

Sports

Freeman running to glory

By WENDY STRINGFELLOW
Staff Writer

Ever know someone who seemed to have it all together, and you wonder how he or she managed to juggle so many commitments?

"I just remember how far I've come. That keeps me going," Tonda Freeman said.

Freeman, a walk-on member of the women's track team, has clocked the second-best time in UNC history for the 60-yard dash (7.2 seconds) — a pleasant surprise for the coaching staff.

What's more impressive is that she did this in the early part of the indoor season, before an injury sidelined her.

"Most people's times are better at the end of the season," coach Dennis Craddock said, who added that Freeman could be one of the team's best runners.

The bright-eyed, bright-smiled sprinter is in control of her status as a freshman student-athlete.

Craddock described Freeman as "a hard worker, and she's probably like that in everything she does."

Don't you ever want to quit, Freeman was asked.

"Sometimes after running 'The Hill' (a 250-meter hill) it makes you wonder what you're doing out here," she said.

"I think back that I've come a long way, and I'm not going to quit now. The only way I'd quit is if I got cut from the team."

A quality Freeman said she prides herself in is her determination to keep going. "Track is a sport where you can say 'I don't want to do it.'"

Sometimes she may not want to do it, but no one else would know.

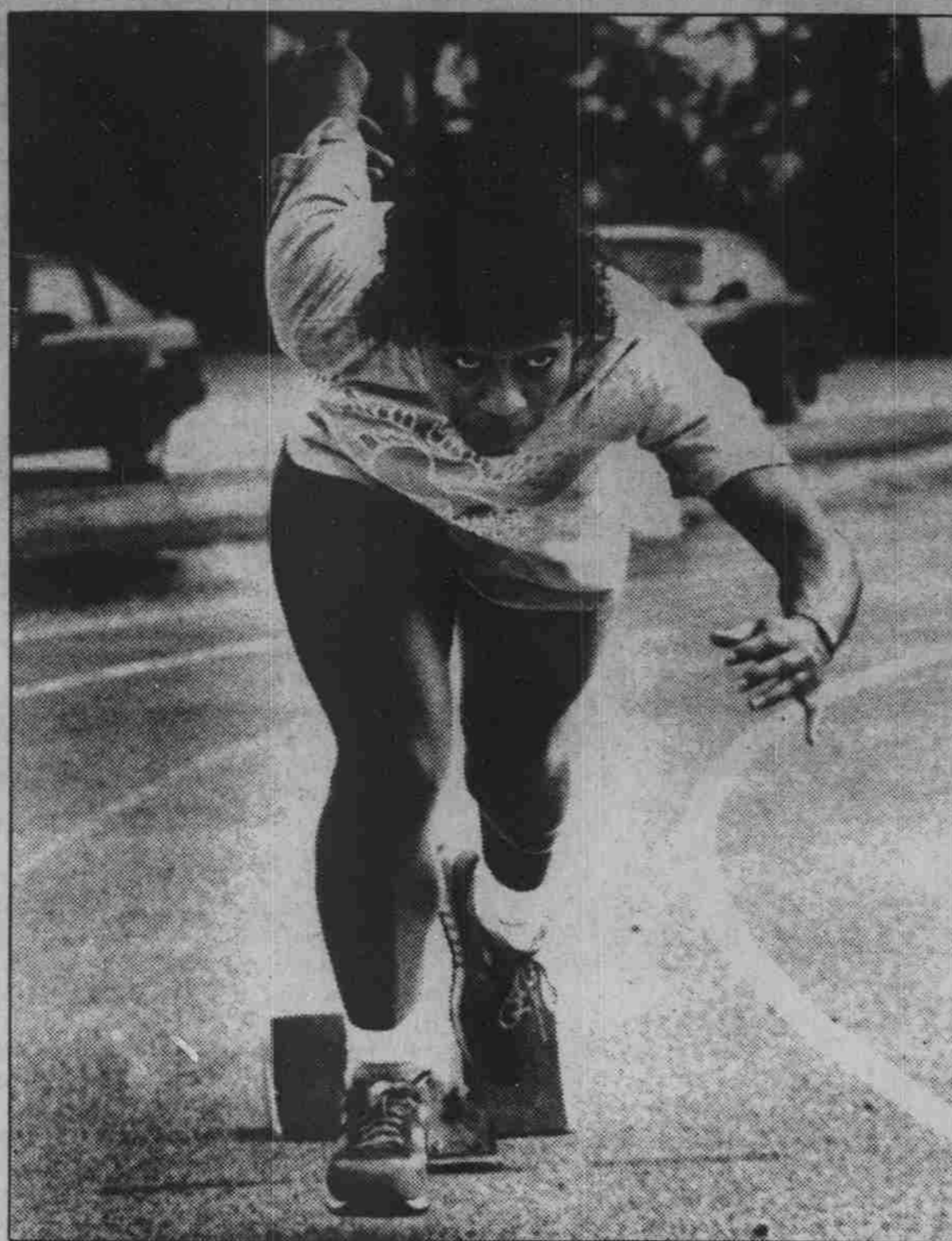
"She's quiet," Craddock said. "She doesn't complain, and she doesn't give the impression she doesn't want to be there."

Besides regular work-outs of running and lifting weights, Freeman said she has to clear her mind to prepare for a race.

"Coach Craddock said that you should be thinking about anything besides the race, that you should already know what you're going to do," Freeman said.

Freeman credited Craddock with helping her develop a fluid style. "I'm sort of nervous when I run," she said. "The nervousness caused her to run 'quick and jerky.'"

