

Carolina Tar Heels, Duke Blue Devils dominate college basketball once again

BY MAC BALL
Sports Editor

Once again, UNC and Duke started the basketball season as the top teams in the Atlantic Coast Conference. The ACC has become a two-team race every year, and it seems no other school offers a legitimate challenge to the Tar Heels' and Blue Devils' reign over East Coast basketball.

Carolina starts the year at #1 overall in the AP poll, with Duke not far behind at #6. The only other team close to the top 25 is Florida State ranked as 26th. Even so, the ACC is only the second best conference in the country for basketball; the Big East is generally better overall.

UNC looks to win the NCAA tournament only three years after its 2009 championship. Last year turned out to be an impressive start for the rebuilding progress after losing numerous seniors the two years before.

A pre-season All-American, sophomore forward Harrison Barnes averaged 15.7 points per game (ppg) over the course of the season. He had less than impressive stats to begin the season but was able to step it up in the last two months, which helped UNC win the ACC regular season title and a #2 seed in NCAA Tournament.

Senior center Tyler Zeller also had 15.7 ppg, along with 7.2 rebounds per game. Junior Forward John Henson averaged a double-double at 11.7 ppg and 10.1 rebounds. Sophomore point guard Kendall Marshall needs to pick up his scoring efforts after only averaging 6.2 ppg, along with 6.2 assists, third in the NCAA. These returning starters, along with junior guard Dexter Strickland, will need to mold together again as the truly best starting lineup in the nation.

Duke looks to begin its rebuilding process after losing their three leading scorers, seniors Nolan Smith and Kyle Singler and freshman Kyrie Irving. They maintain the largest front court in the country, close to the 21-foot in total Plumlee brothers. Senior Miles (6'10"), junior Mason (6'10"), and freshman Marshall (6'11) add up to be 20' 7 of Plumlee.

Besides the Plumlees, Ryan Kelly adds 6'11, and a key shot in the clutch from mid-range. Junior guard Andre Dawkins will enjoy more court-time minutes alongside Tyler Thornton now that Kyle Singler is gone. Junior Seth Curry and freshman Quinn Cook will head the offense in place of Nolan Smith.

Both teams will rely heavily upon young talent, especially the Blue Devils, who will most likely start two to three



North Carolina's starting five are a big reason why the Tar Heels opened the college basketball season as Number One. From left: pointguard Kendall Marshall, center Tyler Zeller, forward John Henson, and guard/forward Harrison Barnes. *Internet photo.*

freshmen: Austin Rivers, Quinn Cook, and Marshall Plumlee. UNC will rely upon sophomores Harrison Barnes and Kendall Marshall. The Heels will expect several minutes of play time from Bob McAdoo's nephew, James Michael McAdoo, and former Dudley star P.J. Hairston.

Other Big 4 Four schools, Wake Forest and NC State, are hoping to come back from a less than impressive season, especially the Deacons. Wake finished the season at a dreadful 8-24

(1-13 in ACC). State finished a little more impressive at 14-16 (5-12) but fired five-year coach Sidney Lowe after failing to make the NCAA tournament after Lowe's first season.

Considering all of these factors and the achievements of other ACC teams, UNC and Duke will dominate the ACC with Florida State following in a not-so-hot pursuit. UNC will have the best chance of winning the school's sixth national title, and Duke will fight for its fifth.

Wrestling team starts season strong with new coach

BY MADISON CAMPBELL
Reporter

With their first official practice on October 31, wrestlers and head coach Tyrell Lee looked forward to a strong season. Lee intended on having the team more conditioned than any other team on their schedule. Assisting Coach Lee is Kolton Wade, who has served in the wrestling program for the past two years and continues to do so. Wade has over five years of wrestling experience, along with four years of jujitsu. Like Lee, Wade has clear expectations for the wrestlers regarding their behavior on and off the mat.

"I don't like anything dirty. I want to go in, shake hands, and win the match. That's just how I roll," said Wade.

Senior captains Justice Bailey, Madison Campbell, Eric Draughn, and Justin Stanley all have participated in the sport for their entire high school career. They lead the team by example, emphasizing the importance of maintaining weight, conditioning, attending practice regularly, and showing good sportsmanship.

"Four years of hard work is going to show this year. I expect to qualify for the State Championship—no question about it," said Draughn.

Team captains and coaches alike anticipate their underclassman athletes will also be major contributors to the team's success.

"We have lost several guys who graduated, changed schools, or just de-

ecided not to come out. Every man (and woman) counts. We need everyone we can get if we want Grimsley wrestling to be a powerhouse in the high school wrestling world," said Campbell.

