

Sports

Craddock will return to familiar track for ACC's

By MARK ANDERSON
Staff Writer

Dennis Craddock returns to his old stomping grounds, the University of Virginia, this weekend, but this time the crowd won't be so friendly. That's because Craddock is leading his powerhouse North Carolina track program into Cavalier country for the ACC Outdoor Championships.

In Craddock's nine years at Virginia, he coached four men's and five women's teams to Top 20 finishes. Unfortunately for Wahoo fans, Craddock brought that success with him to UNC, as his Tar Heel women will be shooting for their fourth consecutive ACC title.

"I haven't been as excited about a team since my indoor national championships at Virginia," Craddock said. "I think we're bigger and better than that team. They had six or seven scorers and we have 16. I don't know if people really realize it, but this is a pretty awesome team."

The women proved that during the 1989 indoor season with an ACC championship and an eighth-place national finish. That success has carried over into the outdoor season.

"It just gives us more and more confidence; the team spirit has been great," Craddock said. "Coaches worry that, when you win by big margins, you start to take things for granted. We keep reminding them that someone is always out there who can knock them off."

Craddock felt some of that relaxed attitude crept through against Tennessee.

"They knew they had more talent than Tennessee," he said, "but they responded the next week when they ran against teams that had beaten them indoors."

By respond, Craddock means destroy — because that's what UNC

did to Alabama, Nebraska, Indiana and Mississippi, four of the nation's top programs.

"With every score that was announced, you could see their confidence build," Craddock said.

By now, some of them should be overflowing with that confidence. ACC indoor MVP Kim Austin was the top-ranked collegiate triple jumper after the indoor season. Craddock also feels Kendra Mackey (last year's ACC outdoor MVP), Mia Pollard and freshman Rebecca Russell are ahead of schedule.

"I used to say that long distance was our weakness," Craddock said, "but now the only people not responding are the throwers."

While the women cop the headlines, the men's team has gone through a rebuilding year. Devastated by graduation, Craddock has had to rely on a lot of younger athletes. Still, the men took third at the ACC Indoor Championships.

"We've had an excellent effort," Craddock said. "People thought I should be unhappy with third, but you have to be happy if it's the best you can do."

With added experience, Craddock would like to see the men repeat last year's jump from fourth indoors to second outdoors.

"We keep reminding them of that," he said. "They are improving and getting more aggressive. You can see it, but they just aren't consistent yet. They're getting tougher on themselves. The men could sit back and wish they were as good as the women, but they have to put it into action."

So far, Sean Murray has qualified for the NCAAs in the javelin. Craddock has also been impressed with Donald Colson (400 meters), Tim Swaim (pole vault), Mike McGowan (5000) and Eric Hichman

(steeplechase).

Unfortunately, two key scorers will miss the ACC meet. Vaulters Maxwell Thompson, who scored at the indoor ACC meet, has missed the entire outdoor season with a back injury. Jon Mikula, last year's ACC runner-up in the javelin, has a pulled groin.

Right now, Craddock is concerned with preparing both teams for Saturday.

"I always tell them the hay's in the barn," he said. "That means the work has already been done, we have no secret workout this week. We work on their sleep, nutrition and their mental frame of mind — visualizing their success."

"We have to get them excited, but not so their nervous energy drains them."

Craddock's goals this weekend depend on the weather.

"If it's windy and cool, we'll just shoot for the win and as many All-Conference people we can get," Craddock said. "If the weather is good, we have a lot of people who could qualify for Nationals. The only problem is there might not be enough competition in those events."

Many of the women have the added challenge of defending their 1988 titles.

"They don't take it lightly," Craddock said. "Once they're champions, they don't want to lose. Clemson and Virginia could challenge us, but we're really going to have to mess up to lose."

On the men's side, Craddock would like to see someone rise to the occasion and replace last year's horses.

"Many of them could do it, but they only have this one chance," Craddock said. "We'll be in the fight, but I'm afraid Clemson and N.C. State have too much depth."

After four years, Swaim has finally vaulted over the rest

By MARK ANDERSON
Staff Writer

After four years of injuries and disappointments, North Carolina pole vaulter Tim Swaim has finally done it. He has become the best in the ACC.

"When you talk about Tim, you have to talk about guts," said UNC head coach Dennis Craddock. "He doesn't know when to quit. He kept telling himself he was the best in the ACC, and now he is."

Swaim's persistence led to his jump of 16'4" in the ACC Indoor Championships this spring. That not only gave the senior from Wallburg the ACC title, but he now also owns the Tar Heels' second-best jump ever indoors.

Ironically, this titleholder was originally a reluctant participant.

