

SPORTS

PLAYER OF THE WEEK

Jillian Curtis
Staff Writer

Name: Samantha Ramsdell
Year: 2012
Major: Biology
Minor: Business
Sport: Cross Country

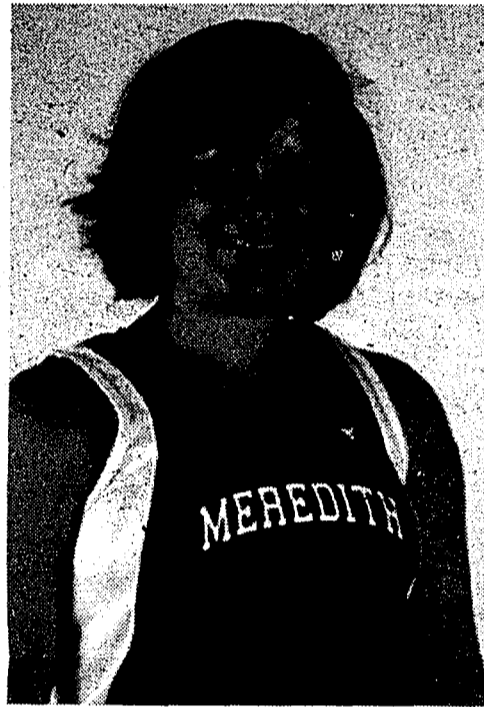


Photo courtesy: <http://www.meredith.edu/athletics/cross-country/profile.php?id=181&aid=>

Sophomore Samantha Ramsdell is this week's player of the week. Ramsdell is a two year member of Meredith's Cross Country team. Her skill and determination have played a vital role in the team's success. Ramsdell's performance led the team to place fourth in the USA Conference meet on October 31.

Ramsdell has been an active runner for several years now, and her love for running landed her a spot on her high school cross country team. Since then, Ramsdell has constantly been improving her skills, and because of her hard work and determination, was offered a spot on the Meredith Cross Country team her freshmen year. Ramsdell is very thankful for all of the activities cross country has created for her, and she has plenty of great memories involving her experience.

"One of my favorite memories is when we went as a team over night to Wilmington, or when the whole team competed in the Krispy Kreme Challenge last February! Those were some great team bonding moments!" reflected Ramsdell

In addition to making herself known for cross country, Ramsdell also puts a lot of time and energy into her school work. She is majoring in biology with a minor in business, and naturally has to balance the struggle of running and keeping up with her studies. Despite the hard work it takes to be a student athlete, Ramsdell plans on continuing her running career throughout her years at Meredith. She also hopes to one day complete a marathon.

"I love that running keeps me in shape. It's also very fulfilling to me. Whenever I come back from I run, I always feel accomplished. It's a de-stressor for anything that I may have going on throughout my day," stated Ramsdell.



UPCOMING EVENTS

Friday Nov. 20
Meredith Dance Theatre
8:00 pm

Basketball @ Eastern
Mennenite

Saturday Nov. 21:
Meredith Dance Theatre
3:00 pm

Basketball @ Eastern
Mennenite

Sunday Nov. 22:
Meredith Dance Theatre
8:00 pm

A MEREDITH FAIRY TALE

Aleighta Page
Staff Writer

Once upon a time there was a beautiful and alluring set of swimming angels at a magical pool. We have heard great talk of these beautiful swimming angels....

That would be the Meredith College Aqua Angels! The Meredith Aqua Angels is a synchronized swimming group here at Meredith. This past Thursday and Friday the Aqua Angels put on their fall recital performance. They took the audience on a journey through several classic Disney songs including Cruella DeVille, Gaston, and the Circle of Life, and other great song choices. The Angels put on their phenomenal performance at our very own Weatherspoon Gym Aquatic Center. The Angels romanticized the gym with pink crepe paper and paper castles and dimmed the lights, creating a very fairy tale-like scene. The angels even added

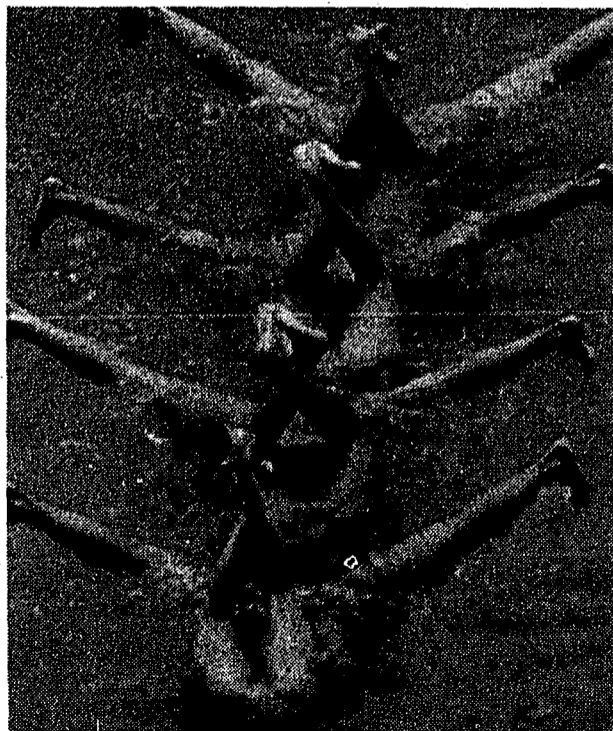


Photo courtesy: <http://blogs.reuters.com/wp-content/uploads/2007/07/synch-swimmers.jpg>

a special touch to seemingly dull black bathing suits; they added ribbons or sarongs to their bathing suits for some acts, and one group even wore top hats which they tossed aside before getting in the pool.

The Aqua Angels is not only limited to students; there is a special Aqua Angel group for the faculty! These members performed their swimming routine to the classic "Feel the Love Tonight."

As the angels brought the audience to a "Whole New World" and showed them how to "Make a Man out of You", I was astounded at how coordinated the Angels are and really appreciated the hard work they put in to make this performance possible. If you missed the fall recital, keep an eye out in the spring for their spring recital!