

Wellness program supplements course selections with Physical Activity electives

BY SARA WISE

Ultimate Frisbee has always been a popular hobby of NCSSM students. Yet this year, some students will actually be receiving a grade for showing off their Frisbee skills.

Ultimate Frisbee is just one among many new electives that has been added to the Physical Activity and Wellness program at NCSSM. The revised program also offers weight training, self-defense, and sports medicine classes.

The expansion of PA electives is part of an on-going effort to improve the quality of student life. In 2001, the Southern Association for Colleges and Schools, known as SACS, arrived at NCSSM as an outside organization. They critiqued the school and offered suggestions for improvement.

In response to the SACS assessments, Dr. Joan Barber, the Senior Vice President of Student Life, and Eileen Witt, the Athletic Director, have been working to open up opportunities for students interested in pursuing a more active lifestyle.

The first step was to develop a Physical Activity curriculum. Prior to 2001, PA classes were not in the daily curriculum. Students took a physical fitness test at the beginning of the year and were re-tested at the end of the year in five different components of physical fitness.

Coach Brian Gonyeau noted the drawbacks of this system, "Most students never took the time to work out and improve on their own time. And they weren't learning anything



Ultimate Frisbee has become an integral sport at NCSSM.

about life-time sports or physical fitness," Gonyeau said.

The requirement for students to take one trimester of Physical Activity was a big step in turning physical wellness into a priority. Another development was the addition of the fitness rooms three years ago.

The opportunities for students continue to grow. The tennis courts being built will provide another activity for students. They should be fully operational within a few months; electrical issues involving the lighting have caused delays.

Several other plans for electives are underway. Golf and archery are both being considered. Fitting these courses into the schedule is not easy.

"We're always advocating for more programs, but we are in competition with other courses. We share the PA block with

foreign language and a few other classes. But luckily, the student life class covers topics that relate to wellness, which helps to foster the program," Gonyeau said.

Although PA meets once a week, the elective courses generally meet two times a week. Much planning was done with the registrar, Kathleen Allen, to work the electives into the school day.

Coach Gonyeau encourages all students to consider taking PA electives.

"We try to make it fun. Although we're reinforcing basic skills, we also want to show students something new, like an advanced skill. That is going to make it more interesting and rewarding," said Gonyeau.

Men's soccer team kicks off season to good start

BY JAMIE WINSLOW

This year the men's varsity soccer team has kicked off the beginning of their season with a bang. The elite squad of talented juniors and seniors has been dominating the field since the first game.

After opening up their season at an away game against Carolina Friends, they dashed past the opposition to win the game 4-0. At their first home game on Thursday September 8th, the Unicorns conquered Cresset Christian with an astounding score of 7-1. Keith Grose wore out the rival team with three goals, acrobatic Mark Owolabi threw in another goal, and Mike Tipton, Carter Crowl, and Matt Ball also netted one goal apiece.

"I am glad to be a part of this talented team and hopefully I can exceed my expectations this year," said junior striker Owolabi.

It looks as though Owolabi has had a great start. He also

scored the sole goal for their third game against Durham School of the Arts with a ball that he headed into the goal on a corner kick. Both games that have been played on S&M home turf have proved to be riveting from the starting whistle to the end of the second half, with most of the action staying at the opponent's end of the field. The strikers, wings, and mid-fielders stay busy, but whenever the ball does cross-over to Uni territory, the strong defense is there to meet them and crush their hopes of scoring. On the occasion that the opponent is able to pull off a shot, senior goalies Scott Bowen and Martin Locklear are in position to slide, dive, or boot the ball out of the scoring area.

Coach Gallagher has done a fabulous job of transforming this talented group of individuals into a rock-solid team of soccer stars. Support the NCSSM Unicorns on their way to a winning season.



The men's soccer team stands awaiting their next warm-up

Women's tennis team shows optimism for current season

BY HAITIE CHIUNG

The women's tennis team is composed of nine girls this year - juniors Maggie Baker, Wendy Hua, Lauren Iannotte, Lalitha Kundura, Pam Liu, Christine Nguyen; and seniors Heather Faircloth, Molly Jones, Ameer Patel, Susannah Small, Elizabeth White.