"My high school football coach suggested we all go out for track," Swaim said. "I started vaulting because it looked like the most fun with the least amount of running."

Unfortunately, fun didn't transfer into immediate success for Swaim.

"It was a slow learning process," Swaim said. "It took a long time to clear that first height."

Swaim began to take off, literally, in his junior year. Swaim tied for the state title that year, before winning it outright his senior season.

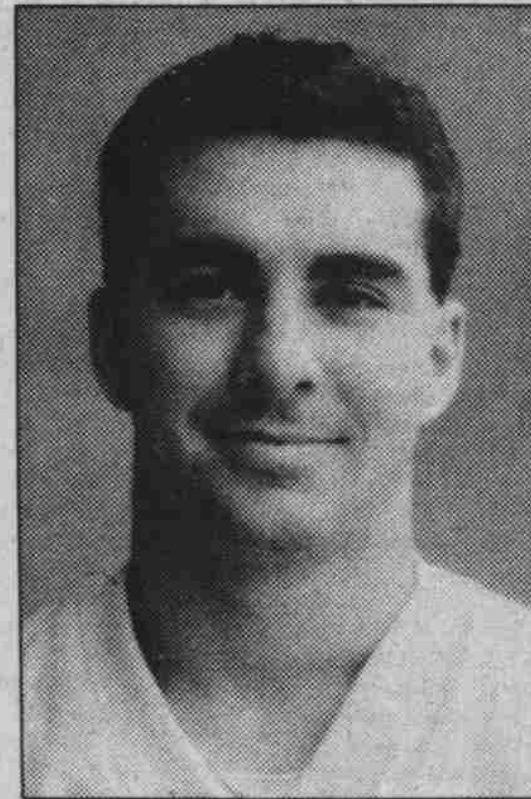
This success brought with it a swarm of recruiters. Swaim was pursued by almost all the ACC schools and many small area schools. Former UNC track coach Hubert West recruited Swaim.

"I was impressed with his approach," Swaim said. "I liked his honesty; he didn't gloss over anything about the program. I also liked the school here. It offered a broad education, and I wasn't sure what field I wanted to enter."

The high expectations following Swaim were quickly swallowed by frustration. In his first two years, he was tormented by a long series of injuries. And the end of the tunnel was very dark.

Swaim blew out his knee in the spring of 1987.

"My leg was in a cast for eight weeks," Swaim said. "Then, in July,



Tim Swaim

I had arthroscopic surgery."

Finally, Swaim's dedication began to pay dividends. Through his hard work and the help of the Tar Heel trainers, a projected seven-month rehabilitation time was cut in half. True to form, he saw the adversity as nothing more than a learning experience.

"It really changed my whole outlook," he said. "Coaches always tell you to approach each game and practice like it's your last. I finally realized what they meant."

Swaim was cleared for a healthy 1988 indoor season. Not surprisingly, success followed: a sixth-place finish at the ACC Championships.

"Coming off the injury, I was just looking to compete," Swaim said. "Once I got to the ACCs, I was just hoping to score."

But the story couldn't end this well.

"In outdoor, I was out of shape," he said. "I pulled a hamstring."

The return of the injury bug caused Swaim to focus his off-season goals.

"I had to get in shape," he said. "I was overweight, so I lost 25 to 30 pounds."

Those lost pounds translated into extra height on Swaim's jumps this spring. On his way to the ACC

title, he nailed four of the top six jumps in Tar Heel history.

"Off the injury, I'm surprised I've jumped as high as I have," Swaim said. "(Assistant) coach (Jeff) Ward has also made technical differences in all our vaulters. He makes us see that going higher is never impossible."

Swaim now moves outdoors, where pole vaulters have to make more adjustments than other track athletes.

"Vaults are higher outside," Swaim said, "because the surfaces are faster. You also have to adjust to the winds. With a tail wind, you can hold the pole higher."

Swaim said he has high hopes for the men's squad — a unit that has been overshadowed by the women's team all year — in the ACC Championships.

"I think we can win the title," he said, "but Clemson and N.C. State are going to be tough. Personally, I'd just like to qualify for the NCAAs (176 1/4). Whatever comes with that will be all right."

Swaim also praised Craddock for this year's success.

"Coach Craddock has installed a winning attitude," Swaim said. "Before, people were sort of lax about track. He's also given us a tougher schedule. It's helped us all to face stronger competition."

Craddock knows he can expect Swaim to rise to the occasion.

"Tim has been outstanding for us all year," Craddock said. "He has bounced back from adversity that would have made the average person give up."

When the season ends, Swaim won't be able to escape the athletic world. He enjoys skiing, both on the slopes and in the water, and golfing. He plans to get a degree in recreation administration and would like to coach at the college level.

