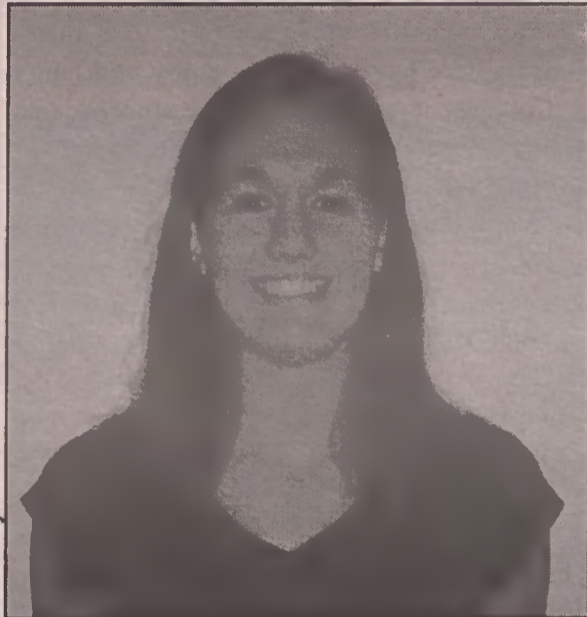


Spring Sports Senior Spotlights

As the 2007-2008 school year nears an end, it has become quite clear that the Unicorns are renowned for more than their intellectual feats and capabilities. NCSSM closes out the year with a spectacular spring season in sports. The women's soccer team embraced the spirit of Joga Bonito and advanced to the second round of the playoffs. The track and field team burst through the finish line this season, with the women's team placing first and the men's team placing fourth in the Mideast 1A Regional Championships. The men's tennis team with powerful serves, unstoppable returns, and jaw dropping agility battles for the state title with only two losses. The baseball team with powerful hardhitters, grandslams, and awing determination have a great chance of capturing the state title this year. The softball team gave every team a great fight this year, resulting in many double digit wins. And last but not least, the golf team has proved that it is deserving of playing in the PGA Tournament with its second place finish in the NCHSAA Regional Gold Tournament. All the spring athletes have played with style, grace, passion, and talent. It has been an amazing year for NCSSM athletics and we can only expect more for next year.

Amber Heckart

WOMEN'S TRACK AND FIELD



Picture by Kara Tinker

Favorite pre-meet ritual: "After finishing the warm-up exercises, I always take some time alone to focus on my race and say a prayer. In track, being mentally prepared for your race is just as important as training everyday. I also try to make sure that my other teammates are focused and ready to run."

Role model: "I have never really looked up to a specific runner or athlete. I just admire my fellow teammates and competitors who always work hard and do their best in order to become better athletes."

Best season quote: "People can't understand why a man runs. They don't see any sport in it, argue that it lacks the sight-thrill of body contact, the color of rough conflict. Yet the conflict is there, more raw and challenging than any man versus man competition. In track it is man against himself, the cruelest of all opponents. The other runners are not the real enemies. His adversary lies deep within him, in his ability, with brain and heart, to control and master himself and his emotions."
-Glenn Cunningham

Best song to work out to: "Our track theme song 'My Chunks,' invented by our juniors Corey, Maddie, and Emily."

Favorite exercise: "I love doing circuits because they involve obscure exercises, such as pull-throughs and scoops. Just ask Coach Dave to demonstrate them."

Favorite experience of the year: "Team bonding! We are constantly singing or talking during warm-ups, and after practice we always eat in the PFM together. We also have team dinners before big track meets which usually involve lost of pasta!"

From the beginning: "I began running track in eighth grade and have been competing ever since."

Jordan Humphrey

VARSITY GOLF



Picture by Kara Tinker

Favorite pre-game ritual: "Before every match, our team lies on the ground to do our pre game meditation known as 'The Seashell'. This gets us focused, relaxed, and gives the other teams something to laugh at."

Role model: "David Duval. He was the number one golfer in the world for about a month and then a year later everyone had forgotten that he even existed."

Best season quote: "We are going to cook out." -Rick Hess

Best song to work out to: "We are always jamming to some tunes on the way to the course, from Taylor Swift's 'Our Song' to 'Apple Bottom Jeans'. But the best song for us to listen to in order to get pumped up has to be 'Everybody Dance Now!'"

