

## Some like it hot

### Freshman Trahan plays like a veteran

By Chris Chinaka  
Staff Writer

Lady Viking Celeste Trahan, a 6'2 freshman center from Stockton, California has made an immediate impact on the Elizabeth City State University women's 2005 basketball team.

Trahan has been such a presence that many of her student-classmates know instantly that when she steps onto the court the intensity of the game will rise.

"Its amazing watching young freshmen play like a veteran," said ECSU student and sports enthusiast Sam Bennett. "I like a player with her caliber because she can run the floor and she attacks the basket at will. Celeste is definitely a threat inside the perimeter for the opposing team. If the team continues to play strong defensive games, they

will have a good chance at winning the Central Intercollegiate Athletic Association tournament".

Trahan is averaging 15 points per game and leads the C I A A league in rebounding. She is second in blocked shots. For the fourth week in a row, Trahan was voted the CIAA rookie of the week.

"It feels great when we play together as a team and win" Trahan said. "I have improved offensively, but I still need to work harder on defense. My teammates and coaches have helped me so much by keeping motivating and staying focus".

The shy nineteen-year-old is



really enjoying her season, but their record doesn't reflect the type of hard work and dedication these Ladies have endured this season.

During the team's Feb. 2nd game Trahan registered a new career high, grabbing 16 rebounds which went along with her 31 points against Bowie state. The Vikings won the contest 85 - 84.

Trahan plays both forward and center with ease, and is a versatile post player who draws fouls like a magnet. Often she controls the tempo of the game with her defensive presence.

Trahan is an exciting player to watch. Guards are intimidated by her ability to block shots, get possessions and rebounds. She hurts opposing teams with outlet passes that break up double team coverage of her.

"Trahan's vibe and energy on the court is positive," said teammate Christina Hager. "She is very aware of her teammates on the court and she has great footwork. Celeste can stretch defense, or drop in a jump shot. Her role on the team is very consequential."

"I am happy about the progress and improvement our team has shown," teammate Deanna Price said. "Like any other squad we've had our ups and downs throughout this season. The coach has done a good job making sure the chemistry and bonding within the team is tight. Celeste is a free spirit person that listens well and plays hard. Her explosive abilities and aggressive style plays have earned her a respected name in the CIAA. I cannot wait to see Celeste get her first dunk."

## Chavious, Trahan receive CIAA rookie honors

### Trahan named CIAA Player of the Week

By April J. Emory  
ECSU Sports  
Information Director

**January 18, 2005** - Freshmen Martin Chavious and Celeste Trahan have swept the CIAA Rookie of the Week honors.

Chavious, a guard from Chapel Hill, NC, receives his third Rookie of the Week recognition this season. In two games for the Vikings last week, he averaged 9.5 points, 2.5 steals, and 1.5 assists.

A rookie phenomenon

receives her fourth Rookie of the Week honor this year as she collected two double-doubles in as many games last week.

Versus nationally ranked Shaw University, Trahan held her own with 24 points and 10 rebounds. She followed that with collegiate career highs of 29 points and 19 rebounds in the Lady Vikings' win over Virginia State.

**February 6, 2005** - After being named CIAA Rookie of the Week six times this season, freshman sensation Celeste Trahan has joined the conference elite by

being named CIAA Player of the Week.

In three games last week, she averaged 28.6 points and 20.3 rebounds to lead the Lady Vikings as they went 2-1. In their only loss, to the #3 ranked Shaw University Lady Bears, Trahan posted career highs of 33 points and 24 rebounds. She also scored 31 points and 16 rebounds in a win over Bowie State and 22 points and 21 rebounds in 20 minutes of play against Columbia Union College.

This season versus CIAA opponents alone, Trahan is averaging 20.0 points and 15.0

rebounds per contest. In the CIAA she is 5<sup>th</sup> in scoring, 1<sup>st</sup> in rebounding, 2<sup>nd</sup> in blocked shots, and 2<sup>nd</sup> in field goal percentage. She also leads the Lady Vikings in the four previously mentioned categories. Trahan has posted 12 double-doubles in 19 starts this season.

Currently, Celeste leads the nation (NCAA Division II) in rebounding and is tied at 25<sup>th</sup> for blocked shots. The Lady Vikings (9-10) will return to action this Tuesday, February 8<sup>th</sup> as they will host Livingstone College. Game time is scheduled for 5:30pm at the RL Vaughan Center.

