

Training

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"For the most part, the athletes are excited about getting full attention from the trainers that our position allows us to do," Haake said.

Scruggs agreed, pointing out the educational values for both parties.

"It also allows the student athletes to learn as we're learning and better understand their programs," he said.

There is a great deal of enthusiasm for the future of the program and, most importantly, the students participating in it.

Considering this is the first semester the program has been introduced, the coaches are impressed.

"I'm pleased so far with the student program," said Betsy Blose, the head coach for the women's basketball team. "Under Brad DeWeese's guidance and supervision the students are prepared and are challenging our players in each workout."

There is also similar feedback from the athletes, further concreting the programs future at UNCA.

"It's good because the students (coaches) have firsthand experience in weightlifting," said tennis player Nathan White. "They are up-to-date with the modern style of weightlifting for different sports, which is better than the coaches who lifted 20 years ago."

Not only is this program garnering high regards within UNCA's own athletics department, it is also being recognized around the country.

"Right now, as far as in the sports-science community, we have gotten noticed by U.S. Weightlifting," said



Susan Israel - Photography Editor

Simon Haake works out using UNCA's unique weight training model.

DeWeese. "Currently we are the only school in the nation with this distinction and it is our goal that other universities adopt this curriculum."

It also can be used to get prospective students to notice UNCA athletics.

"It is going to be huge for getting students to come here if they're interested in this field of study," said Haake.

Scruggs agreed that it can help UNCA's image as a whole.

"The ultimate goal is to show current and potential students that the liberal arts education can involve sports as well," he said.

As far as the future goes for the training model at UNCA, DeWeese, the varsity and student coaches hope

expansion continues to increase its success and UNCA's precedence in the sports-science community.

"The benefits are numerous. It has given me firsthand exposure to work with division-one athletes and was an eye opener for what I want to do for the rest of my life," said Hart. "I hope that we're able to stimulate enough interest in the program to get to the point where there's just a lot of individuals being able to do this."

Blose agreed with the benefits and the positive future of the sport performance collaborative training model at UNCA.

"It is exciting," she said. "Maybe we will establish some sort of precedence for other schools and programs."

Jammin'

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the recruits that UNCA has been able to bring in these last couple of years."

"Jammin'" began by introducing both the men's and women's teams, with several newcomers on both sides.

The men's team featured four new freshmen: center D.J. Cunningham from Waterford, Ohio, guard Austin Alicixh from Columbia, Pa., guard Joshi Seligson from Raleigh and guard Jaron Lane from Greenville.

On the women's side, four new faces greeted the crowd: guard Grace Blaylock from Blue Ridge, Va., forward Candice Fritz from North East, Md., guard Breaira Barksdale from Baltimore, Md. and junior college transfer guard Dana Wagner from Sun Prairie, Wis.

Scrimmages between both the men's and women's teams took place next, giving the crowd a chance to see what both teams have to offer this year.

"Both teams look to be much improved from last year," senior Matt Dalby said.

The women's team was picked to finish eighth in the Big South Conference's annual pre-season poll for the 2009-10 season, while the men's team was picked to finish second.

Following the team scrimmages, a three-point contest ensued pitting men's and women's players against each other.

Wagner came away the victor, knocking down trey after trey to defeat all of the men's players she faced off with.

While "Jammin'" provides a good preview of what the season is going to bring, it also presents the lighter side of the game that gets lost in competition.

"Jammin' at the Justice provides fans with a chance to see the players and coaches in a more laid back atmosphere," Dalby said. "It's good to see the fans interact with the players through autographs and the various games played during the event."

One thing is for sure, "Jammin'" has created hype and excitement for Bulldog fans, according to Harrington.

"They looked pretty good out there and they have the potential to be a contender for the Big South and maybe an NCAA bid," Harrington said.

Fans-See This! by Mark Bloom & Mark Wilson

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