

ELON ATHLETICS THIS WEEK

MAY 5 — MAY 11

Wednesday 5/5

Baseball @ UNC Wilmington — 6 p.m.

Thursday 5/6Softball @ East Carolina — 5 p.m.
Softball @ East Carolina — 7 p.m.**Friday 5/7**

Baseball vs. Appalachian State — 7 p.m.

Saturday 5/8

Baseball vs. Appalachian State — 4 p.m.

Softball @ Winthrop — 2 p.m.
Softball @ Winthrop — 4 p.m.**Sunday 5/9**

Baseball vs. Appalachian State — 1:30 p.m.

Tuesday 5/11

Baseball vs. East Carolina — 7 p.m.

Fitness program eliminates fear

Sam Calvert
Sports Editor

In 1921, Edith Wharton was the first woman to win a Pulitzer Prize. In 1983, Sally K. Ride became the first American woman to be sent into space. In 1997, Madeleine Albright was sworn in as the first U.S. secretary of state.

And in 2010, Elon University's Campus Recreation began trying to harness the same courage that enabled Wharton, Ride and Albright to succeed and take it somewhere many women are afraid to go - the weight room.

With its first session in Winter Term and its second session ending April 30, Women and Weights is a way to help women see weights as approachable.

"We want women to feel comfortable and confident lifting weights," said senior Dannika Lewis, a Group Exercise instructor and spearhead of the Women and Weights program. "Not only is it about helping them learn a huge amount of different exercises, but it's also about getting them comfortable in the gym."

The program runs for four weeks, with two one-and-a-half hour meetings each week. There are two instructors, and half of the lessons are downstairs in the Group Exercise rooms, while the other half are up in the main gym area.

One of the main reasons that Campus Rec wanted to start Women and Weights was to help women understand how to lift weights and also to debunk the myths about weight lifting, Lewis said.

"Women don't feel comfortable lifting weights, or they don't know how," she said. "They think they are going to bulk up."

Lewis said this is not true, and the personal trainers that teamed up with Group Exercise during the program

gave good insight into why.

She said many of the trainers had a background in nutrition and told the participants it was also about the food they ate.

"They were able to explain that (the women) would have to bulk up on food to do that (bulk up physically)," Lewis said.

The program's inception was during the 2010 Winter Term, but Lewis said the idea had been bouncing around the organization for a while.

She said Bethany Massman, the assistant director of Campus Rec, approached her about the idea.

"It came from the top, and we just ran with it," Lewis said.

After the program finished, Lewis said Campus Rec took all of the feedback and tried to make as many changes as they could.

But it didn't equate to greater attendance this spring. Lewis said she thinks it has more to do with the time than it does with the program.

"It's been tough attendance-wise," she said. "We are going to have to revisit the time of year we do this."

The ideal times to start the program would be the beginning of fall semester and during Winter Term, Lewis said.

During the fall, everyone is starting fresh and is ready to get back into the gym, she said, and during Winter Term, people have a lot of free time.

She said this time was tough because it started right after Spring Break, when most students had an overload of work and not as much motivation to get into the gym.

It's still not certain as to when exactly the next program will be, Lewis said.

"We still have to see where the evaluation takes us," she said.

Lewis said it has been a very

Women & Weights
Every Tuesday night (8 PM - 9:30 PM)
& Friday afternoon (1:30 PM - 3 PM)

WEEK 1 (April 6th and 9th)
lower body and flexibility

WEEK 2 (April 13th and 16th)
upper body and cardio intervals

WEEK 3 (April 20th and 23rd)
total body resistance

WEEK 4 (April 27th and 30th)
plyometrics and core

Half of the session will be downstairs in the GX studios
and the other half will be upstairs in the gym.
Questions? Contact: dlewis5@elon.edu

Photo Courtesy of E-Net

Women and Weights focused on getting women at comfortable and confident lifting weights.

rewarding experience to get to work with the program.

"In my final semester, it's great to be able to give back after three years of working with Campus Rec," she said. "It's satisfying to be able to spread that message."

She said the message was one that meant a lot to her personally, which made it even more exciting to see the program come to life.

"I'm very passionate about this area," Lewis said. "I'm very adamant about striking the myths surrounding women and lifting (weights). It's such an important part of a fitness routine."

ATHLETIC RESULTS

APRIL 27 — MAY 2

Baseball	Softball
April 30 Elon 8 Wofford 2	May 1 Elon 2 Georgia Southern 2
May 1 Elon 14 Wofford 4	May 1 Elon 9 Georgia Southern 14
May 2 Elon 10 Wofford 12	May 2 Elon 4 Georgia Southern 7

NEWS AND NOTES FROM AROUND THE SOCON

Tennis

After defeating Elon University in a 4-3 Southern Conference Championship match, the UNC Greensboro men's tennis team will advance to the NCAA Championship, beginning May 14. The team finished the season with a 17-5 overall record and an 8-2 SoCon record, losing only to the College of Charleston and Furman University.

