

Intramural Sports Program in Full Swing

By TIFFANY PREDA

Intramural games have been in full swing this year at NCSSM, and the soccer intramurals which started in the middle of August are currently wrapping up.

Apart from soccer, NCSSM also offers frisbee, volleyball, basketball and dodgeball IMs throughout the year, all of them being something exciting to anticipate.

Each hall takes part in the games and competes against other halls for the Chancellor's Cup. 4th Bryan has been the reigning champion of intramurals amongst the Bryan, Reynolds, and Royall halls over the past two years, and 1st Hunt is said to be the one to beat this year among the Hill and Hunt halls.

Brian Gonyeau, a coach and instructor of physical activity and wellness, and the head of IMs, highly recommends involvement and encourages every player to go out and have good time.

He says "intramurals are to be perceived as fun, stress relieving times where everyone can build camaraderie among peers."

Many halls have come together to cheer for each hallmate and motivate each other, bringing the halls closer together.

Sportsmanship among opposing halls comes naturally to each game, and positive motivation is extended between the competing halls.

Not only are intramurals a great way to build relationships among peers, it can also be beneficial to oneself. Playing in these games is helpful as a distraction from stressful homework or IMs can even be a chance for someone to try a sport they have never played before.



Senior Craig Messina (center) and junior William Elder (left) battle for the ball during an intramural soccer game.

MICHAEL CARTER

Tasneem Essader, a senior, highlights these aspects as she says, "I am not the most athletic person on the hall, but intramurals are definitely a great way to have friendly competitions. Going to every single intramural game, I can say, has been an accomplishment. The intramural games are a good way to get some exercise, an excellent way to show off hall spirit and the games are just fun in general."

Anyone who is not playing a varsity sport at this time is encouraged to participate in an intramural sport. Participation is a key element that will increase the chances of winning the Chancellor's Cup by earning a certain amount of points depending on how many people show up for each hall.

So far, the participation in intramurals has been agreeable throughout the school year, but it can always stand some improvement.

After all, students only have to commit for a short amount of time, usually 30 minutes per game, and there are only about four games every three weeks for each hall.

Taking part in these intramurals is a great way to get involved in something new or different from your usual day-to-day life. Not only have intramurals become popular among the halls at NCSSM, but they have become something that many students get excited about and are eager to support.

Gonyeau also states that "participating in intramurals is a huge NCSSM tradition."



JUSTINE TSAO

The Royall intramural soccer team won the 2016 women's intramural soccer championship.

Foundation Feature: Nico Olegario

By AVRA JANZ

According to Brock Winslow, NCSSM's Vice Chancellor for Institutional Advancement, over eight percent of each student's experience at NCSSM is funded by the NCSSM Foundation, the non-profit organization that grants funds to the school and its programs. Senior Nico Olegario, a participant in NCSSM's 2016 Summer Research Internship Program (SRIP), is especially thankful for the Foundation's support.

Olegario spent his summer interning at North Carolina State University's Gould Lab, where he analyzed the pesticide resistance of tobacco budworms, insects which infest crops, mainly tobacco,

in regions of the United States. Olegario's research allowed him to gain a greater knowledge of entomology, the study of insects, and to explore his "growing passion for genetics," an interest he notes was fostered by his experience taking Molecular Genetics at NCSSM.

Olegario traveled about fifty miles by bus each day to and from the University in order to conduct his research. About half of the funds for research program buses are appropriated by the NCSSM Foundation, and over half (53%) of the Foundation's expenses go toward academic programs at NCSSM – programs such as Olegario's genetics course. Participating in the SRIP, according to Olegario, has been "the highlight" of his



DIAN NIU

Nico Olegario participated in the 2016 Summer Research Internship Program.

experience at NCSSM, and he is grateful to the Foundation for its generosity in supporting his research. "There's an entire network of people that care enough about me to fund fifty miles of transportation a day just so I can pursue my passions," says Olegario, and the SRIP "really isn't possible without the Foundation."

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