

UNCA garners attention for new training program

By Natalie Pearson

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New to UNC Asheville, the sport performance collaborative training model is transforming athletics and putting UNCA on the map for sports science and coaching education.

Developed by Dr. Michael H. Stone, former head sports physiologist of the U.S. Olympic Training Center, the training model has been picked up and organized by UNCA's Director of Sport Performance Brad DeWeese, setting UNCA apart as one of just two universities in the country to use it.

"This training program was adopted because it allows for more consistent communication between all the various professionals who are involved in athletic preparation," DeWeese said. "It is also used to provide more coverage and supervision in the varsity weight room, which gives students a unique opportunity to gain practical experience working as a strength coach."

Considering the bigger picture, DeWeese explained it is the collegiate level of coaching and training which affects performances at the national and Olympic level, a huge motive to start using it at UNCA.

"The reason it's being utilized is through research and recent performances. At the world stage, we have come to realize the U.S., has an ob-



Susan Israel - Photography Editor

Keith Scruggs works regularly with UNCA athletes using the program.

vious lack of true sports science and coaching education at the collegiate level," he said.

The program is a partnership between the health and wellness athletics

departments and runs in the form of a scholarship for a year's internship. Students who participate must first take the sport performance class offered by the health and wellness department.

As the only school in the nation to offer this class, UNCA teaches students how to design programs and learn how to perform and coach Olympic lifting movements.

At the end of this class the students have the opportunity to sit for the U.S. Weightlifting Sports Performance Coach certification.

Currently, there are only three students involved in the training program because this is the first semester it has been utilized. These students are seniors Keith Scruggs, Simon Haake and Eric Hart.

"My goal is to help other athletes become better athletes and achieve their full potential," said Scruggs, a marketing and health and wellness student.

The student coaches assist in the development and implementation of the weightlifting programs based on the U.S. Olympic Committee's model and under the supervision of DeWeese.

"I feel like our program incorporates the most advanced sports science research and allows the athletes to better succeed in their sports," said Haake, a health and wellness student.

Although it is exciting for the school to be one of only two in the nation using the program, it is also exciting for the athletes working with it.

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Jammin' at the Justice ignites excitement for 2009-10 season

By Dan Weller

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The UNC Asheville men's and women's basketball teams introduced themselves and showcased their talents in front of an eager crowd at "Jammin' at the Justice" last Friday.

"I was really looking forward to Jammin' at the Justice this year. I knew

they were going to put on a good show and they did not disappoint," sophomore management student Jonny Eaker said.

The event gave fans a chance to meet the teams and see a preview of what they can expect from the Bulldogs on the court this year.

"Every year 'Jammin' at the Justice' introduces the fans to the teams

and gets people excited for the season to come," UNCA fan Grier Harrington said. "I think it sets the tone for the beginning of the season in terms of getting the fans excited."

If the goal of "Jammin'" was to get the fans excited, the event was a huge success.

The crowd got on its feet as junior forward John Williams soared through

the air, performing several acrobatic dunks to claim first place in the slam dunk contest.

"The best part for me was definitely the dunk contest. It's really cool to see just how athletic all these guys are," Harrington said. "I think it really helps people to appreciate the athleticism of

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