Wade is looking forward to matches against some strong competitors this season.

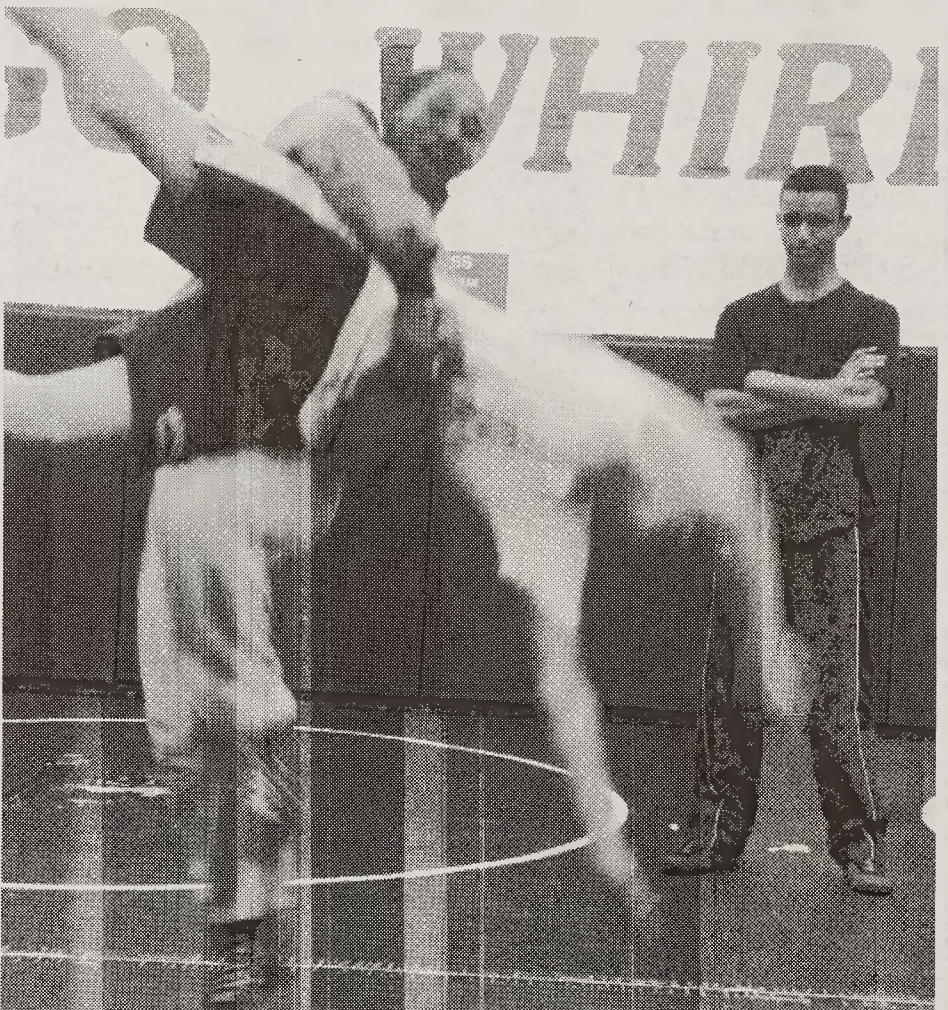
"This is going to be an interesting year. We have two former Grimsley coaches who are now at different schools, each of whom we will be facing off against at different parts of the season. I know a lot of the upperclassmen are really driven to show their old coaches how far they have come as wrestlers and as young men," said Wade.

Page remains an infamous rival for the Whirlies, but Dudley and Union Pines are on the radar this year as well. Former Grimsley head coach Rob Root coaches at Union Pines, and former head coach Brandon Anderson coaches at Dudley.

Many students are involved in athletics but not many recognize the challenges of being a wrestler. Besides the physical toll the sport takes on a wrestler's body, the mental anguish is just as seriously consuming.

"Overcoming the feeling that you can't go any more, pushing past that, and never giving in are the toughest parts of wrestling. If you can overcome the feeling of being tired and push yourself above and beyond your limits, that's when wrestling becomes truly rewarding," said Bailey.

Besides conditioning, weightlifting, learning new moves, and live wrestling



Senior Justice Bailey takes down sophomore William Clontz in a leg sweep during a sparring session at practice. While he did not qualify for state last year, Bailey explained he had high hopes for meeting eligibility winter. *Jenkins Photo*

are keeping the wrestlers in top shape. "I can't wait for the first win of the season. Winning a match just

gives me a feeling of Jubilation. In my mind the crowd is going wild," said Draughn.