

View from the trenches: a much-needed rest

BY REESE SETZER
STAFF WRITER

For members of the Guilford College football team, the bye week came at a crucial time.

Coming off of the first 3-0 start for Guilford College football since 2007, we are excited to begin what truly matters: the conference schedule.

On Saturday, Oct. 4, we begin the Old Dominion Athletic Conference schedule with a game against Washington and Lee University.

But between now and then, the team gets to enjoy some well-earned time off to heal up and rest.

While, as a player, you would like to play a game each Saturday, the bye week is vital to the team's success.

There are still many activities that take place during this week. One of the main goals is to get players healthy and back on the gridiron.

Every football team has players who get banged up. The bye week is the best time for a player to heal so that they can get back onto the field.

"The bye week was essential," said sophomore defensive lineman Mitchell Skidmore.

"After coming off an injury, the bye week gave me time to get in shape and also ease back into the practice schedule."

The bye week also helps the coaches adjust the game plan as we enter into conference play.

We collectively get an extra week to prepare ourselves for our first conference opponent.

Another aspect of the bye week is time in the training and weight rooms.

While a guy may not necessarily be injured, just getting a few days off from practice can help a player get over the soreness that a month and a half of football can put on the body.

Some Quaker players took advantage of the bye weekend to make an impact in our community.

Senior offensive lineman Drew Milot, sophomore defensive lineman Mitchell Skidmore, junior linebacker Daytwyn Rascoe and sophomore wide receiver C.J. Hobbs all participated in helping with the Challenger Sports League conduct a special needs softball game.

"Being able to take part in something larger than myself and incorporate my love of sports, while simultaneously giving back to my community, was an incredible experience," said Milot.

While a team loves having the opportunity to play each week, it is important that the team takes a break from the grind of football.

We are excited to get back on the field and start preparing for the gauntlet that is ODAC conference play.

To that end, our quest begins against Washington and Lee, where we take the first step towards the ODAC championship.

Pep band hits a new high note in sports events

BY EMMA RUMPL
STAFF WRITER

With a "rat-a-tat-tat" and an "oompah," Guilford College's pep band will play its way back onto campus for the 2014-2015 school year.

The band is open to all instrumentalists at any level of experience and to any type of instrument.

They will be performing on campus at men's basketball games. The hope is to eventually branch out to other sporting events.

Assistant Dean for Career Development and Community Learning Alan Mueller, an instrumentalist himself, is in the process of reviving the band.

"When I got to Guilford, I knew there was a pep band, and I was thinking I could contribute," said Mueller.

"It's valuable for students to have artistic expression."

Mueller's goal for the pep band is to have an ensemble of 32 members and be self-sufficient so that its members can run it on their own.

The idea of having a pep band was originally conceived by Professor of Foreign Languages David Limburg.

Limburg believed a band was needed for instrumentalists, sports teams and fans.

"I felt there must be Guilford students who would like to play their instruments again," said Limburg in an email interview. "A pep band is a very informal and inclusive way to get that going."

"I also think the teams and the audience like to have some live music during games, if it is both loud and good."

Having a pep band has the benefit of raising school spirit.

"Pre-recorded music can be tuned out by someone in the crowd," said junior and previous pep band member Stephanie Byer in an

email interview.

"But someone looking over and seeing the pep band having a great time playing fun music is energizing."

A pep band provides an opportunity for non-music studies instrumentalists to play their instruments.

Byer is one of those people.

"It gave me the opportunity to keep playing my flute once I came here," said Byer.

For athletes, a pep band can benefit the teams playing on campus.

"Live music helps fans get more involved and adds a little bit more to a home-court advantage," said senior men's basketball player Matt McCarthy.

For members of the audience, a pep band can be entertaining and positively affect the experience at sporting events.

"I always enjoy the band's performances at games and look forward to it," said Director of Friends Center and Adjunct Professor of Religious Studies Max Carter in an email interview.

