

# Sports

Sports feature of the week

## Students get in shape



PHOTO BY ANTHONY GRECO

Junior psychology major Nikki Snyder and junior management major Mark Vanderslice intently watch kickboxing instructor Connie Schrader in order to do the moves correctly.

**Amanda Anderson**  
Staff Writer

The UNCA health and fitness kickboxing class reaps good benefits, but too much repetition can have negative effects, according to Connie Schrader, UNCA kickboxing instructor.

"I have had guests come in and teach," said Schrader. "They repeat the material so much that you hit a wall. I have had people get nauseous or pass out from too much repetition, and the intensity of the work. That is not my goal."

This class is trying to get away from repetitious movements, according to Schrader.

"It is not a lot of repetitive, non-target type movements," said Schrader. "Everybody seems pleased with it."

"Kickboxing got a real kick with Billy Blanks, the Tae-Bo instructor," said Schrader. "I thought a lot of people would drop this class when they realized it was not Tae-Bo." Kickboxing is a fun and active way of working out, according to Carissa Honeycutt, an undeclared junior.

"I was very sore after the first week of class," said Honeycutt.

After a 50-minute kickboxing session at 9:25 a.m., some students say they are ready for the day.

"I feel ready for the day, but exhausted all at the same time," said Nikki Snyder, a junior psychology

major.

After one week of class, there are no physical improvements, but Honeycutt said she is confident that it will have a positive effect.

"I do not feel any physical difference yet, but I am sure I will because it is so active," said Honeycutt.

Honeycutt recommends this class to students who want to work out without the stress of traditional classes.

"Everyone should take this class," said Honeycutt. "There is no bookwork and no exams."

One student said she takes kickboxing as a way to commit to a workout.

"I took this class to get in shape," said Snyder. "The only way I work out is when it is required. It keeps me in class when I get a credit for it."

Students are currently learning the proper way to move their arms and legs, according to Honeycutt.

"We do combinations of kicks and punches," said Honeycutt.

Students seem uncomfortable with what they are doing, according to Schrader.

"Some people are embarrassed or afraid of their own power," said Schrader. "You start to see the students take themselves more seriously and find their power and speed."

The class currently deals with individual no-contact repetitions, but eventually the class will do some one on one activity, according to

Schrader.

"We will eventually do some no-contact sparring," said Schrader. "We will use a series of moves to attack and defend, without kicking someone in the head or punching someone in the chest."

Before students practice one-on-one activity, they will have to become more aware of their range of motion.

"Before we spar, we need to know what our distance is," said Schrader. "We need to know how far to extend our arms without actually hitting someone."

Once these techniques are learned, students can relate the concepts to self-defense, according to Schrader. "It is an easy leap to self-defense," said Schrader. "If you know how far you need to be away from someone to avoid hitting them, you also know how far you need to be to smack someone."

At some point in the class, some self-defense techniques will probably be introduced, but the goal of the class is not to be able to defend yourself, according to Schrader.

"This is not a self-defense class," said Schrader. "Eventually, I will probably do some self-defense techniques."

"I am not training them to be fighters, but more to be powerful," said Schrader.

"I hope people begin to use the abdominal and their breathing to gain a quiet core and a strong peripheral," said Schrader.

## Cross Country places second in conference

**Lena Burns**  
Sports Editor

UNCA men's and women's cross country teams took home two second-place trophies and two individual runner-up medals at the Big South Conference championships held at Charlestowne Landing in Charleston, S.C. Oct. 28.

"I am very proud of everyone," said head coach Stan Rosenthal. "They all knew what each had to do to reach our team's goals. I always tell the team, if they do their best, then good things will happen. (Our win) was the proof of that philosophy."

The women's team, led by seniors Zola Davis and Mandy Becker, freshman Micki Logue and sophomore Birka Wicke, placed second behind Liberty University with 59 points, according to the cross country Web site.

Junior Laura Todd finished 21st in the race after hitting a tree root and falling with only a mile left in the race, according to the cross country Web site. Logue, who placed 11th in the race, missed the All-Conference slot by only one spot. Becker and Wicke placed 12th

and 13th.

Davis won her second consecutive runner-up medal and ran her best of the season with a time of 18:20. She has a chance at placing in the top 25 at the National Collegiate Athletic Association Southeast Regional Championships and an NCAA All-Region award, according to the cross country Web site.

The men's team, led by senior Brendan McGrane, also placed second in the race, according to the cross country Web site. "McGrane ran a perfect race," said Rosenthal. "At the mile-mark, he was in 20th place, (and at) two miles, he was in the top 10. By three miles, he was in the lead pack of four runners." McGrane also won a runner-up medal. Senior Brandon Trollip and fresh-

man Nick Raguso were both in the top 15 at the third mile, with Raguso finishing 12th place and almost won the Rookie of the Year award, according to the cross country Web site.



PHOTO COURTESY OF CROSS COUNTRY WEB SITE

Freshman Joel Collier finished 29th in the race with one missing shoe and an injured hamstring.

Freshmen Joel Collier and Carmin Mazzota were in the top 25 at the third mile, but Collier's hamstring muscle tightened at the fourth mile. On top of his ailment, Collier had to kick off his right racing shoe, which had become untied and finished 29th with one bare foot, according to the cross country Web site.

The men's and women's cross country teams will participate in the NCAA Southeast Regional Championships Nov. 11 at Furman University.

This will be their toughest race of the year, according to the cross country Web site.

the Earl Schrier Memorial Lecture

## Turbulent Souls:

A Catholic Son's Return To His Jewish Family

a talk by Stephen Dubner

Tuesday, November 14, 2000  
7:30 p.m.

Owen Conference Center, Owen Hall,  
UNCA

Free and open to the public

Stephen J. Dubner's national best-seller, *Turbulent Souls: A Catholic Son's Return To His Jewish Family*, is based on a cover story he wrote for *Time*, where he was a writer and editor from 1994 to 1999. The article was one of the most discussed stories in the history of *Time* magazine.

As a journalist, he has appeared frequently on national television and radio, and in conjunction with his book he has lectured across the country. Before joining the staff of the *New York Times*, Dubner was a writer and editor at *New York Magazine*. A graduate of the M.F.A. program in creative writing at Columbia, he received his B.A. from Appalachian State University.

"I have never read a conversion story that was also a love story, but Stephen J. Dubner has written one. I couldn't put it down."

—Jack Miles, *God: A Biography*

A book signing and reception in honor of the memory of Earl Schrier will follow.

This program is made possible by a generous gift from Mrs. Rosalie Schrier in memory of her beloved late husband, Earl Schrier, who was a leader in the Jewish community and one of the founders of the Center for Jewish Studies at UNCA.



For further information, call the Center for Jewish Studies at 251-6576.

Visit our home page:  
[www.unca.edu/cjs](http://www.unca.edu/cjs)

The UNCA athletic department is providing a free shuttle service for the Western Carolina and UNCA men's basketball game Dec. 4. The shuttle will provide service to students who would like to attend the WCU/UNCA game at the Asheville Civic Center. The shuttle will run every 15 minutes beginning at 5:30 p.m. until 6:30 p.m. and will leave from UNCA's dining hall. The shuttle will also run after the game and will bring students back to campus. For more information, call the athletic department at 251-6923.