

Men's basketball reaches Final Four

By Dan Etter
STAFF WRITER

After a disappointing defeat in the first round of the Old Dominion Athletic Conference (ODAC) tournament, it seemed as if the men's basketball season had come to a close.

Now, only three weeks later, the Quakers have secured a spot in the final four, just two wins away from a National Collegiate Athletic Association (NCAA) championship.

On Saturday, March 14, the Quakers defeated Texas-Dallas 64-59 in an overtime victory that propelled them into the semi-finals for the first time in school history.

Trailing 12 points with 5:27 left in regulation, the Quakers finished off their exciting comeback with an off-balance three pointer from junior Clay Henson with .08 seconds.

Henson's game-tying three was only his and the team's second of the night, as they made only three of 17 from behind the arc.

"He struggled," said Head Coach Tom Palombo of Henson's shooting; "But (associate head) Coach (Matt) Parke said 'Hey, get him to take the last shot. Get it in his hand,' and he certainly did."

Rebounds helped secure the victory for the Quakers, as they out-boarded the Comets 7-2 in

the extra period and 44-30 overall. Clutch free-throw shooting from junior Tyler Sanborn widened the lead with 1:01 left and another pair of foul shots by sophomore T.C. Anderson secured the final score - and the win - with just 27 seconds left.

The win over the Comets was the Quakers' fourth in the tournament, as they defeated Transylvania 71-67 in OT, Averett 91-81, and John Carroll 78-73 previously.

The Quakers will square off against second-ranked Washington-Saint Louis in the semi-final match on Friday, March 20 at 5:00 pm in Salem, VA. The number-two-ranked Bears defeated Whitewater 73-70

and Wheaton 55-52, and upset top-ranked and previously unbeaten St. Thomas 79-64 on their way to the semi's.

The Quakers, ranked 23rd nationally, improve their record to 25-5 and continue to pile up awards. Henson won first-team all-region honors, Sanborn was named D3hoops.com South Region Player of the Year, and Coach Palombo received his second D3hoops.com South Region Coach of the Year award in three years.

The winner between Guilford and Washington will meet the winner of Richard Stockton College and Franklin and Marshall College at 3:00 p.m. on Saturday, March 21.

A run with the Ultimate Frisbee team

By Peter Kostin
STAFF WRITER

My hands were arthritic from the cold while I ran down one of Guilford's practice fields after a Frisbee, of all things. The disc and I seemed to crash against a wall of cold air as we closed in on our rendezvous.

I went for the catch, only it slashed my knuckles like a whip. Keeling over, out of breath while the little UFO crashed, I tried to figure out what was so hard about catching a disc.

Then senior captain Molly Finch yelled "Sprint!" The rule is that a dropped Frisbee means sprints for the culprit.

It was probably then that I realized that Guilford's "Biohazard" Ultimate Frisbee team was no joke.

My first impression: a deceptive game. The players defied my stereotypes. There were no shoeless, red-eyed, Jerry Garcia t-shirt havin' lollygaggers. Nope. I didn't experience any soul-seekers living in the metaphorical conceptualization of "to be" - just some dirty athletes.

First-year player Sarah Stangle told me about a diving interception she had earlier in the season. She recalled it with the eminence of "slow-motion." With three opposing players sliding on top of her, mud spewing in a wake of limbs, she held on.

I actually learned that holding onto the frisbee is only the second most important part of the sport. The first is the ethics of the game.

"The big tenet of ultimate is spirit," said captain Nick Mozer, recovering from a broken collar bone. "The game teaches

people enjoyment, and especially respect for rivals."

In some ways, ultimate is ultra-community-oriented, taking leaps in promoting sportsmanship.

Respect for the other team is actually the incentive for a fair game. Instead of having referees, players officiate their own game.

Regimented post-game handshakes are no longer needed.

During my two-hour practice with Biohazard, I was challenged- grappling with concepts and flying objects, indeed. The team demonstrated an abundance of solid friendships.

Biohazard practiced like they were in a Dallas Cowboy training camp, but off the field they got along like brother and sister.

They're an enigma. "We don't think, we just throw the disc," smiled the freshman player Tyler Lipton, sporting grass- and dirt-peppered elbows.

Eleven of Biohazard's 17 players are underclassmen. Surprisingly, many of them wield varsity-sport speed.

First-year James Williamson left me hacking up gunk after giving me the slip on a long throw. Williamson and other players benefit from their speed and endurance from their dedication during their minimal off-season.

"The winter season is when you can really see who the Frisbee addicts are," said Williamson, starry-eyed.