But for a girl who began her career racing her older brother "from telephone pole to telephone pole," the future looks promising.



Tonda Freeman has already run the second-fastest 60 in school history

Leake named ACC player of year

Pam Leake, North Carolina's record-setting senior guard, has been named ACC Player of the Year for the second consecutive season. The 5-7 native of Chapel Hill averaged 22.6 points, 5.3 assists and 4.2 steals per game in leading the injury-stricken Tar Heels to a 20-7 record and No. 17 national ranking.

Joining Leake on the first team were Virginia's backcourt tandem of Daphne Hawkins and Donna Holt, Duke's forward Chris Moreland and N.C. State center Trena Trice. Moreland, who was Rookie of the Year in 1985, edged Leake for the conference scoring championship with a 22.7 average.

Swimmers head to ACCs

By PHYLLIS A. FAIR
Staff Writer

Swimmers, come down and take it steady. This will be an all-too-familiar phrase today and the next two days when the UNC men's swimming and diving team take to the water at the ACC conference championships at the University of Virginia.

The Tar Heels have won the championship seven times altogether, but their most recent victory was in 1983. The defending champ is N.C. State, which also won in 1984.

The competition is set up so that there are preliminaries in the morning and finals at night. During both the prelims and the finals, for each day of competition, the swimmers compete in the same events.

After the prelims, the top 16 swimmers will go on to the finals that night. At night, the top eight of the 16 will swim in the winners' bracket heat. The swimmers in slots 9-16 will swim in a consolation heat.

The top swimmer will receive 20 points for first place, second place will get 17 points, and so on until the eighth swimmer, who receives 11 points. The consolation heat scoring is similar in that the ninth-place swimmer receives nine points, the 10th, seven points and so on until the 16th, who receives one point. The point values in the relays are doubled, so that the first-place relay team would receive 40 points, the second, 34, and so on to the last-place team.

The divers will compete on the one- and three-meter boards in both preliminary and final rounds. The diving competition is set up in a similar fashion as the swimming, with the preliminaries and finals for the one-meter on the first day. On the second day of competition the three-meter prelims are held, but the finals for the three-meter are not held until the final day.

The scoring for the divers is like that for the swimmers. The divers' individual scores will be added to their respective teams along with the swimmers' scores.

At the end of each day the individual

swimmers' points are added to their team score and on the final day of competition the teams add each day's total to get the team's final score and decide who are the ACC champs.

Depth is a very important part of a team's scoring. If there is depth on the team, it is possible for it to have individual swimmers score a lot of points in each event.

Since UNC has a lot of depth, there is a good chance that the team will score and score a lot, said Dirk Marshall, a senior swimmer from Fairway, Kan.

"There are 20 guys on the team that can score a lot of points for us at the championship, and we have an idea as to what we can do with that ability," Marshall said.

"I am pretty confident that we'll win. We have more depth, and as far as the front line goes, we're just as good as anyone in the ACC," Marshall said.

Teammate Daryl Johnston agreed with Marshall. "We have people who can score in the top slots because of our depth," Johnston said.

"Hopefully, we have a really good chance of winning. On paper it looks good," Johnston said.

Clemson is going to be the team that gives the Tar Heels the most competition, according to Johnston. Virginia and N.C. State look about the same. The team should do particularly well in the individual medley, he said.

Marshall said that UNC was strong in all of the stroke events, and the team had a really good chance of winning all three relays.

No one in the conference has a better time in the medley relay than UNC, Marshall said.

"This is the meet for the ACC. If you don't do it here, there is no chance at the NCAA. It's like putting all your eggs in one basket," he said.

This year's team is much more competitive than the other teams. No one from UNC is going to go unchallenged though. The biggest competitor for the Tar Heels will be UNC, Marshall said.

Wrestling mission: victory

By BOB YOUNG
Assistant Sports Editor

Your mission, if you wish to accept, is to defend North Carolina's team title at the ACC wrestling championships being held Friday and Saturday in Raleigh. You will be working with the following crew:

Al Palacio: 118, junior. Defending ACC champ at 118. Looking for his third conference title. Ranked sixth in the nation. Overall record — 27-3-1. ACC record — 5-0.

John Aumiller: 126, senior. Has two losses in the conference this year, both to N.C. State's Marc Sodano. Overall record — 18-12-1.

Enzo Catullo: 134, freshman. Winner of five ACC matches against only one loss. Overall record — 15-12-2.

Lenny Bernstein: 142, sophomore. Leads team in pins with seven. Undeclared in ACC competition with a 4-0-2 record. Overall record — 21-5-3.

Jon Card: 150, junior. Has won four out of five ACC matches this season. Overall record — 11-11-1.

Rob Koll: 158, sophomore. All-America in 1985. Has a 4-1 record in ACC competition. Overall record — 27-6-1.

Tad Wilson: 167, senior. All-America in 1985. Tied for team lead in superior decisions with five. ACC record — 6-0. Overall record — 22-7-1.

Joe Silvestro: 177, junior. Has three wins and two losses in the ACC this season. Overall record — 15-9.

Tracey Davis: 190, senior. Undeclared in the ACC with a record of 5-0. Overall record — 13-8.

Stacey Davis: heavyweight, senior. Has beaten every opponent in the conference once during the season. ACC record — 5-1. Overall record — 18-6.

Coach Bill Lam: looking for the fifth ACC title of his coaching career. A victory would tie him with N.C. State's Bob Guzzo for the second-most conference titles in a career.

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