

## Kickin' balls

emily warren

It's time for NCSSM Women's soccer. The team has been practicing since mid February and now they are ready to show the world what they're made of. The season began on March 21 with a game against Durham Academy. The team has a hard season ahead of them, but the athletes are looking forward to a spring filled with good competition.

"I'm excited; I think we have potential and we're going to have fun," said team captain Senior Claire Logsdon.

Valerie Daniel coaches the team; it is her second year as the head coach of the lady Unis. She herself played soccer throughout high school and played on the varsity team at Boston College

for four years. She has found that playing in a conference is a big challenge, but she knows that there is nowhere to go but up.

The 16 girls on the team had never played soccer together before. The consensus is that the team is improving and will continue to do so throughout the season.

"At first we did not know how to play together, but I think we're learning to co-operate and to function as a team" said Junior Erin Enstice.

The team has won one game against conference rival Cary Academy (4-2). Daniel feels that the team will be even stronger when it plays the other conference teams for the second time.

The team is lead by co-captains Claire Logsdon and Kimmy Jernigan. They are the mental as well as physical leaders of the team. Daniel said she "has high expectations of her seniors and hopes that they will motivate themselves and the juniors to strive

for success on the field."

The Unis had their first home game on March 28, against St. Mary's. Although they held their opponents scoreless for the entire first half, the Saints managed to defeat the Unis in the second half. NCSSM's Goalie, Junior Nicole Peterson made some wonderful saves.

As the season



Joy Loudermelt puts on her game face before the home game against Cardinal Gibbons.

progresses, the team will put what it learns from practice into action during the games. Every day after school at four o'clock, the team begins to warm up on the muddy athletic field. They practice until five thirty or six, and then the muddy girls troop into PFM.

Daniel is disappointed that she has already lost some crucial players to academics and injuries this early in the season.

"It's really frustrating to sit on the side line when you know you could be on the field, helping the team, but all you can do is cheer," said Junior Nidhi Thapar who pulled a muscle in her thigh.

As long as they can field a team the soccer girls will be out on the field kicking butt. Daniel said, "they really play with heart, my goal is to make all of them share my excitement about soccer." Come out and watch them play. It is an exciting way to spend a beautiful spring afternoon.

## "Batter Up!"

katie watlington

Baseball season is in full swing this year at NCSSM. With a new conference and a new assistant coach, the season is looking very promising for the Unis. Their first game was March 2, but the team had been practicing for much longer than that.

"Practice consists of batting practice, stealing practice, and a lot of drills," said Junior Sean Grafton. Tryouts for the team began February 14, but pre-season workouts had been going on two and half months prior to tryouts. The optional team workouts were only a couple of days a week and consisted of weightlifting and throwing.

The regular season does not end until the final game May 6. The conference playoffs begin May 9.

"I think we will make it to states," said Junior Mark Baglia.

Hopes are very high for the 14 team members and two coaches this year.

"I think the team this year is better than last years team. We have got a lot of potential, and it is up to us to

realize it now," said Senior Philip Bosse. Bosse is captain of the team this year, playing the position of pitcher and first base.

including playing at NC State.

In addition to Coach Charlton, the team is coached by assistant coach Justin Tye. This is his first year coaching for the Unis with his experience coming from years of Little League and high school baseball.



Phillip Bosse stands guard at first base against a home game against cardinal Gibbons.

"This year is one of the stronger teams that have been at Science and Math and I am confident that this year will be a great season for the Unis," said head coach, Mike Charlton. This is Coach Charlton's second year coaching for NCSSM. He has a lot of baseball experience,

"Baseball is a great game. Unfortunately it is losing popularity among today's youth. I am happy to be a part of keeping the tradition alive for our

students here at NCSSM. The crowd matters, too. I hope to see the stands full for all of our games," said Coach Tye.

Nothing gets a baseball game going like a good crowd, so come out and support the team, coaches and managers!

## UNI'S: Too quick to catch

amit aravapalli

The NCSSM track team is starting to make winning a habit. The season started off in late February with wins from Word of God and Trinity High School. The team continues to rack up victories; their most recent win is over Cary Academy.

Two experienced coaches, Frank Davis and Russell Blunt train the team. Blunt used to coach Hillside and the Durham Striders, and Davis is currently with the Durham Striders track club.

"I strongly believe that our track coaches are the best two coaches in the state," said Junior Ravi Agarval. Agarval participates in shot put and the discus event; he looks forward to qualifying for states next year.

Members of the team practice every weekday at RIVERSIDE High School from 4:00 till 6:00pm. Each of the athletes tries to focus on their specific

event. Students participate in a total of 18 events, including discus, shot put, high jump, 3200 meter run, 400 meter run, and many other events. The team's record is three wins and three losses. Their toughest matches were against the Durham School of the Arts and Durham Academy. They have two meets left against Ravenscroft and Cary Academy before the Conference and States meets.

"The rising seniors show a lot of potential. We have a lot of people with talent who could really do several events competitively. It's all about finding you niche," said Junior Michael Lam. The team anticipates some of their players to qualify for state and have the potential to compete with the best runners of the state.

"The only really big problem that we're having on the team now is dedication, we have nearly 60 people on the roster, but hardly 20 show up for practice" said Senior Justin

Mitchell. Students on the team have a hard time balancing academics as well keeping up with track's demanding regimen.

"We'd be able to smoke the competition if everyone would just suck it up and come out to the practices," said Junior Michael Lam.

NCSSM's biggest competition is Cardinal Gibbons. Gibbons has a strong long-distance team that will match up well against the Uni distance team. NCSSM track team has not run against Gibbons yet, but they will surely meet in the conference tournament. "We ran against them in cross country, and they looked really strong; I look forward to the competition" said Senior Justin McCollum.

The track team continues to win victories. The only thing missing is support from the NCSSM community. We need more people to represent the NCSSM track team, so get out there and cheer them on!