Even for a bumbling rookie, Biohazard knew how to make the game fun for a beginner.

"We don't want people to be afraid to come out because they are intimidated by

a sport or because they've never thrown a disc," said Mozer.

Like other club sports, ultimate is a commitment off the field as well.

"We do a lot of team bonding like rugby," said junior Gillian Galdy. "Except nobody's in your face."

The players have traditionally celebrated their hard work by partying with the other teams after games and tournaments. Galdy recalled a shindig with the University of North Carolina Greensboro team after coming in second place at a tournament last January.

Arch rivals or not, everyone partied. There have been instances where Biohazard played teams who lacked sportsmanship and respect- the two holy grails of Ultimate Frisbee.

Junior Ben Macdonald felt strongly about one team that seemed ultra-proud.

"They were s***-talkers," said Macdonald, referring to the University of Tennessee team. "They beat us and then were talking down to our team afterwards."

"Aggression and manipulation!" said senior Julia Kartman as she pushed her way into the conversation.

The team prefers to remain positive.

First-year Caroline Frantz told me about scoring her first goal after only playing the sport for two months.

And considering the team's young players, there is room to grow.

This year they're 6-7. Biohazard has just come back from the Hidetide Tournament off the coast of Savannah, Ga., where they made it to the quarterfinals.

SPORTS



Guilford senior **Jessica Casto** breezes by the General's defense in the game against Washington and Lee.

COURTESY OF GUILFORD ATHLETICS

A rollercoaster season comes to a close

By Patrick Childs
STAFF WRITER

The great NBA coach Phil Jackson once said "If you meet a Buddha in the lane, feed him the ball." Good advice from a coach with rings from nine career championships.

But the Buddha was never left open for the Quaker women's basketball team (11-14)(10-10) to pass to during the team's season-ending loss to Virginia Wesleyan (18-9)(14-6) on Feb. 26, in the Old Dominion Athletic Conference tournament (ODAC).

The team's bad luck was evident in their shooting, as they shot 29 percent, nine percent less than their season percentage.

"I felt like we should have shot the ball better," said junior Alexa Williams. "We let their defense dictate what we did."

The Quakers' "luck" has come and gone this season as they compiled overtime wins against Emory and Henry and Washington and Lee in early December, and another against Bridgewater in January. But the Quakers suffered close losses to ODAC foes Roanoke, Lynchburg and Randolph in November, December and February.

"The games we lost this year we learned a lot from," said junior Ann Seufer. "And the next time we played we played smarter and better."

In their wins, the lady Quakers could argue that luck wasn't as important as having "role players." Guards such as junior Joclyn Terry and senior Jess Casto helped lead the team, along with senior captains Brittany Bumgarner and Tracey Croner.

Bumgarner and Croner have received recognition off Basketball Coach's Association (WBCA) So You Want to be A Coach Program and Croner earned first team All-ODAC.

In her All-ODAC season, Croner contributed buckets from inside the lane, which helped her reach a milestone mark of 1,000 career points at Guilford. Another historic mark was reached by Seufer as she made 178 career three-pointers - a school record.

"I enjoyed it," said Seufer, referring to her milestone. "It was a testament to my teammates, coaches and family who have helped me with my shot over the years."

Seufer will look to add to her record next season, and the Quakers will hope to make due without their graduated seniors.

Croner, Casto and Bumgarner, along with senior Shavon Hackett will be missed in 2009-10, but the Quakers expect returning talent such as first-year Alex Miles, who led the team in rebounds, three-point threat Lauren LeFevers and defensive specialist Jasmine Wood.

"I'm looking forward to winning more games (next season), said Miles. "And just seeing how the returning players come back."

QUAKER QUICK STATS

COMPILED BY PATRICK CHILDS

.08

Seconds that remained in men's basketball's "Elite Eight" contest after junior Clay Henson beat the buzzer with a three-pointer that tied the game. The Quakers won in overtime... Can you say "Final Four?"

6

Straight games that Guilford's softball team has won. In these wins, Guilford outscored their opponents 43-7.

.587

Sophomore Kyle Wooden's batting average in Quaker baseball's first 18 games. Along with batting average, Wooden is among the conference leaders in homeruns (5), hits (37) and RBI's (27).

12

Combined goals scored by women's lacrosse players Carrie Ernst (7) and Ellie Merritt (5) in a 21-9 win over Frostburg State on Tuesday.

#1

President Barack Obama's prediction for how the University of North Carolina will finish in this year's NCAA tournament. Mr. President's bracket can be found on ESPN.com.