

Intramurals fun for all

Jason A. Caplain
Staff Writer

Do you want to have lots of fun, make cool friends, take a break from cramming for a meaningless subject and as an added bonus stay in shape? Why not? Then call extension 2189 or stop by Alumni Gym and on the second floor you'll find the office of Chuck McCracken, volleyball coach, tennis coach and more importantly, Director of Intramurals. Not only will you be amazed how warm his personality is, but his office glows and proudly displays shiny bronze plaques and trophies from Guilford championships. He'll gladly ensure you're on one of the many intramurals on campus and if you want to get involved further, he'll recommend that you participate on one of the five intramural boards that govern the popular program.

Are you pressed for time? No problem. Flag football, coed flag football, men's soccer and women's soccer only meet a couple of times weekly under game situations.

Other intramurals include Special Events which on the average last only two weeks. This is usually an event that is being tested to see its popularity and if it is, it could be turned into league play. Two Special Events coming soon are Coed Kickball and Coed Ukrainian Baseball. Do you feel that intramurals aren't geared for you? Mr. McCracken said, "(Intramurals are) for anybody who would like a good recreational activity, whether it be to stay in shape or to be socially involved with a team. (It's for someone) who would like to do something physical a couple of times a week." He strongly encourages participation in order to make sure that the program will run smoothly. He stressed that "our goal is to provide activities that (the students) would like to have, that they would like to participate in and so we're looking for their involvement, whether it be on a committee, or as a representative for their area, as well as to participate in what goes on. My perception is that students anywhere, especially at Guilford like to have some involvement and determination of things that effect them. That philosophy fits on what Guilford is all about." He continued by saying that it is difficult to make a program that meets students needs without input from the students themselves. Because then it is just guesswork

from the coaches on what might or might not be enjoyable for the student body. Another plus is that students' that participate on the awards, competition, leagues and events, marketing and public relations and eligibility committees are involved in a structure that is similar to corporation committees students will face in the work force and this will provide experience. This is also an opportunity to practice leadership in a relaxed setting.

If still unsure about participating attend one of the Preview Days without obligation, where you can try the sport for a day and see if you want to do it on a regular basis. Another idea is to contact an intramural representative in your dorm and pepper them with questions about the program. Talking to Joe Wallace and Alex Morrow, it was clear the program is a great recreational opportunity. Joe Wallace is a representative on the first floor of Binford and is involved in the football program as well as the chair of the awards committee. Bubbling with excitement about the entire program, he said that intramurals offer an "opportunity to meet people, express your own individual athletic abilities and provides an opportunity to become more involved in the Guilford College community." Joe doesn't feel he sacrifices too much time with the program either. The same sentiments are held by Alex Morrow, who represents the intramural program for the women on the second floor of Binford. She feels the benefits are that "there isn't any pressure from coaches to win," so it's easier to go out and have fun with your friends.

Mr. McCracken and Joyce Clark, former Director of Intramurals are both looking for women's participation on a greater scale. The program is not even receiving 30% of the female population, Miss Clark pointed out and Mr. McCracken is looking for ways to enhance that. Anyone who wants to start a new intramural can easily do that. You can get a couple of your friends and make a team or contact Mr. McCracken and he'll try to help in organizing one. Mr. McCracken also added that he's looking for faculty and staff interaction and encourages anyone interested to contact him.

Mr. McCracken said, "With more participation and input from the student body, I'm sure he'll have no problem doing that.

Women's soccer find Vixens easy pray

Will Cooper
Sports Editor

Last Saturday the Lady Quakers added another decisive victory to their record as they faced Sweet Briar bringing their overall record up to 3-1.

On hand at the game were a relatively small amount of spectators, due mostly to the Quaker Football team's simultaneous match-up against Chowan College. The weather was bright and sunny for the second straight weekend as the sun continued to shine on Guilford's defense.

After only a few minutes of play one of the Sweet Briar players sustained a serious injury and had to be helped off the field halting play for several minutes.

The Quakers hemmed the Vixen offense into their half of the field for nearly the entire first half, letting the ball back on their side of the field only a few times and allowing only one shot on goal coming at the end of the half. Guilford struggled to score however as the entire opposing team seemed concentrated on defense.

Finally, only a minute before the close of the half, Amy Lewis took a clear shot into the goal off an assist by Bartie Lancaster. As the Quakers went into their halftime huddle they seemed frustrated at their lone goal. In the second half they came out and played a much more decided offensive game.

Midway into the second half, Alicia Golden put up a beautiful arcing shot from right field (in front of the spectators) that sailed over the goalie's head into the net.

Soon after, Megan Corcoran lofted up a perfect corner kick that was skillfully headed into the goal by Karen Rule. The Vixens ended up with only two shots on goal while the Lady Quakers had 18.

Currently, Alicia Golden leads the team in goals with four, followed by Amanda Mozgala with three and Karen Rule with two. Both Lynn Barker and Megan Corcoran lead the team in assists with two each. The two goal keepers have not allowed a single goal since the team's first game against Randolph-Macon.

The next match up for the Lady Quakers is Monday's match up against Lynchburg at 4:00.

* Statistical information provided by Brett Ayers, Sports Information Director.

Fresh start for rugby

Steve Sjostedt
Staff Writer

The fall edition of the 1993 men's rugby season is upon us. The rugby team will be full of new faces as they enter the game against the mountaineers. There is an abundance of speed on the club and the returning veterans are optimistic. Unlike previous seasons there has been a high turnout for the Fall team and the squad should not have to rely on "X factor" play-

ers who mysteriously appear at game time.

For those who are new to the college or to the game, rugby is a fast paced aggressive game with few rules (and fewer people who understand those rules). However it is very entertaining to observe and the team would like to encourage anyone to come out and support them. Also, the team is always looking for new recruits and everybody is welcome. If running full speed into fellow bipeds while in hot pursuit of an oblong ball or

the person in possessions of it sounds like a hoot to you, then this is a golden opportunity. Being a club sport, there is no deadline to join and everybody gets the opportunity to play. UNC-Chapel Hill is slated to come to Guilford as are the Fort Bragg All-stars, and more games are being tentatively scheduled for the rest of the semester.

Athlete of the week

Kiley Holder
Copy Editor

This week's Athlete-of-the-week is junior Jude Crayton. Crayton is a starting cornerback for the Guilford College football team.

Crayton was the star of Guilford's first win of the season, Saturday Sept. 19, against Chowan College. Crayton returned two fumbles for touchdowns in the first half of the contest.

Crayton said that it was fortunate that, "it just happened at a

moment when we needed something to happen."

He also said that he was very surprised and that it was somewhat of a "fluke" that it happened to the same person twice. But it takes talent and presence of mind to scoop up a football and scramble it into the end zone.

Although he is a junior, Crayton is a newcomer to the football team. He said that his experience with high school football and rugby in Brookings, South Dakota, helped him with his defensive (and fumble recovery) skills.

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