

Conversing with stellar swimmer Jeff Milbourne

HOLLINS GAUSE

Jeff Milbourne has been selected as November's Athlete of the Month, due to his superior performance and dedication to the sport of swimming. In addition to being a superb athlete, Milbourne is an asset to the NCSSM community. He is one of Fourth East's Residential Life Assistants. He has a wonderful academic record as well. In fact, Milbourne is currently in the regional stage of the John Morehead Scholarship for UNC-Chapel Hill. Recently, I sat down and spoke with Jeff about his swimming abilities and love of the sport.

Hollins: How long have you been swimming?

Jeff: I started swimming when I was 2, and I began swimming competitively, which is year-round, when I was 7 years old.

H: What inspired you to begin swimming?

J: I don't know, I just kind of took to the water. My parents didn't push me to keep swimming, which helped.

They were pretty supportive. I showed some natural talent as a kid, too.

H: Why have you continued to swim?

J: At this point, swimming is something that I do out of habit. It's just part of my routine. I really got into it 3 or 4 years ago. Since then I've been pretty fired up. I've been training as hard as I can, you know, seeing what kind of times I can come up with. Plus, it's a really good form of exercise. Swimming also helps me manage my time, and it's a great stress-reliever.

H: Is it difficult to balance swimming and academics?

J: Not really. It wasn't easy when I first came here. Once I got into my pattern, it wasn't hard at all. I still ended up doing well last year, in swimming and in school. It's pretty rough though. This year, we [Bull City Aquatic Center] started morning practice, at 5:30, so I'm putting in 19 and 20-hour days.

H: What events do you swim?

J: I like the short events, like the 50 free(style). It's all about the sprints.

H: Do you do other sports?

J: Not competitively. I surf a little in the summer, but no, I don't really play any other sports. Swimming takes up a lot of time.

H: What has been your greatest athletic triumph?

J: I don't really know about the greatest triumph, but I can think of an event that stands out. Last year at state champs, the 400-free relay. We [Bull City Aquatics] have a really fast team, and I usually don't swim the relay, but I got a spot on the A-team. I swam really well, and I had good splits. It felt good to be a part of the relay, and get 2nd place in

the state.

H: Which do you enjoy more, swimming for school, or club swimming?

J: Well, club [swimming] and school [swimming] are really different. School swimming is more laid-back and fun. It doesn't have the amount of pressure that club swimming has. I think that I like club swimming more, though.

H: Do you plan to swim in college?

J: Oh, yeah, if I can. Right now, chances are that I'm going to Carolina, and they have got a fast team! I hope to walk on, and I think that I could land a spot on the team. They're really fast, though. If I don't get a spot as a walk-on, then I'll

swim on the club level, which isn't the same. They compete, though. But, yeah, I'm planning on swimming some kind of way in college.

H: One of the things that I've always associated with swimming is the mental drive that it takes to be a successful swimmer. How do you feel about that?

J: You're definitely right. I read somewhere that swimmers have one of the highest tolerances for pain of anyone, and I believe it, man. It takes a lot some days to get up at 5:30 to go swim, but once I start thinking about the swimming, I just kind of get up and get moving. Swimming can be exhausting, though. I've seen some guys pass out and nearly drown in the pool after a hard workout. Yeah. I agree with you, though. The mental aspect of swimming is kind of what sets it apart for me. I enjoy working hard so much. It feels really good to finish a hard set. That's probably one of the things I like best about swimming, the mental side of it.



Jeff Milbourne, age 7, and his brother take a break at summer league swim team pool.

The Coaches Corner



MIKE BEER

Coaching at Science and Math is a unique experience. All at once it is rewarding, frustration, and challenging. Due to our status as a two year, residential high school, coaches are presented with a myriad of challenges our colleagues at rival schools never face. From practices that start three weeks late in the fall, to extendeds that cut into practice time, the obstacles coaches must maneuver through to achieve success are abundant.

In order to see the larger picture of the sports program here, perhaps it is best to start with a look at a soccer coaches dream program. As in many things that first step would be money: money to pay for three referees instead of two; money to buy quality warm-ups, bags, and other things which help build team unity; money to staff the training room with a

certified trainer to take care of the athletes; and money to take teams on trips to play quality competition in pre-season tournaments. Normally, strong parent booster organizations, concessions, local businesses, and ticket sales fuel an athletic program. With parents spread all over the state however, and no fee for entrance to most of our athletic events (another benefit of attending S & M), Science and Math has a shortage of athletic funds.

Secondly, any quality program is built upon junior varsity programs where coaches can identify and nurture the talent. State championship teams are rarely built in one season. Just as coaches learn everyone's name at S & M, the season is over and a class graduates. No need to worry though, next year we'll start from scratch with brand new team. Thirdly, practice makes perfect. At other schools, fall sports teams can practice beginning in early August and then continue for 5 days a week. This past season, the soccer team had only 5 days of practice before our first game (and only 27 practices for the

season). As for practicing problems, factor in extendeds, college night, labs, work service, orientation workshops, mentorship, the mountains of homework, and host of other student responsibilities, and it is amazing we ever had our full complement of players. Finally the ideal coaching situation would see players playing their sport year round. At S & M, that is virtually impossible.

It should be said that this article is far from an indictment of the sports program at Science and Math. It is intended to be just the opposite. It is intended to praise the dedication and hard work of those involved by laying out all of the obstacles our school and coaches face. It is incredible that we win at all. To have had the success we have had since the school opened is truly amazing. If you don't believe me, just take a look at the two Wachovia Cup banners hanging in the PEC, ask Kevin Cromwell about the cross country titles, Warren Basket about the tennis titles, or Branson Brown about the quality of our teams.

IM soccer wrap-up

JESSE WHARTON

From August 26 to October 21, the soccer field and IM field were the place for hall spirit and friendly competition in the afternoons after classes. Not all of the halls competed in Intramurals, but the competition was tough between the ones that did go out and show their skill.

Boys on the soccer team were not eligible to play IM's.

However, since the women's soccer team is not in season, women soccer players could participate in IM's, thus making the competition tougher in the women's league.

Talent and athletic ability is only part of what IM's are all about. IM's give students a chance to show their hall spirit, get some exercise, and go out and have a good time in sports. Participation points, which are gained according to

how many team members (out of the hall's eligible players) partake in the events, are more important in figuring scores as points for wins. The equation for used to calculate halls' participation scores is: (game attendance/eligible players)x 30.

To figure the game score, the equation used is: (# games played x 5) + (# games forfeited x 5) + (# games won x 5).

MEN

DIVISION A	WON	LOST
2nd Hill North	3	2
2nd West	3	2
3rd West	2	2
4th West	2	2
1st Hill	0	4

DIVISION B	WON	LOST
1st Hunt	4	2
3rd East	5	1
2nd Hill East	2	2
4th East	1	3
2nd East	1	3

WOMEN

DIVISION A	WON	LOST
2nd Bryan	4	2
REID, 1C, 2C	3	2
4th Bryan	3	1
2nd Beall	1	3
3rd Bryan	0	4

DIVISION B	WON	LOST
1st Beall	5	1
3rd Beall	3	2
Ground RE	2	2
Staff	1	3
RE 1E, 2E, 2D	1	3

-See IMs on page 12