

## SPORTS

## The UNCA volleyball team plays in Trident Classic

### The Bulldogs traveled to Annapolis, MD to bring home one win and two losses

Kandria Long  
Sports Reporter

The UNCA volleyball team went home with one win and two losses at the Trident Classic Sept. 6-7 in Annapolis, Maryland.

The Bulldogs started the tournament with a 3-2 loss to the University of Maryland-Baltimore County (UMBC).

"We just started out really slow and things just weren't consistent," said Head Coach Julie Torbett. "They weren't clicking."

UMBC won the match, 30-26, 31-29, 24-30, 22-30, 15-12.

"Games three and four we played really well," said Torbett. "We just didn't finish it off in the fifth."

An injury to middle hitter Frida Sigurdardottir's shoulder affected the UMBC match, according to Torbett. Sigurdardottir was on the injured reserve list with a muscle spasm in her shoulder the week before the match.

"She was real shaky in the first match against UMBC, and I feel like if she had been 100 percent we probably would have won," said Torbett.

Despite her injury, Sigurdardottir added one UNCA spot to the all tournament team.

The Bulldogs again lost in five games to the U.S. Navy Academy with a 9-15 score in the fifth.

"For some reason it seems like we always lose the first two games and then we're pushing to try to win it all," said setter Amanda Wiles. "It's so frustrating because we have this routine right now where it takes us longer to get into the game," said Wiles. "We're having difficulty just jumping right in and taking control," said Wiles.

Sigurdardottir led UNCA in the Navy game with 18 kills and four blocks. Amanda Wiles and Rose Butler added 13 kills each. Kelly Budnik had 10 kills. Leslie Whitfield had 24 digs.

The Bulldogs dominated their last match with a 3-0 win over Albany, 30-21, 30-21, 30-25.

"They really couldn't do much against us," said Torbett. "It was a good way to finish the tournament."

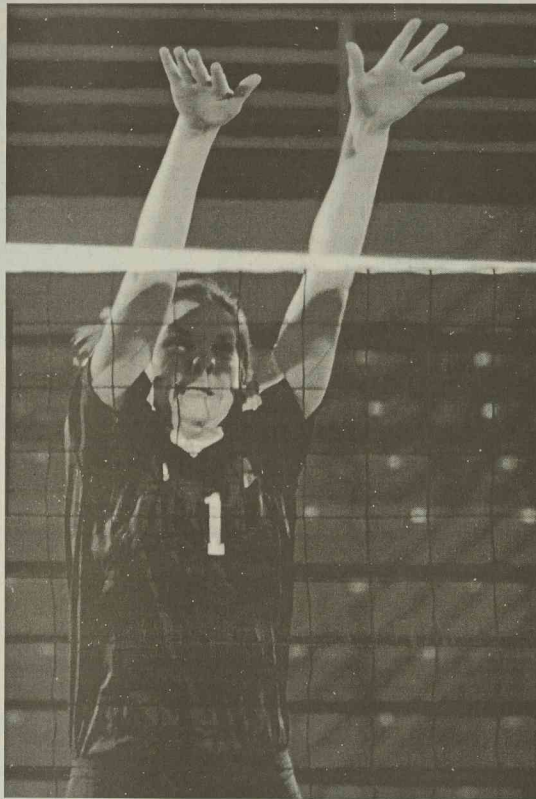
Freshman Amanda Wiles had nine kills and 25 assists. Suzanne Aibel and Butler both added seven kills.

Consistent players helped the Bulldogs throughout the entire tournament.

"I thought that Rose Butler was very consistent on the weekend and had quite a few kills in each match," said Torbett. "Her all-around game was very good."

"Leslie Whitfield had more than 20 digs in every match, and that's very high," said Torbett. "She's been a very consistent player for us."

UNCA's record so far this season



COURTESY OF MIKE GORE

Junior Suzanne Aibel spikes a ball from the competition in a game last season. Aibel has been a consistent player for the Bulldogs this season, in the outside hitter position.

is 4-3, which is much better than last year's record of 0-7.

All three losses have been in five games, which is a testament to the Bulldog's hard work, according to Torbett.

"If we have to lose, I'd rather lose in five so that we're going the whole distance and we're not giving up," said Torbett. "I can tell the girls aren't quitting at any point in the match."

Freshman outside hitter Emily Jacobs agrees with her coach.

"It's a lot more reassuring to lose

in five games rather than three or four," said Jacobs. "I think it's really good warm-up for actual conference play."

The five game matches are giving the girls valuable experience on the court as well.

"We're getting more time and experience on the court than any other team probably right now," said Torbett.

"Those matches are going two and a half hours so our girls are getting the most pre-season experience going into a conference," said Torbett.

"I think that's going to help us in the long run when we get into a tight match."

Longer matches are not helping the team physically, but Torbett believes the experience is more important.

"Physically, we've got three with shoulder problems, so that's a problem when we're going five games," said Torbett. "The experience on the court is outweighing that situation though."

The Bulldogs continue to work on improving, especially with a



COURTESY OF MIKE GORE

Junior Kelly Budnik prepares for a dig in a game against Charleston Southern University last season.

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freshman setter.

"There are many more little details that I have to pay attention to," said freshman setter Wiles. "The level is raised, but the older girls that are around me bring me up and help me out."

"Amanda's doing a great job, but she's inconsistent right now," said Torbett.

"It's just taking me a little while to get into it," said Wiles. Slowly but surely I'll be able to catch up."

Team chemistry also needs improvement, according to Jacobs.

