

# SPORTS

## PLAYER OF THE WEEK

Name: Katie Helms  
 Major: Exercise and Sports Science  
 Sport: Cross Country  
 Year: 2010

This issue's Player of the Week is senior Katie Helms. Helms is one of the most dominant members of the 2009 Meredith Cross Country Team. Helms' speed, audacity, and leadership skills help make this year's cross country team arguably the best one yet.

Helms has been participating in cross country since her freshman year of high school. This is her 8th season straight of hard core running. Although some people may consider cross country running to be incredibly difficult and hard, Helms loves being on the cross country team.

"One thing I love the most about cross country is being in great shape and having a sky-rocketing metabolism. In all seriousness though, it's great to be on a team and have a set time of day every day that I can get away with friends and not focus on what's due tomorrow," said Helms.

Helms plans on making running a permanent part of her life. She will continue running after college for health and recreation and may possibly participate in races. Her intense



Photo Courtesy <http://www.meredith.edu/athletics/cross-country>

love for running has definitely contributed to the success of the cross country team.

"I am fully confident that this will be the best season for cross country that Meredith has ever seen," stated Helms.



## UPCOMING EVENTS

### Wednesday, Sept. 23

Volleyball VS Methodist @ Fayetteville, NC  
 7p.m.

### Saturday, Sept. 26

Volleyball VS Shenandoah  
 12 p.m. (WSP)

Soccer VS Piedmont  
 2p.m. (AFT)

Volleyball VS Greensboro  
 4 p.m. (WSP)

Cross Country @ Greensboro XC

### Tuesday, Sept. 29

Volleyball VS Peace  
 7 p.m. (WSP)

### Wednesday, Sept. 30

Soccer VS Lynchburg  
 5 p.m.

(Lynchburg, VA)

## DR. CAMPBELL IS NEW BASKETBALL COACH

Jillian Curtis  
 Staff Writer

After much controversy, Dr. Melinda Campbell will be the new head basketball coach for the 2010 basketball season. Campbell has served on Meredith faculty for the past seventeen years, but this will be her first season coaching college basketball here at Meredith.

Dr. Campbell is no stranger to college basketball. After playing at both the high school and college level as well as serving as basketball coaching assistant at Indiana University, Campbell is more than ready to take on the challenge.

In addition to coaching, Campbell is also a recently tenured professor. She was the department chair of Exercise Sports Science, and she will continue teaching as well as coaching during the basketball season.

Campbell was also the tennis coach at Meredith for numerous years. She coached from 1992-2000, and during that time she led the Angels to their first ever NCAA tournament spot. She

also led the team to national rankings in 1995, 1998, and 2000.

Prior to teaching at Meredith, Campbell worked in the Greater Clark County School System in Jefferson, Indiana. During her time there she served as Head Basketball, Volleyball, and Girls Track Coach. Needless to say, her experience is invaluable and she will be a crucial asset to the Angel's future success.

After having several difficult seasons in the past, it will be up to Campbell to lead the team in a positive direction. Last year's overall record was 6-19, despite the fact that Meredith had many talented players. Hopefully with Campbell's new coaching techniques as well as returning starters, the Angels will be able to come out strong and have a successful season.

Be sure to check out the Meredith Avenging Angels website for a schedule of this year's season.



Photo Courtesy <http://www.meredith.edu/athletics/basketball/coaches.php>