"I enjoy helping high school kids, and I help my little brother," he said, "but I don't think I have the patience to coach them."

If he learns how to transfer some of his own dedication to his athletes, Swaim will have a long and storied coaching career.

Brower wins 20th over UNCG

From staff and wire reports

GREENSBORO — Sophomore pitcher Tracey Brower chalked up her 20th victory of the season Wednesday as the North Carolina softball team swept a doubleheader at UNC-Greensboro (UNCG).

Brower, a right hander from Newtown, Pa., hurled the first game of the twinbill, allowing one run on just three hits to raise her record to 20-6. Meanwhile, the Tar Heels put together a nine-run, 10-hit attack of their own.

Senior shortstop Gina Elmore headed up UNC's offense with three hits, two runs scored and an RBI. Tracey Beine and Jenny Reed added two hits apiece.

In the second game, Regina Finn led the way on the mound with a complete-game 7-2 victory. Finn, a senior from Ramsey, N.J., scattered five hits and upped her season record to 10-7.

Freshman Michelle Rupp pounded out three hits and scored twice in the nightcap while Reed had two hits and Beine added two RBIs.

With the sweep, the Tar Heels improved to 30-13 on the year. UNCG fell to 12-15. North Carolina will play next this weekend at the Frost Cutlery Tournament in Chattanooga, TN.

NFL tickets to go on sale Friday

RALEIGH — Tickets for an NFL

preseason game designed to showcase North and South Carolina as a possible expansion market will go on sale through all Ticketron outlets Friday, the game's promoters say.

Tickets for the Aug. 20 game between the New York Jets and Philadelphia Eagles are \$21.50 for permanent seats and \$18 for the hillside at the south end of Carter-Finley Stadium. Telephone orders can be placed by calling 1-800-543-3041.

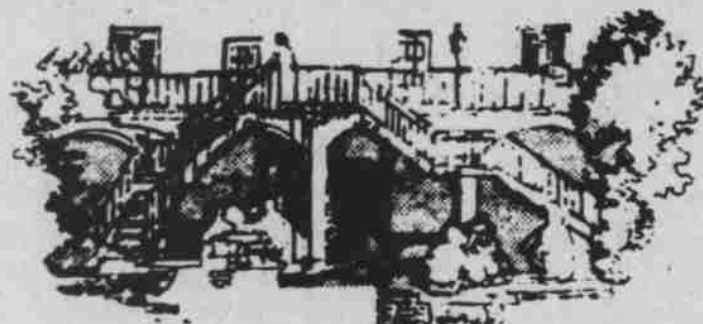
There also will be a limited number of club seats, which will include premium seating, hospitality access

and parking passes. Those seats may be ordered by calling 704-364-2775 in Charlotte or 919-781-4666 in Raleigh.

The exhibition is sponsored by Jerry Richardson, a Spartanburg, S.C., businessman and former NFL player who is trying to lure an expansion team to the Charlotte area.

George Shinn, the owner of the NBA Charlotte Hornets and Charlotte Knights of minor league baseball's Southern League, is mounting a rival campaign to attract an NFL team.

HE'S NOT HERE on the Village Green.



