

## Quakers' strong second half comes up short

By Chris Matteo  
STAFF WRITER

Coming off an Old Dominion Athletic Conference (ODAC) loss to Bridgewater College on Oct. 17, Guilford football looked to overcome another ODAC rival, Washington and Lee last Saturday.

The Generals also came into the contest after losing a close game the previous week to 23rd-ranked Hampden Sydney, but overcame the Quakers in a slim-margin victory, 28-21.

The Quakers came into the game 1-5 overall and 0-2 in the ODAC, while the Generals were one game ahead of the Quakers with a 1-2 conference record, which made the game pivotal for conference standings.

"We knew it would be a close game; we beat them last year," said sophomore defensive back Kenneth Hyman.

The Generals broke the seal of a scoreless first quarter when quarterback Charlie Westfall completed an 18-yard touchdown

pass to Harrison Hudson.

The second quarter was a mirror image to the first, as the Quakers were held scoreless. Guilford's defense shut down the Generals offense but a special teams' fumble of a punt gave the Generals the ball back at the Quakers 19-yard line.

After three plays, Jonathan Clemo capped the Generals drive with a two-yard touchdown run. The Quakers' offense responded with a 49-yard drive, but the Generals' defensive stand against Justin Parker's fourth-down run kept the Quakers off the scoreboard in the first half.

"We were getting adjusted to their game plan," said sophomore defensive end Jordan Dutton.

At the half, Guilford outgained Washington and Lee 154 yards to 145. Washington and Lee won the field position battle - on an average drive, the Generals started on their own 39-yard line, 14 yards further than the Quakers. The Generals' field position in the

first half was credited to the Quakers' three turnovers.

Despite losing the turnover battle in the first half, the Quakers were quick to reverse roles in the third quarter. A Hyman interception in the 12th minute set a different tone for the Quakers in the second half. With a drive that started on the General's 35-yard line, the Quaker's used the short field to their advantage and capitalized as Billy Watkins punched in a two-yard rushing touchdown.

Going into the fourth quarter, the scoreboard showed 14-7 in favor of the Generals. The Quakers neutralized the score when senior Richie Paul's second forced fumble of the season led to a 27-yard touchdown run by first-year Mike Williams.

The touchdown buzzed the bleachers in Armfield Athletic Center, as the Quaker fan base stood. But fans were quickly quieted when Generals' John Kavanagh ran a kick return for 99 yards on the very next play for a score.

The back-and-forth battle of the second half continued, as it was the Quakers' turn to score. With 6:38 left in the game, David LaPlaca returned a fumble 42 yards for a defensive touchdown for the Quakers. All three touchdowns were credited to the Quaker's defense.

"I thought we had the game," said junior Justin Parker when asked about the game-tying touchdown.

Again, the Generals answered on their following drive, once again, with a touchdown run. The Quakers got the ball back twice more, however, were unable to score.

"They had good field position," Dutton said about the loss. "Another thing that plagued us was penalties."

The Quakers had eight penalties in the game for 66 yards.

The Quakers will try to take the sting out of the Yellow Jackets of Randolph Macon College at 1:00 p.m. on Saturday at Armfield Athletic Center.

## Runners deviate from course at invitational

By Amber Reese  
STAFF WRITER

An icy wind blew across the Meadows on Oct. 17, as cross-country runners warmed up for the Quaker Invitational.

When the gun fired, signaling the start of the race, the runners swarmed up the field in a pack.

Guilford's men's and women's teams competed against four other Old Dominion Athletic Conference (ODAC) teams as well as teams from non-ODAC schools like Emory University.

The Guilford men took fifth place out of eight teams, placing higher than two of the other ODAC teams, while Guilford women ranked ninth out of 12 teams, placing higher than one of the other ODAC teams.

The top times for Guilford's eight-kilometer male runners were 29:18 by Richard Rogers (21st), 30:09 by Tyler Brown (38th), and 30:36 by Palmer Hicks (45th). Times by Ryan Wroblewski, Lukas Musslewhite and Jonathan Meade were all under 32 minutes.

The top times for Guilford's six-kilometer women runners were 26:19 by Tessa Omina

(29th), 26:51 by Linnea Saby (35th), and 27:47 by Morgan Freyer (47th). Other runners, including Charissa Duncan, Ariel Lang and Dana Small ran under 37 minutes.