"We have seven new players and that's a lot of chemistry to work out as playing as a team and having it together," said Jacobs. "That's the only thing we really struggle with."

"I think by the time we start to get around to conference play, we'll really have it down," said Jacobs.

## Women's soccer takes tough loss from Tennessee Tech Bucs

Jo Stephenson  
Sports Reporter

Julie Stephenson  
Sports Reporter

The UNCA women's soccer team traveled to Cookeville, TN to face Ohio Valley Conference power Tennessee Technical University Sept. 11. The Buccaneers defeated the Bulldogs 7-0.

The Bulldogs did not manage to get on the score sheet, but took six shots, two each from junior Kelsey Dawson, senior Ellen Sims and freshman Emily Langill.

The Bulldogs picked it up defensively in the second half and prevented Tennessee Tech from scoring in the last 35 minutes.

Tennessee Tech achieved their second shut-out of the season and are ranked 23rd nationally in shut-outs.

After three minutes, Tennessee Tech was up 1-0 with a goal from junior Alexis Boyd, assisted by sophomore Robyn Vince, who had three total assists in the game.

Six minutes later, freshman Jill Burns scored, again assisted by Vince. It was Burns' first of three, tying a school record.

Her next goal came in the 19th minute with a shot just inching above UNCA keeper Mary Elizabeth Scherger, taking the score to 3-0.

Assisted by Vince, Tennessee Tech's Kylie Hammer, a sophomore, made it 4-0 in the 32nd minute.

The Buccaneers ended the half with another goal from Burns, completing her hat-trick, two minutes before intermission, bringing the score-line to 5-0.

The second half brought another two early goals for Tennessee Tech.

Red-shirt freshman Meghan Tragger scored in the 46th minute. Alicia Burt assisted Tragger for his first career goal. Boyd finished the scoring in the 54th minute with an assist provided by Tragger to bring the final score-line to 7-0.

"We have a lot of work to do. It's not a game we can dwell on," said Head Coach Michele Cornish. "We will continue to keep practicing in a positive manner."

The Bulldogs will travel to Coastal Carolina where they will play their first Big South Conference game Sept. 20.

The Bulldogs will then travel to Wilmington, NC, where they will play the Sea Hawks Sept. 22.

The 'Dogs will then play South Carolina State in Orangeburg, SC Sept. 25.

UNCA, but still finished ranked eleventh out of 69 runners with a time of 19:20.

"We are still without Meadow Tarvis. She's not been certified yet. She's a graduate student but when we get her up and running, the team will be a lot stronger," Duncan said.

Sophomore runner Tiffany Carberry believes Tarvis will greatly help the women's team compete at the Big South Conference Championships in November.

"Once we have her scoring too," said Carberry, "it's going to make a big difference. She's a strong runner."

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## Fatigued cross-country team runs well at ASU meet

Jason McGill  
Sports Reporter

The men and women's UNCA cross-country teams both finished third in the Covered Bridge Open in Boone Sept. 13. The meet also included the University of Maryland, Winthrop University, Davidson College, Lees-McRae College and Appalachian State University (ASU).

Despite fatigue, the Bulldogs ran a solid race, and continued to show progress over last season, according to Head Coach Dean Duncan.

"The men ran really well. They had a lot of improvement over last year at this meet. Tactically, they ran a smart race," Duncan said.

"The women probably had a consistent race. They got out a little quick. The teams that went out easy finished strong. We didn't."

The Bulldogs' training regimen will help to prepare the team for peaking at the Big South Conference Championship. The ASU meet came at a time when fatigue began to set in from the extensive hill workouts, according to Duncan.

"We were a little tired at ASU too," said Duncan. "Our training cycle was such that we weren't going to be at our best there," Duncan said.

ASU won the men's race with 33 points. The Bulldogs finished third with 81 points.

Junior runner Phil Latter led the men's team with a time of 26:05.

Latter ranked fourth out of 62 runners, according to the ASU Athletic Web site.

"It was another personal best, second in a row on a course that was really not that quality of a course," Latter said. "I felt good to run with some ACC schools. I was running with Maryland's number one runner most of the meet and then their number two runner got me with about 200 meters left."

Latter's average mile time of 5:14, would have been faster, but the men's field ran on an incorrectly measured course, according to the ASU Web site. The course measured 55 yards over the eight kilometer standard.

Throughout pre-season workouts and the first two meets, the Bul-

dogs have been steadily building up for the Big South Conference Championship, according to Latter.

"We're going into the Winthrop meet in two weeks, which is basically the pre-conference meet, looking really strong," Latter said.

Maryland won the women's race with 41 points. The Bulldogs finished third with 59 points.

Junior runner Micki Logue paced the women's squad with a 19:01 time over the five-kilometer run. She finished ranked fifth overall. The women's team placed five runners in the top 20, according to the ASU Web site.

"Macy Little ran really well, and Krystle Short ran really well. We probably weren't going to get any

more than third, but they kept us close [to Maryland and ASU]," said Duncan. "Micki Logue had a pretty good day too."

Senior runner Macy Little ran a time of 19:16 and finished ninth overall. Due to injury, she did not run in the Western Carolina University meet.

"Personally, I feel like I had a great run. It was the first race of the season for me. I'm trying to run through it (the injury)," Little said.

"The team, as a whole, is really doing right now. Overall, we did well."

The Bulldogs were missing freshman men's runner David Bell and senior women's runner, Meadow Tarvis for the ASU meet, according to Duncan. Due to NCAA regulations Tarvis ran unattached to