These girls seem very enthusiastic about the season. Senior Heather Faircloth, No. 1 seed, commented, "I just really enjoy this year - everyone gets along so well and makes the team fun." Faircloth is from West Brunswick and has been playing for five years, including experience on her previous school's Varsity Tennis Team.

On the other side, junior Pam Liu shows the broad range of experience found on the team. She has never played tennis before, but the athlete apparently has a natural talent for it.

The girls on the team are very optimistic about their participation on the team. "I don't think about the team as really competitive, but more like playing for fun with my friends," said Hua. Junior Christine Nguyen agreed, "No matter how much we whine about it, it's fun."

The girls have played quite a few matches already. The first was against Cresset Christian on Sept. 8th, where the

team walked away with a total victory, completely shutting out the opponent, 9-0. However, they got to "experience both ends of the spectrum" [Hua] when they lost to Chapel Hill the following day, 0-9.

The schools that the team will play against will be Cresset Christian, Durham Academy, Chapel Hill High, Ravenscroft, St. Mary's, Cary Academy, Raleigh Charter, and North Raleigh Christian.

The team is staying optimistic about its season despite all the hard work that goes into being a member of the team.



Liz White skillfully returns a hit

Cross country team makes changes, predicts domination over competition

Ben Bogardus provides an inside look into cross country's season

BY KEVIN CHEN

Finished with my last class for the day, I entered my room thinking about homework. Just as I was about to crack open the books, a blast hit me from outside the window—"C'MON! DON'T CUT THE CORNERS!" I peered out the window and saw a bespectacled man with his arms folded and a look of intensity on his face. It was Rick MacDonald, the new head cross-country coach. I could hear the cross-country team panting to keep up with the unrelenting pace around the soccer field.

My curiosity aroused, I decided to talk to Ben Bogardus, a returning senior who was one of the elite runners last year.

KC: How are you guys preparing for the season?

BB: The summer was a sort of cross training period for some people, a chance to stop exercising entirely for others, and for the very proactive it was a time to keep in shape and even improve on times. Most people favor either the cross training or the laying around, which isn't necessarily bad considering track and cross country wear them out. Since tryouts, there has been a gradual increase in the time we run each practice. There is a warm-up on soft ground, which means no sidewalk walks. Following, we do stretches starting from the head and working our way down. Coach has us do some strides to work on our form, and then sends us out to run. He strongly urges us to do sit ups

and push-ups on our own time. He has been strategically choosing people to lead stretches, paying more attention to their role on the team rather than to their running expertise.

KC: How is the new coach?

BB: Rick MacDonald has been coaching for a very long time, and in several fields of sports including basketball. He takes his responsibility to produce a

KC: What are the main events?

BB: The main event is a five-km race, which is approximately 3.1 miles. However, this race is over rocks, trails, and jagged terrain. There is much burning of the calves on the up-hills, and no feeling rivals the exhilaration felt at the sight of a finish line. Recently, we had a time trial for a two-mile course. One of the people who stood out was Lucas Lankford, head of the body builder's club and a recent participant in cross-country. He had a mile time close to six minutes, or maybe even less. I expect that we will be very successful in not only achieving individual goals, but perform outstandingly as a team. A team is only as good as its worst player.

KC: How do you guys plan on improving from last year?

BB: More stretching. I keep on trying to encourage people to stretch more after practice, and also while Coach is speaking. In addition to improving physical fitness through unique exercises, mental toughness has been emphasized.

After I had exhausted Ben with several questions, I got down to the meat of the conversation. The hunger to win practically glowed from Ben's face when I asked him to predict how well the team would do. "After Coach instills in us the strategic parts of running a course, we will swamp the competition. The drive to succeed, which comes from attending this school, will enable us to reach our full potential. And with coach's help, the team will peak at the right time."

"After Coach instills in us the strategic parts of running a course, we will swamp the competition"
Ben Bogardus

good team very seriously, and seems more like a football coach than a cross-country coach. He has already had us fill out goal sheets so he will be able to track our progress and handle any concerns that may pester athletes. He makes sure his kids get to the cafeteria on time and that they know their level and their ability to improve. The assistant coach, Arayano Bush, is a long time coach in cross-country and track. He was a student at NCSSM, sporting a 'fro in his younger years. Runners respect his positive attitude and his concern for a runner's condition.