

Unis Gearing Up for Fall Season

BY BROOKE WOLFORD

Games, matches, and meets will be kicking off soon after the start of classes as the UNIS look forward to an exciting fall season of athletics in the competitive Mid State 1A/2A Conference.

Women's volleyball, coached by Davene Mainwaring and Sue Anne Lewis, has bright prospects for a successful but rebuilding season after making it to the second round of the state playoffs last year with a record of 9 and 10. Senior, Chelsea Wilson, reminisces on the 2007 season, "We got to the second round in states which is so cool because we were a new team



and we had never played together!" With only two returning seniors, Wilson and Brooke Wolford, Coach Mainwaring comments, "Since we don't know how many talented juniors we have until everyone arrives on campus for tryouts, we know we're up for a challenge." She urges the NCSSM community to come support the team, "Our fans play an important role in the success of our team. We hope to get as many out there to cheer us on as we can. There usually is some treat for those who do come out!" So look on At A Glance for the volleyball schedule, but count on conference matches beginning Tuesday, August 26, away at Raleigh Charter, with the first home match on August 28.

Women's tennis returns after an immensely successful season last year. The team was the 1A State Champion and only lost one game all season. Sarika Mendu explains, "I think all of us are pumped about trying to get that far again this year! We would also love to have more fans come out and watch our home matches, since we play at Whiporwhil Park which is biking distance from school." Coached by Richard

McClenny, returning seniors include Sarika Mendu, Allie Van Vliet, Crystal Ki, Angela Vuong, Nina Neill, Beth Mundy, and Charlene Warnock.

Men's and women's cross country will be up and running this fall in their first meet on August 26 against Northwood High School. Coached by Nick Lehman this year, key returning runners for the men's team, which placed third in the State Meet, include Wesley Verne, Paul Hammer, and Cole Caplan; while Abby Fulp, Leanna and Breanna Frye, and Emily Keefer are leading returnees for the women's team, which finished tenth in the State Meet in the 2007 season.

Verne comments

on last year's men's cross country season, "We came in third at the 1A State Championships. It was a really close meet though, and we were only eight points behind the first place team. We also won the 1A Mideast Regional Championship with a landslide 28 points." Verne believes the transition from Coach Richard McDonald to Nick Lehman will go smoothly. Verne also asserts, "I know that the team wants another victory at the regional meet, and we'll certainly be fighting for the State title again next year. We lost two very good seniors, but I believe that with some hard work we can equal if not surpass our accomplishments last year."



Keefer's opinion of the upcoming season for the women's team is positive, "This year looks great. The women's team definitely has a lot of leaders that are coming back, ready to pull the team to success. We'll be trying to improve both individually and as a team of course, and we'll be looking for that regional championship again."



McDonald, last year's head coach, believes that competition in the toughest 1A/2A conference in the State provides both men's and women's teams with a challenge, and says the team goal will be returning to the State Meet in Winston Salem on November 1—mark your calendars runners and fans.

As 2007 State Champions, the Men's soccer team has a lot of expectations to meet, and is excited about doing such. Brian Grose comments on team goals, "I would really like to see the team win States again, and this season, winning the conference title would be another good goal to work towards." Key games to look forward to attending include DSA, Cardinal Gibbons, Northwood, Carrboro, and Cedar Ridge, in addition to some nonconference games against strong 4A teams. Coach Henry Gallagher will lead his team of talented returning seniors and fresh juniors through a season as defending 1A State Champs.

Whether you are an avid sports fan, a devoted athlete, or a UNI ready to take a break from your rigorous studies, the NCSSM fall sports teams offer you an abundance of excitement and entertainment. Bring your party hats, encouraging posters, and outrageous attire and come out to support women's volleyball, women's tennis, men's and women's cross country, and men's soccer.

Men's Soccer Team Looking Forward to Next Season

BY BROOKE WOLFORD

After a season of long practices, exhilarating games, love from the fans, and a suspenseful trip through the playoffs, the NCSSM men's soccer team clenched the 2007 1A State Championship, a dream come true for the team and UNI fans. This victory was the first in school history for men's soccer, and the joy of the win was unparalleled across the NCSSM community. Several returning seniors share their opinions:

Central defender Mark Linnville describes last year's State Championship victory, "Last year winning states was definitely the most exciting and exhilarating event that I have had the opportunity to take part in. I mean, it was such a tough year with injuries and our competition, that to end it with winning the State Championship was completely satisfying."

Speaking of last year's dream team, part of their success was due to the chemistry, brotherhood, and honorable qualities that can only exist with athletes on a campus as unique as ours. Despite the challenges of assembling a team that had not played together before, the 2007 team clicked in all the right ways. Kevin Applegate attests to this, "Last year's team was so great for one huge reason: we were all basically brothers. Sure, we had just met, and we had almost no time to prepare for the season, but somehow everything just clicked and we all became very tight." Midfielder Sunny Huang points out desirable qualities of the UNIS, "We were simply focused on winning games. Egos and playing time were willingly put aside and sacrificed."

To continue this positive attitude and chemistry, returning seniors look to the juniors. Applegate remarks, "Hopefully this same brotherhood will continue on into next year, with fresh players and personalities. And hopefully one of those fresh players is a striker, because I know we'll be missing Gabe and Ken up top." Midfielder Brian Grose comments, "Last year's team had a great chemistry that I hope will transfer to this season with the new juniors."

Forward Tyler McGrady comments on the team's strategy to prepare for a demanding season in such a short period of time, after other high school programs have been well on their way for weeks, "Most of our strategy is spending time

together. The more time we spend, the better we play. The more you get to know how another person plays, the more you figure out how to work that into your game so you play well together. Also when we practice, we practice at 100%. We know that we are underdogs in that most schools have more time, but that does not bring us down, it only makes us work harder. Over the summer, we all work independently on fitness and training, and when we all get back to school, we will play together again."



us to prove themselves."

Who exactly are these competitors and what are the key games of the upcoming season? Applegate mentions, "There are a lot of skilled and talented teams in our conference, so you can count on some great games this year. Northwood, Cedar Ridge, and DSA are probably the biggest three." Grose adds the "powerhouse" Cardinal Gibbons to the list, and the Unis will also face powerful teams in nonconference games.

Returning seniors you can look forward to catching out on the field include: Ziad Alzer, Applegate, Kevin Diao, Hugo Garcia, Grose, Huang, Linnville, Mike Mastropole, McGrady, Graham Mulvaney, Chris Nicholas, Parris Smallwood, and Evan Whitfield. If you see a shiny State championship ring glinting around campus, ask one of them about their experiences. Above all, get ready for another awe-inspiring season for the NCSSM men's soccer team.

This year looks to be just as promising as returning seniors anticipate a successful season as defending State champs. Huang's impression of the upcoming season is that it is no different from any other, "We're back at square one. I feel like we're the underdogs, no matter what. I mean come on now, we're the UNICORNS. We've got to have the same exact mentality as last year." While last year's title may not change the mindset of the team, Linnville believes the competitors will definitely handle the UNIS differently, "Coming off a season as defending State champions definitely means that we will not be sneaking up on any team. It also means that we will have a target on our back and every team will be looking to play their best against