presents

Carrboro's Grandstand Fundraiser

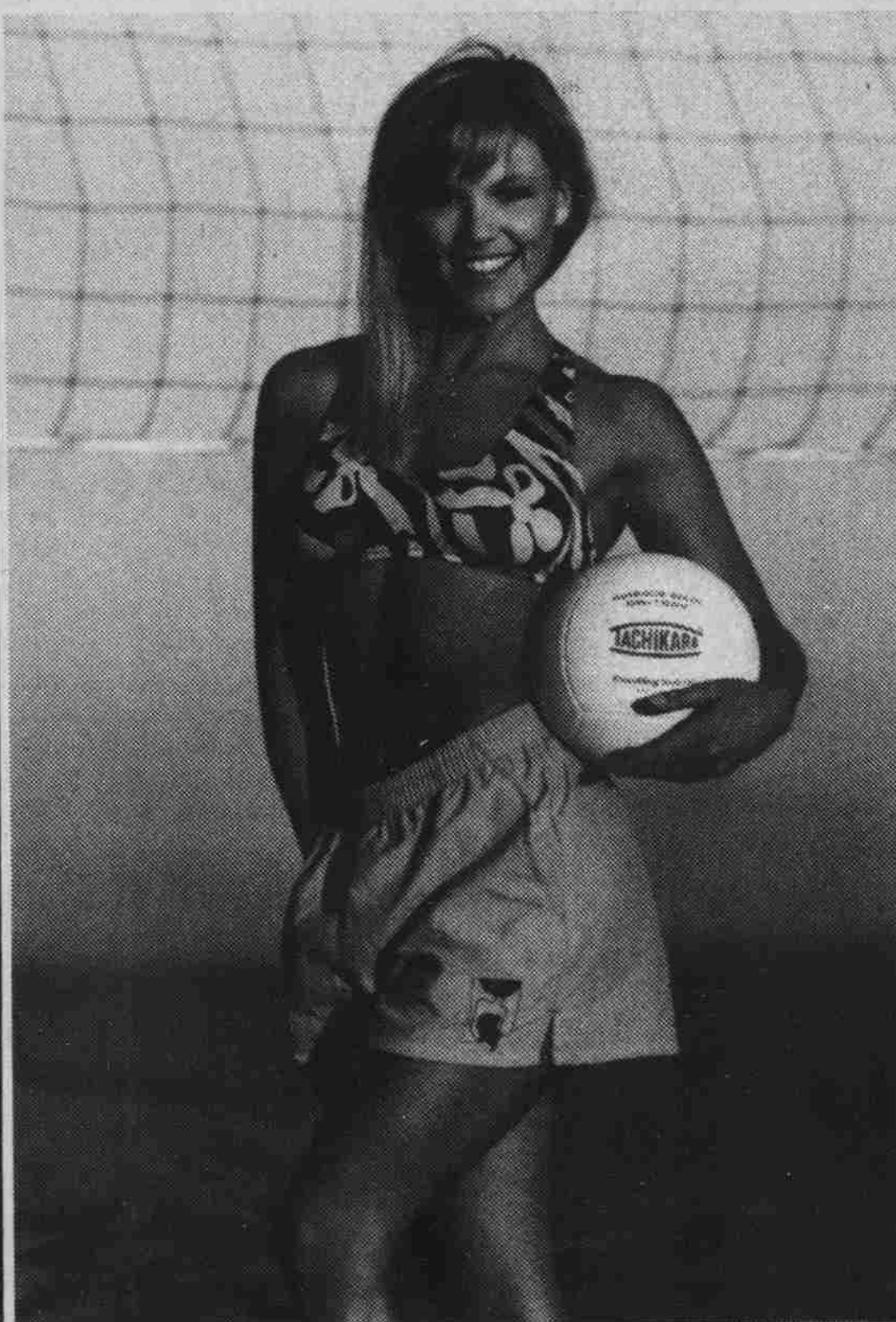
Thurs. Night, April 20th
From 8 to 11 pm, Rock-n-roll with
— FLAT DUO JETS —

No Admission — It's Free!

(Donations for the Grandstand appreciated)

OMNIBUS! Joe Bob says check it out!!

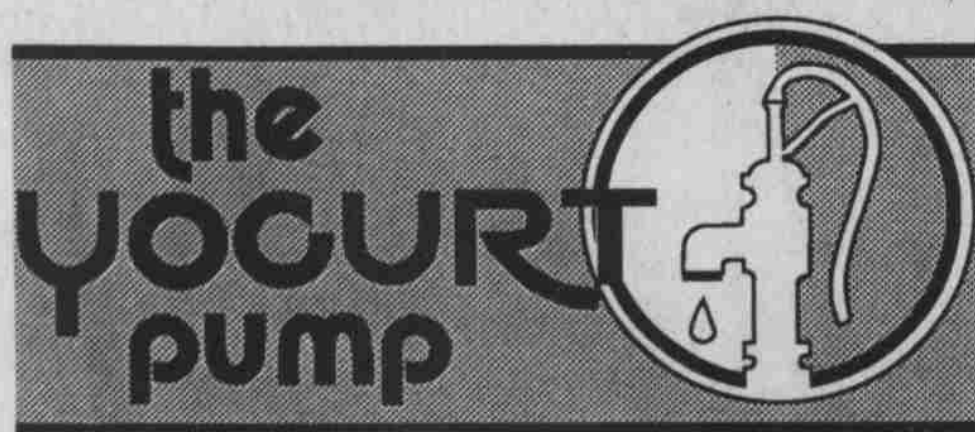
Summer's Already Here At
THE BEACH CONNECTION
143 E. Franklin 968-3235



1/2 OFF
WINTER STYLES

CALIFORNIA
PROLINE

Yes, that's right. There is non-fat frozen yogurt at the Yogurt Pump. And, it's only 98 calories per 5 ounce serving. Come check it out - it's delicious!



942-PUMP
106 W. Franklin St.
(next to Pizza Hut)

COUPON
2 scoops of topping
FREE
at the Yogurt Pump
good thru
April 30