Favorite exercise: "I really like it when we walk to the golf course in the rain, because we don't really have a designated golf van. Our team equals dedication."

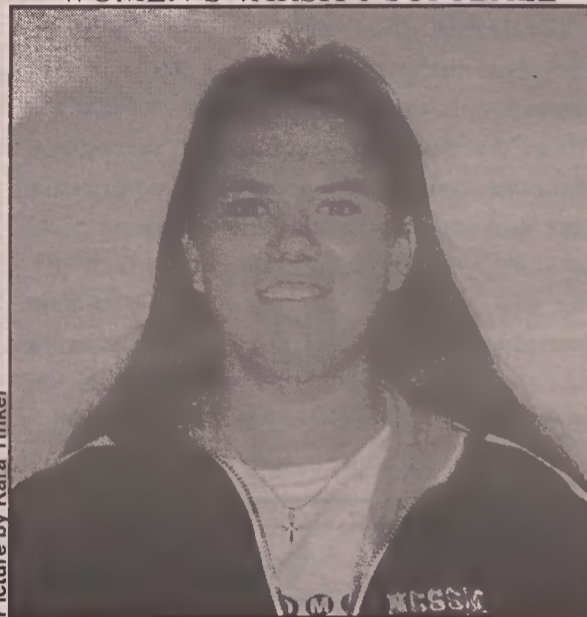
Favorite experience of the year: "At one practice we were all goofing off (besides Kyle McDermott of course) on the driving range, when Coach Rick Hess, decided that he needed to take on the role of coach and yell at us. He yelled, we listened and laughed. We got the point and started trying to focus more as a team."

From the beginning: "My grandfather got me interested in this great and frustrating game known as golf, about a year before he died. I was in seventh grade. I have been trying to get the little white ball in the hole ever for the past 5 years."

Last remarks: "Jessie, Kyle, and Ben, you all have been awesome this year, I expect you'll bring home both the mens and womens state championship trophy next year."

Mallory Clark

WOMEN'S VARSITY SOFTBALL



Picture by Kara Tinker

Favorite pre-game ritual: "I take either my walk to the field or our bus ride to think some things over, set some goals, both defensively and offensively and mentally prepare myself."

Role model: "I've always liked Cat Osterman. She pitched for the Texas Longhorns and is now part of Team USA. We have the same pitching wind-up, except for the fact that she's a lefty."

Best season quote: "Before every game we have a team cheer, and it goes '4 on 3...1,2,3, 4' That came about courtesy of Maggie McDonald."

Best song to work out to: "I don't really have a favorite song, just something to sing along to."

Favorite exercise: "I like to pitch for exercise. It's pretty strenuous and you have to put all of your energy into every pitch."

Favorite experience of the year: "My favorite experience this year was senior night when Coach and Rob wore green 'grass skirts' and seashell bras over their clothes while on the field coaching the bases."

From the beginning: "I grew up going to ball games, my grandpa, dad, and uncles all played church ball, and then my mom and dad played some co-ed ball. I began playing at the age of 4. I guess you could say it's in my blood."

Last remarks: "I have enjoyed my two years here playing softball and just want to thank my team and coaches for being there for me and supporting me and each other through the good days and bad."

David Shackelford

MEN'S VARSITY BASEBALL



Favorite pre-game ritual: "I listen to Hall of Fame radio broadcaster Ernie Harwell's famous speech, 'The Game for all America' before every game. This ritual gets my mind off schoolwork and focused on baseball."

Role model: "John Smoltz"

Best season quote: "The other sports are just sports. Baseball is a love." - Bryant Gumbel

Best song to work out to: "Enter Sandman by Metallica"

Favorite exercise: "Deadlift"

Favorite experience of the year: "I have always been a good hitter, but did not have enough power to hit homeruns. I did not want to graduate without a homerun in my high school career. So, I spent many long hours in the weight room during the off-season. All the hard work paid off; I hit a homerun on the first pitch of the season, and followed it up with another later in the same game."

From the beginning: "I have been playing baseball since I could walk. This sport requires a great amount of dedication and hard work to consistently perform well. One of my coaches once told me, 'If you love the game, it will love you back.'"