

# Women's indoor track sets records, looks to SoCon meet

**Andrew High**  
Sports Editor

Unlike Elon's other winter sports, where progress can be measured by the length of a win streak or a team's record over the last 10 games, Elon's women's indoor track team doesn't have a win/loss record. They do have records, however, setting 11 new school records in four meets.

Women's indoor track coach Jackie Sgambati said she saw the record-breaking performances coming.

"We have new freshmen and we're a new team so we're going to break [records] every year because everyone gets better every year," Sgambati said. "We've been working hard. I think everyone is very motivated to break records that we've previously had."

Two freshmen have broken school records this season: Angela Carlberg, with a record shot put of 36 feet 8 inches, and Jessica Clendenning, clearing 10 feet 6 inches in the pole vault.

Sgambati said the performance of the freshmen has helped upperclassmen.

"You try to bring in more talent

than you have, presently, on your team," she said. "They motivate the upperclassmen to work hard and maintain their spot. If they're the No. 1 sprinter and a freshman comes in and become the No. 1 sprinter [upperclassmen] tend to work just as hard to get it back, to help the team even more."

Sophomore Alana Black set a new school record in the mile with a time of 5 minutes, 15.54 seconds. Black also set new school marks in the 800-meter and 3000-meter races. Black's explanation for her success is simple.

"I think that it is mostly maintaining a positive mindset and staying focused on my goals," she said. "We really don't have an off-season, the distance runners. We race in the fall with cross country and in the winter with indoor track and then outdoor track so we just train for competition all the time."

In addition to benefiting from the support teammates receive from each other, Sgambati said the program has benefited from the addition of an assistant coach. Donnie Davis, the longtime track coach at nearby Cummings High School, works mostly with the hur-

dlers and jumpers.

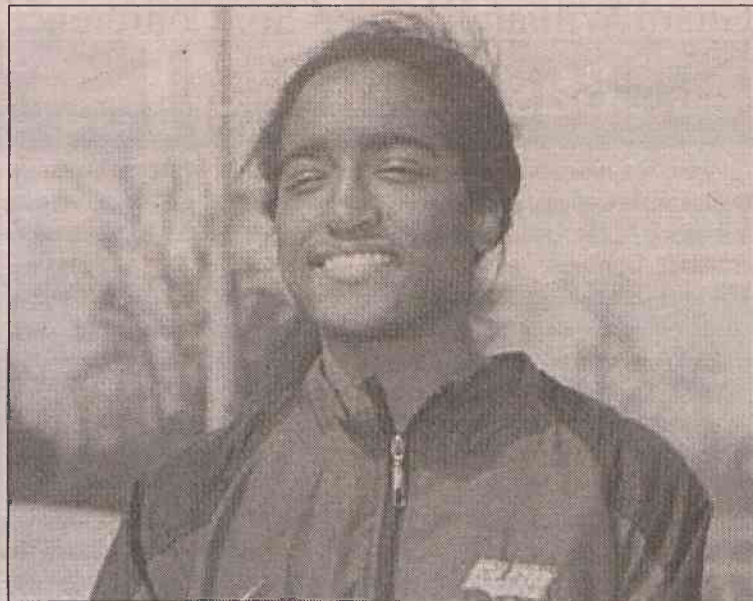
"It's absolutely wonderful," Sgambati said. "We have, as far as I'm concerned, the best hurdles coach in the country. We're lucky to have coach Davis and he's coached many athletes on the national level, including his daughter and his son. He's interested in getting these girls better and competing in our conference."

Sgambati said that Davis' value shows through in practices.

"At practice, there are 17 or 18 events in track and you can't coach all of them everyday," she said. "You split up in groups and try to do what you can as one person, but having another person doing the hurdles and the jumps is especially helpful."

Sgambati said that eventually Davis will help her with recruiting after he passes an NCAA-mandated test on recruiting regulations, something she said she believes he will be especially suited for after 17 years on the high school level.

For now, the team will prepare for the Southern Conference indoor track meet Feb. 27 and 28 in Johnson City, Tenn. Sgambati plans to increase the amount of "speed



File Photo

Elon sophomore Alana Black set new school records in the mile, 800-meter and 3000-meter runs. Women's indoor track coach Jackie Sgambati said she expects Black's times to get faster during outdoor track season because the turns on an outdoor track are not as severe as indoors.

work" in the team's practices.

"What you do two weeks prior to the meet is most important," she said. "Speed work means a lot of quick drills, 30-meter drills, 100-meter drills, 200s as fast as they can, all out, in their spikes, with rest to rest the muscles so they can go all

out again. Just realizing that going all out in practice means you can do that best time or goal time at [the conference meet]."

Contact Andrew High at [pendulum@elon.edu](mailto:pendulum@elon.edu) or 278-7247.

## Campus Recreation winners



**Arena Football:**  
Men's: Rice Krispies  
Women's: Stompers  
(Pictured)



**Wiffleball:**  
Men's: Pi Kap  
Co-Rec: Phi Mu (Pictured)



**Dodgeball**  
Men's: O.A.K.  
Women's: Phi Mu  
Co-Rec: MilkShakes  
(Pictured)



**Water Polo:**  
Men's: Playmakers  
(Pictured)

—Photos courtesy of Campus Recreation

THE UNIVERSITY OF NORTH CAROLINA AT  
**GREENSBORO**  
Inspire Change

**I HAD THE SAME QUESTIONS.**

Can I get my MBA without a business degree?  
Can I study abroad?  
Can I afford it?  
Can I reach my goals?

**YES YOU CAN.**

**OPEN HOUSE FOR THE DAYTIME MBA PROGRAM:**  
February 21 from 10:30 am—3:00 pm  
The University of North Carolina at Greensboro  
Bryan School of Business and Economics  
For more information call 336-334-5390.  
visit [mybryanmba.com](http://mybryanmba.com) or send an e-mail to [mba@uncg.edu](mailto:mba@uncg.edu).

**MY BRYAN MBA**