"Our team did really well. We were competing against Emory, the top team in the region," said head coach Heidi Pinkerton. "I was very proud of them."

Emory took first place in both the men's and women's meets. Emory runners also took the first three individual places in the women's meet and second place individually in the men's race. Virginia Wesleyan took first place individually in the men's race.

The men actually ran longer than eight kilometers. A few of the lead runners from Emory and Virginia Wesleyan accidentally cut part of the course.

"They got confused, I don't know how because there were arrows and directions, but it was a good race," Pinkerton said.

The runners responsible cut off a half mile, so course directors had to adjust the course while the men were running.

"My teammate lost us in the woods on the back side of the

course and took a wrong turn. I believe this happened to the teammate of the Emory runner who finished second as well," said Virginia Wesleyan runner Sean Whitson.

The Quaker Invitational was the second race Guilford has hosted this year. Guilford changed the course since the Sept. 19 X-C Carnival.

"The course was a lot better than last time, and they got rid of some of the tight corners," Lang said.

Pinkerton was also pleased with the improved course.

"I like the new design of the course. It's user friendly and spectator friendly," Pinkerton said.

Everyone was all smiles at the race's end, despite the trouble on the course.

"The race went well," first-year Wroblewski said. "After taking three weeks off because of an injury, I didn't have high expectations, so I took the first mile pretty easy, then let it fly... I couldn't be happier with how I ran. I'm back and better than ever."

Guilford will host the NCAA Regional tournament on Nov. 14. This meet will mark the third invite hosted by Guilford this fall.

## Eat, sleep and play basketball

By Will Cloyd  
STAFF WRITER

As I lower myself into the ice bath, everything hurts. My knees glow blue and purple with bruises, my feet pulse with blisters, my shoulders ache, and my right hip throbs. Welcome to Guilford basketball two-a-days: A weeklong trial by fire to prepare what is hopefully a championship-caliber team.

For most Guilford students, fall break includes a get-away from campus, sleeping in until noon and home-cooked meals. For me, fall break is a little different.

The day starts with stretching at Jack Jenson's court at 8:45. From there, the coaches run drills until 11:15. After a lunch break at the caf and a quick nap, I head back to the Field House at 4:00 for a two-hour afternoon practice. My day concludes with another meal at the caf, and an early 10:30 bedtime.

In pre-season, I learn the basics of the game - from passing and screening to rebounding and defense. I learn that there's a right way to do things, and a wrong way. It's all about mastering the fundamentals. Behind-the-back passes or dribbling the air out of the ball is irrelevant.

The coaches tell the team on the

first day of practices that no amount of planning or fancy plays will win games. We have to do the little things right; play defense, rebound, and moving without the ball. We have to have a passion for the details.

On every defensive slide: step, slide, step, slide, until it feels like my leg muscles will explode. On defensive positioning: chop my feet, left hand up until my lungs ache. On every post up: read the defender, fight for position until I am bruised and battered.

To do all these things requires incredible physical conditioning and mental toughness. The fatigue is coming, and when it does, I have to tell myself not to be tired.

After all the defensive slides, and all the box-outs, comes the running. Now is the time to dig deep, and find that bit of energy I never thought I had. My mind may say "no," but my body had better say "yes." Dig deep and I might just find something I didn't think I had.

This may all sound terrible, like some sort of work-out from hell. But I love basketball, I have played this game for as long as I can remember, and I'm not about to stop.

Out of the ice bath. Time to go back to work.

## QUAKER QUICK STATS

COMPILED BY PATRICK CHILDS

13

Saves by sophomore goalkeeper Kat Adams in women's soccer's tie against #21 ranked Washington and Lee last Saturday. A goal by sophomore Bri Eilman tied the game in the second half.



40

Pennants won by the New York Yankees after their game six win over the Los Angeles Angels last Sunday. The Yankees will match up against the Philadelphia Phillies on a quest for their 27th World Series championship.



14

Days until #2 ranked Guilford men's basketball starts the 2009 season against the Italian Jr. National Team. The women's team starts the season in 19 days at the Greensboro Coliseum against crosstown rival, Greensboro College.



100

Career volleyball matches played by senior Bethany Hawks. Hawks has played in 349 games and ranks 7th all-time in school history with 984 digs. The lone senior will be celebrated on Oct. 31, in a Senior Day match against Salem at 11 a.m.