"It certainly adds to the atmosphere of the games."

Being in a pep band is like being on a sports team: it is essential that its members be interdependent.

"Pep band allows you to be a part of a team, working together to make music and hopefully help other people have a good time as well," said junior and previous pep band member Sydney MacDonald in an email interview.

By collaborating together, members of the pep band can provide an entertaining experience for fans while influencing camaraderie amongst the team, further enhancing homefield advantage.

Teams shine brightest when they receive support from their fans.

So when you attend a men's basketball game at Guilford this season, be sure to cheer on the pep band.



ROSE OZAKI/QUAKERIAN

Quarterback Pawlowski drives team to early-season victories

BY HENRY SMITH
STAFF WRITER

Guilford College junior Matt Pawlowski is on track to become one of the greatest quarterbacks in school history.

"Matt Pawlowski is a very

good quarterback on a fast path to greatness with every game he plays," said associate head coach and defensive coordinator C.J. Goss of Methodist University after a 52-20 defeat at Appenzeller Field.

On Sept. 20, the Quaker football

team advanced their season record to 3-0 with a comfortable victory over Southern Virginia University.

This year, Pawlowski has been extraordinary in the first three games. He has thrown 14 touchdown passes and is averaging 349 yards per game.

Pawlowski first played organized football in third grade. Ironically, it all began in a flag football league run by Guilford College.

Back in his high school days at Northwest Guilford, the Greensboro native found himself in an abyss of college recruitment. Along with the most talented quarterbacks of his caliber, Pawlowski had more than one school looking for his commitment to play college football.

"It basically came down to Guilford, Methodist, Emory and Henry," said Pawlowski.

"I was raised in Greensboro and I knew it would be easier for my Mom and Dad to get to the games."

His parents have been his biggest influences. They try to make it to every game.

On Sundays, Pawlowski likes to go home and spend the day watching football with his mom.

In an email interview with The Guilfordian, Matt's mother, Kim Pawlowski, commented on the importance of her son's football

career for their family.

"The fact that Matt has been able to play for so long is just a joy," said Kim.

"He's made some great friends along the way and has learned many valuable life lessons from the hard work and sacrifice it takes to play the sport."

This year the offense is really clicking.

The duo of Pawlowski and junior wide receiver Adam Smith has become a dominant tandem.

Those who attend a game will hear these two names quite often from the public address announcer.

"Adam Smith is a guy I like to throw to," said Pawlowski.

"Pretty much every time he touches the ball, it's a touchdown. It's nice to have him."

Head football coach Chris Rusiewicz also commented on the dynamic duo.

"Adam was a high school quarterback like Matt. With that said, Adam understands Matt's position on the field and their trust for one another is awesome," said Rusiewicz.

It is clear that the quarterback has grown as a player since he arrived at Guilford.

Pawlowski came to Guilford two years ago in the fall of 2012 with profound weight on his shoulders. All eyes were on the

starting first-year quarterback.

"When he came in, he was a shy kid," said senior defensive back Satiir Stevenson. "He didn't speak too much, but he always worked hard, and I could see potential in him to lead."

Pawlowski expressed how much it matters to him to be a leader.

"It means a lot to be a positive influence for younger players to look up to," said Pawlowski.

The Quakers are off to a perfect start and have no intention of letting up. They will be content with nothing less than a conference championship.

"I think we are more experienced," said Stevenson. "We have several leaders on both sides of the ball. When you have more leaders, you are going to have more people buy into the system."

"Everybody believes in each other, and everybody believes in what the coaches are telling us."

Pawlowski bears the brunt of the leadership on the football team.

Testimony to Pawlowski's leadership is the sentiment expressed by Stevenson.

The team has an environment of community and responsibility in keeping with the Quaker traditions Pawlowski first learned in the football camp run by Guilford College many years ago.



Matt Pawlowski '16 was named Rookie of the Year by teammates in 2012.