## Va. State cheerleaders intimidate ECSU squad

### CIAA creates new rules to curb cheerfighting

By Carla S. Layton  
Staff Writer

Every year cheerleaders from different schools compete to be known as the best, but not in the conventional way. When it comes to Historically Black College or University cheerleading, the squads determine who will be "top dog" on the basketball court.

Most students remember last year when ECSU played against Virginia State. Along with the basketball players came the cheerleaders known as the "Woo Woo's."

During the game, a full 60-second time out was called and the music blasted from the speakers in the Vaughn Center. The ECSU cheerleaders began to dance and the Woo Woo's retaliated by dancing back. Not only did the Woo Woo's dance, but they also challenged the ECSU cheerleaders by moving closer in order to intimidate them.

For all of those who are not familiar with "cheer fighting," this was a major upset. The Woo Woo's were trying to show up ECSU on home territory, but ECSU was having none of it. ECSU retaliated, and both squads battled it out.

There has always been an unspoken rivalry between the ECSU and Va. State cheerleaders. Some say the Va. State has the name and ECSU has the talent. ECSU student Matthew Rascoe said, "Of course ECSU has the talent, get out of here! Va. State sucks!"

In response, "Miss Pep Squad" Valine Castillo said, "I don't like them (Va. State)."

Not everyone feels the same about the Va. State cheerleaders. "The few times I've seen Va. State, they got the best of our cheerleaders," said ECSU student Bernard Redcross. Asked what Va. State had that ECSU didn't, Redcross said, "attitude and confidence."

Because of recurring "cheer fighting," some people are

becoming concerned it will lead to physical fighting if restrictions are not set immediately.

Castillo said, "The only way they (cheerleaders) would end up fighting is if they (Va. State) got up in their (ECSU) faces."

Student CJ Overton agreed, and said, "I don't think it (cheer fighting) will occur. It's just a competition. The cheerleaders are mature and there's a difference between playing and the real thing. As long as it's not gang related then it's okay."

As a result of "cheer fighting," all cheerleading squads are no longer allowed to greet the other squads; if they do, they have to be escorted by a coach or supervisor. Little did the squads know that these events foreshadowed more restrictions.

During the middle of basketball season a committee was formed and letters were sent out to the Central Intercollegiate Athletic Association Board of Directors, and all athletic directors and cheerleading coaches commented on cheerleading conduct.

The memorandum, sent January 13, 2005 from Jeffrey McLeod, Assistant to the Commissioner of the CIAA, said, "The conference office is concerned about the egregious conduct and unsportsmanlike behavior.

"I. Cheerleaders must not cross their respective side of the court during the entire course of a respective contest (ie.halfcourt);

"II. Cheerleaders are banned from cheering at the middle of the floor during all timeouts (either full or :30);

"III. Cheerleaders are not to direct cheers at opposing squads at anytime during the course of a respective contest.

"If these rules are not followed the offending team as well as the respective team members will be fined punitively for each rule violation."

ECSU student Jalila Daley believes rules were meant to be broken.

"People always want the cheerleaders to get the crowd hyped and excited," Daley said. "But then they put limitations on what the cheerleaders can do. Cheerleading against other squads makes the crowd more interested."

## ELIZABETH CITY STATE UNIVERSITY

### 2005 LADY VIKINGS SOFTBALL SCHEDULE

DATE	OPPONENT	LOCATION	TIME
February			
25	Chowan College	Murfreesboro, NC	1:00pm
March			
12	Bowie State University	Elizabeth City, NC	1:00pm
15	Saint Augustine's College	Raleigh, NC	1:00pm
19	U. of California (PA)	Elizabeth City, NC	11:00am
20	Saint Paul's College	Lawrenceville, VA	12:00pm
22	Fayetteville State Univ.	Elizabeth City, NC	1:00pm
25	Livingstone College	Salisbury, NC	1:00pm
26	Winston-Salem State Univ.	Winston- Salem, NC	11:00am
29	Virginia Union Univ.	Richmond, VA	1:00pm
31	N. C. Central Univ.	Durham, NC	1:00pm
April			
1	Johnson C. Smith Univ.	Elizabeth City, NC	1:00pm
4	Virginia State Univ.	Petersburg, VA	1:30pm
12	Shaw University	Raleigh, NC	1:00pm
21-24	CIAA Softball Championships		Petersburg,
VA	TBA		