quaker sports siblings

By Justyn Melrose
STAFF WRITER

Competing tooth and nail, shouting over disagreements. Yet, unparalleled closeness. At times, the sports field is really no different than the rest of siblings' lives.

Over the years, many siblings have graced the Guilford campus and the sports fields. This year is no different.

"We played together before we came here on the same team," said sophomore Elizabeth Carella about her sister, senior Kathryn Carella. "She was kind of like a role model because she told me what to do because we played the same position when I first got here — so it's kind of like I looked up to her as someone who could tell me what I was doing wrong."

Lizz — sometimes teasingly referred to as "Little Kat" by others — and Kat have spent two years together on the Guilford women's lacrosse team. However, it is not the first time they have played together.

Kat said, "We were on the same —"

"Basketball team," interjected Lizz.

Kat continued, "We were on the same softball team, we did track —"

"Together," said Lizz, "We did a lot of things together because we're only —"

"Two years apart."

Of course, these sisters have also enjoyed some mild sibling rivalry.

"We get along basically all the time," said Kat. "But sometimes we just get in little fights that literally last, like, five minutes, (about) just the dumbest thing. Like, it could be that she didn't pick up a ground ball or something and I yell at her ... and five minutes later we're just like, 'okay,' and then we're best friends again like nothing happened."

In addition to Lizz and Kat, sophomore twins Rebecca and recent Guilford transfer Lily Colley also play on the lacrosse team and have been playing lacrosse together for all their lives.

"The transition to playing college lacrosse — because at my other school I played college basketball — is a lot nicer having her here, because she also talked to me before about the type of players that are on the team," said Lily. "It's really nice having her on the field too, because she's always going to be 100 percent honest, being my sister. And

she wants what is best for me, so she'll push me as far as I can go."

"(Siblings) are family and they've been around you longer than anyone else has. So, that bond is always going to be stronger than any type of friendship you make," said Rebecca.

Rebecca emphasized a very close relationship and understanding of one another that allows them to push and support each other.

"Everyone always thinks, 'Oh, you must be so jealous when Lily gets ODAC Player of the Week' or blah, blah, blah and I'm like, 'no'. I'm more for what's better for the team," said Rebecca. "You know, it is awesome that she's going to get the recognition she deserves, because she never got that in high school and that would always just make me mad because I always would rave about her skills, but no one ever saw it."

On the other hand, some siblings have not found that being at school together brought them as close together.

"We really don't see each other much," said junior basketball player Travis Tracy. "She does her thing I do mine."

"We actually were really close when he was a (first-year)," explained Travis's sister, sophomore volleyball player Kia Tracy. "I think just being away (from him) kind of made us realize that we do actually like each other. I mean, we didn't not get along during high school, but we didn't really talk much. And when he left, we talked more frequently; and then last year we hung out a lot."

"This year, since he's not on campus, I can't just walk to his dorm or whatever. Then, our schedules are pretty conflicting so we don't really get to hang out, but whenever we're both home we do get along and everything. So it's not awkward."

On different teams and at different ages and different class years, sometimes it can be challenging to keep up with family, even if they are at the same school.

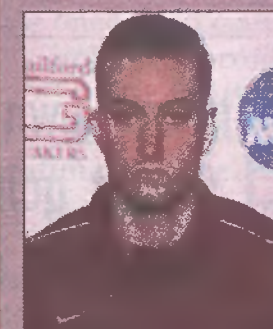
Nevertheless, it was Kia's desire to remain close to family that landed her at Guilford with Travis. Despite location and scheduling separating them, they are still siblings and see each other at home. Whether playing the same sports or not, nothing can truly separate siblings.

"At the end of the day, you're still blood," said Rebecca. "Any problem can be worked through."



David Cason- Track and Field

3000 meter Steeplechase
Race — 9:38.38 (Guilford
record) — At Duke
University Track and
Field Invitational



Ben Esser - Baseball

4 hits — 4 at bats — 2
runs batted in — 6-4
win v. Randolph-
Macon College

Summer Frazier- Lacrosse

5 goals — 15-10 win v.
Lynchburg College

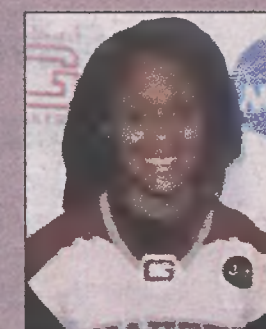


Rachel Howard- Softball

2 hits — 4 at bats
— 1 run scored — 1
run batted in — 1
homerun — 6-3 loss v.
Bridgewater College

Liza Mettler- Lacrosse

3 saves — 3 shots on
goal — 0 goals allowed
— NCAA Division III
Player of the Week
— 12-0 win v. Hollins
University



Chad Norton- Track and Field

5000 meter run —
14:54.29 — (Guilford
record) — at the Duke
University Track and
Field Invitational

Players are listed in alphabetical order by last name. Individuals' statistics are from the past week's games and the final score of the game is listed.

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Siblings senior **Kat Carella** (left) and sophomore **Lizz Carella** (right) display the athleticism that has driven them to be competitive since they were children. Luckily for these sisters, they are able to use their competitive nature to their advantage on the lacrosse field.