On the women's side of the SoContennisworld, Charleston clinched the SoCon title and an automatic bid to the NCAA

Championship tournament. The Cougars were undefeated in SoCon play this season and will continue its post-season beginning May 14, as well.

Baseball

The Citadel sits atop the SoCon with only four losses in conference play. The team is 17-4 in the SoCon and 29-17 overall.

Behind the Bulldogs are College of Charleston, Georgia Southern University and Samford University, to round out the top-5.

To begin the month, road teams in the SoCon were undefeated on May 1, with a unblemished 6-0 record. Teams that secured the wins were UNCG, Elon University, Charleston, Georgia Southern and The Citadel, with the Eagles accounting for two win in a double-header.

Softball

University of Tennessee Chattanooga leads the SoCon with a 17-4 conference record and a 37-14 overall record. The Mocs clinched the SoCon

regular season title with their win May 1 over UNCG.

Behind Chattanooga in the SoCon standings are Elon, Georgia Southern, Furman and UNCG, respectively. The bottom four teams, listed from No. 6 to No. 9, are Charleston, Appalachian State, Samford and Western Carolina University.

Wrestling

Five members of the UNCG wrestling team were given All-American status at the 2010 University Nationals

and the 2010 FILA Junior Nationals.

Freshmen Eric Chandler, Michael Gregory, Jamel Johnson and Caylor Williams were all honored by the 2010 FILA Junior Nationals, allowing them to compete in the FILA Junior World Team Trials May 20 through May 23.

Junior Byron Sigmon, along with Johnson and Williams, were recognized at the 2010 University Nationals and will be able to compete in the University World Team Trials on May 20 through May 23.



ONE ON ONE Breaking down the first month of the MLB season

Tom Waterman and Christian Binder
Sports Commentators

We're a month into the MLB season and there are many players who have set themselves apart. If the season ended today, who would win the major awards in each league?

TOM WATERMAN:

Starting with the awards in the American League, I am going with Francisco Liriano for the Cy Young. Liriano, now two years removed from Tommy John Surgery, is pitching great, really anchoring the Twins' rotation and is a major reason why the Twins have jumped off to such a good start.

My MVP selection in the AL is Tampa Bay third baseman Evan Longoria. Longoria is off to a blistering start for the Rays, batting .367 with six home runs and 19 RBIs in only 95 at bats.

And finally, my Rookie of the Year winner in the AL is Brian Matusz of the Orioles.

CHRISTIAN BINDER:

Well for AL Cy Young, I have to go with Phil Hughes. He was one the Yankees' top prospects a few years back, and he's finally delivering on the promise he showed. Through four starts, he's 3-0 with a 1.44 ERA and a 0.88 WHIP.

For AL MVP, how about Miguel Cabrera of the Detroit Tigers? He's very quietly batting a cool .340 with five home runs and 27 RBIs.

And for rookie of the year, Cabrera's teammate on the Tigers, Austin Jackson. This kid was a

phenomenal minor league prospect with the Yankees and is showing why he was considered one of the top minor leaguers. In the leadoff position for the Tigers, Jackson is batting .367 with five stolen bases and nine extra-base hits. He's also patrolling center field in the spacious Comerica Park.

TOM:

Phil Hughes, what? He has definitely had a great start to this season Christian, but the guy only has 21 career starts and almost didn't break camp in the Yankees rotation.

Moving now to the National League, I am going to have to go with Tim Lincecum for the NL Cy Young. Lincecum has won it back-to-back years for the Giants and is well on his way to earning his third with a 4-0 record and an ERA just over 1.00.

For my MVP choice, I am going to try to think outside the box a little bit and go with Ryan Braun of the Brewers. Braun is probably one of the best players in baseball that most people still don't know enough about. So far on the season he is batting .354 and already has five home runs and 20 RBIs.

And to cap off my award selections, I am bucking the trend and going with Mets starting first baseman Ike Davis for Rookie of the Year. Davis, a recent

call-up for the Mets, has stepped right into the lineup and has immediately begun to produce, sparking the Mets recent winning streak. Look for the numbers to continue to get better for both Davis and the Mets.

CHRISTIAN:

Liriano really only had one season under his belt before he got hurt, so I don't see how that's any different. Hughes went into camp knowing he was in a competition and he won, beating four other guys for the job.

In the NL, the Cy Young has to go to Ubaldo Jimenez of the Rockies. The guy is 5-0 with a 0.79 ERA and — oh yeah — he pitched the first no-hitter in Rockies history this year.

For NL MVP, a guy who has been incredibly clutch for the last few years, Andre Ethier of the Los Angeles Dodgers. To date, he's batting .365 with nine home runs and 26 RBIs. He's an incredibly important anchor in the Dodgers lineup, and he's a stellar outfielder.

Finally, the NL ROTY award goes to David Freese, the third baseman for the Cardinals. He's sporting a .355 average with three homers and 16 RBIs, but what's more, he's stepped up to fill the gaping hole at third for the Cardinals. He'll certainly be an important piece for the Cardinals going forward.