

# Pre-season gets teams ready

JESSE WHARTON

Winter sports are under way with interest meetings, pre-season training, and tryouts over with. Basketball, swimming, cheerleading, dance team, and wrestling seasons have begun.



*Oliver Gray and Alex Yockey practice for wrestling after school in the PEC.*

This year's women's basketball team is coached by Hunter Lambreth. Tryouts ended Saturday Oct. 24 and fifteen out of nineteen female athletes made the team. These dedicated ladies attend daily practices in order to be prepared for the tough competition. With a present record of 0 and 5, their goal is to keep on improving.

The swim team's season has been very tough thus far. As of now, their record is 0 and 5 but they expect to improve before the season is over.

The swim team's season began Nov. 2 with a week of tryouts. Fortunately, there are several lanes available for the team's use at the Durham YMCA, where the team will practice regularly, so no cuts were needed.

The competition

is now concentrating on learning cheers and routines for the season and, more importantly, for competitions.

The team was nationally ranked last year and hopes to improve on its ranking this year.

"Our goals for the season are to go to competitions and

on going to any competitions but it has been performing at all of the home basketball games.

*Caroline Nguyen*  
Before the official season began on Nov. 1, the wrestling room stayed open from 4 to 6 every night

for prospective wrestlers to start conditioning, building muscle, and training. Head Coach Avery Winford did not make any official cuts, however, the practices at the very beginning were especially grueling so to "weed out" the ones who were less dedicated.

*Cindy Lee*  
"Our goals are to have a tip-top shape team, academically sound, and focus on the basics," said Assistant Coach Duane Holliman.

Although the team's record thus far is 0 and 2, the scores have been close and they have proven that they are a dedicated and competitive team.



*Senior pointguard Scott McCann takes a freethrow in the game against Ravenscroft.*

win," Senior Keren Jones said.

Since the dance team, sponsored by SLI Tonya Smith-Holliman, finished tryouts their main goal has been to cho-



*Senior Jay Fredrickson and junior Ben White mix it up during wrestling practice.*

reograph dances for the season.

There are nine girls on the team but several NCSSM boys will always be performing in some of the dances this season.

The team is not planning

# Sports Clubs are alternative fun

HOLLINS GAUSE

Many NCSSM students express a desire to unglue their hands from their keyboards, and their eyes from their books, and get into sports. A number of these students do not feel as if they can devote as much time and energy to physical activity as a sports team requires. However, interscholastic sports are not the only option. Numerous students join one of NCSSM's many sports clubs.

NCSSM has a large variety of sports clubs, from the Rock Climbing Club to the Ultimate Frisbee Club. Since NCSSM clubs are open to all students, joining a sports club is as easy as going to a meeting and being added to the club member list. NCSSM stu-

dents favor sports for a number of reasons.

"I like sports clubs because they allow me to play sports that I enjoy without the commitment of a sports team," said senior Vic Weighman, a member of the Ultimate Frisbee Club and the Racquetball Club.

Sports clubs are indeed a popular option for students who want to play a sport that they enjoy without the time, commitment, and competitiveness of sports teams. Many students take advantage of sports clubs in areas that are not traditional team sports. The Ultimate Frisbee club, organized by senior Jonathan Pahl, is one of the most popular non-traditional sports clubs at NCSSM.

The club meets everyday to play Ultimate Frisbee on Watts Lawn or an IM soccer field. The Ul-



*Senior Steve Carpenter hurls a disc past Jordan's defenders. NCSSM defeated Jordan High School 19-6 in the Ultimate Game.*

timate Frisbee Club is also unique in the fact that it is the only competitive sports.

"Ultimate Frisbee is great. We have a lot of fun. Sports clubs are a good way to meet people that share a common interest with you," says senior Jonathan Pahl.

Aside from these non-traditional sports clubs, there are plenty of clubs, such as Club Volleyball or Tennis Club, that focus on standard sports in a less intense atmosphere than that of a sports team.

NCSSM sports club

members have another reason that they enjoy sports in a club format.

"Besides providing me with a good way to stay in physical and mental shape, this is a great way to relieve stress," said senior Martial Arts Club member Ray Tan.

At this point, there are 15 sports clubs at NCSSM. These 15 clubs are widely varied, with all degrees of competitiveness and physical exertion. Furthermore, if students don't find a sports club that suits their interest, they can start their own club.

NCSSM students can charter clubs at any point in the year. The only criteria are that the club have a faculty or staff sponsor, and that a club charter form be filled out and given to SGA.