

Playing it Safe at NCSSM

By Brooke Wolford

Sports safety is a controversial subject in the world of sports medicine professionals, athletic trainers, and orthopaedics doctors. With UNI sports in full swing and intramurals getting heated, it's important that SMATH students consider some ways to stay safe this year. The owner and founder of Athletic Training and Conditioning of Greensboro, NC shared his expertise on the subject.

Q: How should athletes properly warm up and cool down to prevent injuries?

A: There has been a recent change in this philosophy. We used to espouse static stretching to begin with. Now we suggest a more dynamic warm up with athletes warming up to stretch. Cooling down should involve static stretching. One should stretch muscles that are tight after practice to correct imbalances.

Q: Do you have specific nutrition advice for athletes?

A: Protein is a must because the body operates on amino acids. The higher degree of intensity and endurance the higher percentage of carbs you should take in. For a high endurance sport such as soccer, up to 70% of your daily calories should be carbs. If a sport is not as physically demanding over such a long period of time, an athlete can decrease this to 60%. Fats should be no more than 30% of your daily calorie intake, and proteins 10-15%.

Q: A hot topic in the sports' world currently concerns whether playing multiple sports increases the chances for long-term injuries in athletes. How do you feel about this?

A: Heeding this risk and specializing in one sport is a double edged sword. It is okay for young athletes to only play one sport if there is a period of rest and recovery before they go into another season of the same sport. If athletes specialize to prevent the risk of long-term injury and then play that sport year round with no breaks, they are no better off.

Q: What is the number one piece of advice you would give to teenage athletes to prevent injuries?

A: Be "posture aware" because posture dictates what you can and can't do to get into athletic postures and stances that one needs to be an efficient athlete.

IM Soccer Results

By Dustin Burleson

The IM soccer season recently came to a close with Royall and 1st Hill as the two victorious teams.

"Everyone on our team played a role in every win. It wasn't one or two people consistently scoring goals, it was every person on the team stepping up to the challenge. I believe their [2nd Bryan] downfall and weakness was the fact that they were centered on a few key players who made every play," said Royall Team Captain Rachel Pollard.

Royall received their victory after scoring two goals against 2nd Bryan who only managed to score one goal during the game. "It was heartbreaking for our hall but we look forward to getting some revenge in the other IM sports," said 2nd Bryan Team Captain Chrissy Luetlich.

Both the Royall and 2nd Bryan team captains agreed that the great support from their brother halls helped them throughout the season.

"We were missing one of our key players, but we just could not finish on our goal scoring opportunities. I give a lot of credit to Royall's goalie [Olivia Wiggins] because she had an amazing game," said Luetlich.

1st Hill played 2nd Hill North in the men's final. The teams were neck and neck throughout the whole game with a score of one to one. The game ended with a shoot out in which 1st Hill scored all three possible goals while 2nd Hill North only obtained two, causing them to lose.

"What it really came down to was the number of goals on the board, and that number was one for both teams. And in the end they played just one goal harder," commented Parris Smallwood on the loss for his 2nd Hill hall mates.

With the close of the IM soccer season, IM ultimate frisbee has already begun.

Women's IM Soccer Standings			Men's IM Soccer Standings		
Hall	Win	Loss	Hall	Win	Loss
2nd Bryan	4	0	1st Hill	4	0
3rd Bryan	2	2	2nd Hill North	3	1
4th Bryan	3	1	2nd Hill East	3	1
1st Beall	1	3	1st Hunt	3	1
2nd Beall	1	3	2nd East	3	1
3rd Beall	0	4	2nd West	1	3
Ground Reynolds	0	4	3rd East	0	4
Reynolds 1c,1d,2c	2	2	3rd West	1	3
Reynolds 1e, 2d, 2c	3	1	4th East	1	3
Royall	4	0	4th West	1	3

S&M Teams Wind Up as Fall Season Winds Down

By Brooke Wolford

MEN'S CROSS COUNTRY

The season is coming to a close as the State Meet in Winston-Salem on November 1 approaches. After winning the 1A Mid-east Regional Championship last year, the team hopes to repeat this, and possibly even win States.

Senior Paul Hammer reflects on the season: "Cross Country season is going really well this year. The top five runners have been running in a tight pack finishing within 20 seconds of one another. We have had a huge turnout of new juniors on the team, and the majority of our top seven runners are juniors. I am incredibly excited about how well they're doing, and I hope that they continue to improve. One of our biggest goals for the season is to continue finishing in a pack at meets. If we can all finish really close together, it will really help us win meets. We came really close to winning states last year, and if our top seven runners can collectively drop our times and continue to finish in that pack, I think that we will have a really good chance at States."

MEN'S SOCCER

The UNIs Men's Soccer team is defending 1A State Champs, and has worked extremely hard to have a shot at achieving this goal again. Senior and Captain Mark Linnville remarks on the season and players:

"So far the soccer team's season is going well. We are currently 2nd place in the conference and ranked #1 overall in 1A. The great thing about our team is that we have no one that really sticks out. We all just work hard for each other and get the job done. Despite a few injuries, the team has persevered. As for the rest of the year, we of course want to put ourselves in a situation where we can win conference. The only way to do that is to win the rest of our games and to have Cardinal Gibbons lose, but we have to take care of the things that are under our control. Then for the State playoffs, we want to win States. We have a lot of chemistry and experience from last year's team, so we know what we have to do in order to win and hopefully we can repeat that."

WOMEN'S TENNIS

After the team was 1A State champion and only lost one game all season last year, UNI tennis players and fans were pumped for a new chance to shine. Senior Charlene Warnock comments on the season: "Tennis season has been fabulous! We have beat all of our competitors except 2 different times when we lost to Raleigh Charter and Cardinal Gibbons, but we beat them the other times! The juniors on our team are amazing. They play the numbers 1, 2, 5, and 6. Quite impressive, right. One shining team member is Teresa Pincus. She always has a great attitude no matter what. I think our team is amazing, and I am so sad that our season is ending!"

The team's season ended after playoffs in early October, but congratulations on a successful season.

WOMEN'S VOLLEYBALL

Women's volleyball, coached by Davene Mainwaring and Sue Anne Lewis, has played with heart this season. It was a rebuilding year, with seven talented juniors and only two returning players, the team quickly bonded and set out to win. One of only two seniors, Chelsea Wilson, comments,

"We began our season knowing we were a very talented team. We have worked hard and persevered through the season. Our goal is to win States, but whether that happens or not, our team how grown so much through the season."

The first round of States will be October 18. The team's record does not necessarily reflect the talent and effort put forth. With the team's tallest player, Mirelle Pardon, out with a sprained ankle, the last few weeks of the season proved challenging.

On a brighter note, UNI volleyball fans have done an excellent job, shining through and providing motivation in tough pinches like the five game match against Raleigh Charter.

WOMEN'S CROSS COUNTRY

With the goal of winning at least regionals this year, the Women's Cross Country team started out strong. Junior Stefanie Schwemlein is optimistic about the rest of the season:

"The Women's cross country team is doing really well, and we definitely have a real chance for taking regionals, but we've been experiencing a lot of injuries. Almost half of our original top 7 are out for injuries, including me. This is the strongest women's XC team NCSSM has had for a really long time though, so if we can get back our injured runners, we can still do really well at States."