

NCSSM Cross Country 1993

by Tony Borelli

NCSSM's Cross Country head coach, Kevin Cromwell, is obviously an excellent motivator. His girl's team won all of their first six meets and his men's team is a solid 4-2, through their first six contests. Cromwell's motivating techniques can be quite interesting, though. Right now he has a unique bet with his girls team. If the girls team can finish in the top three in the state, Cromwell has to get a tattoo of a unicorn on his ankle. From the looks of things, Cromwell, 3rd Bryan's S.L.I., might just have to get the tattoo; he says that both teams have excellent chances in the postseason, and the girls are already designing the potential tattoo.

Cromwell says all of his runners have a good work ethic and are having fun at the same time. He denotes Toby Hampson, Lee Gause, and Maia Carter as his biggest senior contributors. Carter, the Micheal Jordan of the girls team, has already had quite a stellar season. In the team's first meet against Roanoke Rapids, Carter not only beat all of the girls involved, but also all of the boys on the Roanoke Rapids team. In the second clash with Roanoke Rapids, only one guy finished ahead a Carter.

The girls have beaten Durham Academy, South Granville, Clayton, Louisburg, and Roanoke Rapids, twice. The boys, facing the same schools, have only lost to Durham Academy and Clayton, which was decided by a tie-breaker. However, Cromwell is quick to point out these wins would not have been possible without some great junior runners, particularly Brian Watkins, Aaron Kirtley, Ron Sutherland, Tanisha Merritt, and Dana Pasquale. By running cross country, these juniors can get well adjusted to NCSSM socially and stay in top health at the same time. While Pasquale says that cross country is demanding, she also says, "I like it a lot, I love running. We work

Intramurals at Science and Math

by Aaron Massey

Once again intramurals are here at NCSSM. The main goal of the program this year is to have fun, exercise, and promote hall spirit. With everything from soccer to free throw contests for both men and women, the intramurals for this year seem promising.

The schedule throughout the year for men include (in order): Soccer, Flag Football, Turkey Trot, Banner Contest, Basketball, Free Throw Contest, Sharp Shooter Contest, and Volleyball. The women's schedule has a little variation as shown (in order): Soccer, Softball, Turkey Trot, Banner Contest, Basketball, Free Throw Contest, Sharp Shooter Contest, and Volleyball. There are ten men halls and also ten women halls (with one all-staff team) participating.

Mrs. Witt, who has head of the intramural program, commented that there is more concentration on team sports this year opposed to individual sports. Some of the individual activities that have been in the program in the past but were not placed in the schedule this year include: Tennis, 8 Ball Pool, Racquetball, Table Tennis, and 3 on 3 Basketball. These activities were not included this year because of various difficulties. However, these activities will still be offered this year by Coach Brown on a recreational level.

Cross Country Team

Chetan Bettegawda
Victoria Bennett
Ben Blizzard
Anne Bramley
Maia Carter
Aaron Dolezal
Dara Eberly
Marci Gambrell
Lee Gause
Matt Goss
Toby Hampson
Chad Harness
Hank Hoffman
Tory Hoke
Aaron Kirtley
Tanisha Merritt
Aaron Remerenko
Dana Pasquale
Ron Sutherland
Brian Towles
Corey Turner
Brian Watkins

together as a team and every meet our times are getting closer and closer together."

The season, so far, has been very successful for the Unicorn cross country squad. Things are probably only going to get better. As Cromwell says, his runners are very determined, whether they are trying to beat their last time, another runner, or win the state title.

NCSSM Women's Volleyball

by Ryan Burkett

This year's "Grunting" Unicorns are on a rage. The mission they have formed within themselves consists of a sequence of methods devised to gain respect and dignity from the NCSSM community as well as the rest of the world. These steps they strive to achieve have several influencing factors, including WIN! The Women of NCSSM have combined for a 10-3 overall record as well as a respectable 7-2 record of in conference play, placing them at second in the conference so far. However these ladies aren't at ease yet as they persist on the trail of the conference leading Louisburg, conference champions for the past several years, on Wednesday, October 6.

Last year's team acquired a substantial number of wins placing them at years end at sixth in the conference. However this was not enough to allow them compete in the playoffs for the 1992 season. This disappointment prevented the taste of sweet victory from ever being fully grasped by the juniors of last year. As leaders of the squad this year the invitation to state tournament will be a goal strived for by the team and one which the "Lady Uni's" have close in their sight.

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