

# SPORTS

## Men's soccer ties Gardner-Webb



Soccer goalkeeper, Andrew Heath, makes an incredible save in a game last season. Heath made some amazing saves in the game against Gardner-Webb, which went into two overtimes Sept. 16.

COURTESY OF MIKE GORE



Junior Forward Mike Kachan, has played a great season for the Bulldogs so far. He leads in goals for the 'Dogs and is expected to do well for the remainder of their season.

COURTESY OF MIKE GORE

**Jo Stephenson**  
Sports Reporter

**Julie Stephenson**  
Sports Reporter

UNCA men's soccer team hosted Gardner-Webb Sept. 16 in a spectacular game that came down to the wire. It ended in a 1-1 draw after two periods of extra time.

The UNCA Bulldogs made a strong start and dominated the game for the entire first half and most of the remainder of playing time.

"We played well," said UNCA Head Coach Steve Cornish. "We were creative going forward."

The Bulldogs outshot Gardner-Webb 27-15 and hit the post five times.

"We just couldn't find the net and hit the woodwork five times," said Cornish.

Freshman forward Barrett Locke opened the scoring for UNCA in the 38th minute. It was Locke's first career goal, assisted by senior midfielder Spencer Hines.

"Our midfield was exceptional, both from a defensive and from an attacking standpoint," said Cornish. "We were very busy over the field."

The first half ended 1-0 with the Bulldogs maintaining their lead over Gardner-Webb.

The Bulldogs again dominated the early part of the second half, but Gardner-Webb fought back and pressured the UNCA defense.

Goalkeeper Andrew Heath kept UNCA in the lead with some amazing saves, but Gardner-Webb finally equal-

ized in the 80th minute with a goal from Henry Fossum.

UNCA took charge in the final minutes of regulation, and Heath continued to be consistent in goal. He performed an athletic save to prevent a well-taken Gardner-Webb free kick from dipping under the crossbar.

The game went into extra time, and UNCA almost claimed a victory when junior Mike Kachan hit the crossbar in the first overtime.

Both periods of extra time provided excitement with several more UNCA shot goal attempts. However the game ended 1-1.

"We put in a new formation which seemed to work quite well," said Cornish, who was pleased with the way his team played.

The Bulldogs will play Appalachian State at Greenwood Field Sept. 25 at 4 p.m.

## No more shirts and skins in gym

**Hollie Childers**  
Sports Editor

The UNCA Health and Fitness Center established a policy requiring all students, faculty and staff who enter the weightroom, to wear a shirt that covers their torso, chest, back, abdominals and shoulders. This policy was implemented at the beginning of the 2002 Fall semester.

"We need people to wear t-shirts that cover the majority of their upper body," said Assistant Director of Recreation John Bucher.

Some people expressed concern about health issues in the gym. People who workout in the UNCA gym, move from machine to machine, exchanging bodily fluids with other people who are exercising, according to Bucher.

Reggie Goble, the safety officer for health and environmental issues at UNCA, said this policy ensures the safety of all the people who take advantage of UNCA's health and fitness center.

"This policy was implemented for safety, prevention of infectious diseases, or any disease processes and (out of) respect for the next person," said Goble.

Bucher was unsure of the policy, but discussed it with a number of his colleagues at other colleges and universities.

"A colleague of mine asked other schools about their policies and the response was amazing," said Bucher. "Everybody that responded had a very similar rule, most are stricter than ours."

The University of Florida requires all patrons of their gym to wear an unaltered t-shirt to enter their facilities. Purdue University also re-

quires that t-shirts be worn in their facilities to collect sweat and reduce wear and tear on the equipment.

Apparel is a broad topic and Goble and Bucher wanted to find a medium most people could live with while working out in the gym.

"We just tried to come to a medium to say that a plain, old white t-shirt is all you need," said Goble.

"It is cheap. You wash it with your regular laundry, and it helps you out because it absorbs your sweat."

Depending on people to clean every machine when they finish, is just not feasible, according to Bucher.

"It would be nice if we could count on everybody that goes in the gym to wipe down their machines after they use them, but unfortunately, that is just something we can't get out of people," said Bucher.

Body secretions, such as sweat, open sores and new tattoos, may spread infections, according to Goble.

"One of the ways infection can be transferred on equipment is through body secretions, sweat being one of them," said Goble.

General safety, not just the risk of infection, is another reason for implementing this policy, according to Goble.

"People sweat. They slide off these machines, and they will hurt a hand or a finger, and that is another reason," said Goble.

This new policy has not been widely accepted by UNCA students who take advantage of the health facilities at UNCA.

"Some people have gotten upset. Some more than others," said Bucher. "Usually, if people take the time to ask why we are doing this, then they understand that it makes sense."

**P R E F E C T**  
**O C H E R**  
people just don't seem to care, and they still don't like it. I realize that we are not going to please everybody."

UNCA students have had time to get adjusted to the new policy, according to Bucher.

"We put up signs the first week of school and warned people about it," said Bucher. "The second week of school, we were going to enforce it. We thought that would be a good enough time period for people to get used to it, but apparently not. So some people were caught off guard and surprised by it weeks later."

Many students have been asked to leave the gym because their attire did not follow the new policy.

"I think that it is absurd that I can't wear a shirt that shows my armpits, but people can come in the gym wearing short, tight shorts," said Sara

Toth, a senior psychology major. Many students feel the policy affected women more than men.

"It affects the girls more than the boys," said Matt Sloan, a senior literature major. "I know that if I was a girl, I would be upset about not being able to wear tank tops."

Other students have not really had any problems with the new policy.

"It really doesn't affect me either way," said Victoria Hyland, a sophomore French major. "I think it doesn't matter what you wear because when I use the machines, my hands get just as sweaty as my back."

Some students have asked if something different can be worn if you plan to workout on the cardiovascular machines, like the stair stepper or the elliptical machine.

"We just couldn't do that because it is still the same space. In order to be fair for everybody, we decided if you are going to be in the weight room, then you have to wear something that covers your back, chest, torso, shoulders and abdominals," said Bucher.

UNCA's new policy is not as strict as a number of other schools, according to Bucher.

"Cut-off sleeves are okay," said Bucher. "All other schools don't even allow that. We decided not to go that far."

The gym has been willing to help those out who did not know about the policy.

"We have been good about giving people a shirt to wear while they are here," said Bucher.

Health and safety is important in the UNCA community, and the new policy in the gym is a way to ensure everyone's safety.

"We are just trying to keep everybody healthy and wealthy over here, that's all," said Goble.

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Carberry finished with a time of 19:39. She rounded out the top 20 runners in the women's field, according to the ASU Web site.

"I didn't do as well as I did last year time-wise, but we had a pretty heavy week of training prior to the race. We didn't go in as rested as we did last year. I'm not incredibly disappointed with it at all. We did our best," Carberry said.

"As long as my training's going well, it's good."

UNCA will have five more competitions to tune up for the Big South Conference Champion-

ships on Nov. 2. The next meet will be the Winthrop Invitational in Rock Hill, S.C. Sept. 21.

The Bulldogs are in the final week of their strength-training phase, according to Latter.

The team will move away from 14-mile mountainous runs and begin to focus on a flatter speed-training phase.

"This is actually going to be our hardest week of workouts," said Latter. "We'll basically run really hard on flat ground for about four miles and then just do a 1000 foot climb for a span of another four miles."

## Sports Trivia

Who was last year's National League Most Valuable Player (MVP)?

Last week's sports trivia question answer: Tom Brady

## UNCA Wellness Event

'Eating Healthy for Dummies'

Thursday September 26

12:00 PDR 100  
5:00 PDR 100