

Tar Heels Win Year's 1st Swim Meet

Men Edge Tigers, Women Rail Terps As UNC Cruises

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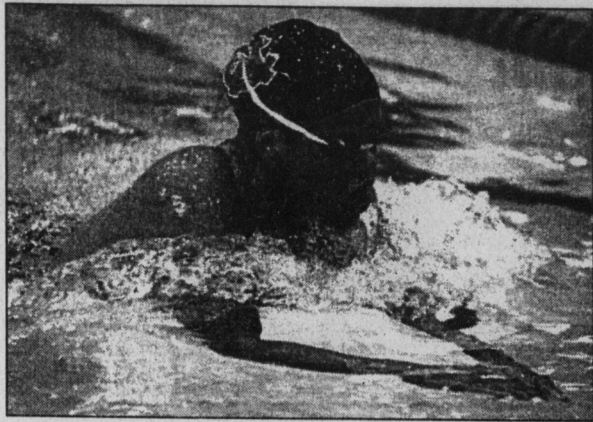
After the North Carolina swim team swept the ACC Championships in both men's and women's competitions last year, this year's team entered the 1995-96 campaign looking to regain the form that would return it to the top.

The Tar Heels found it Saturday, as they opened their season with an easy victory over Maryland and Clemson in a double dual meet held at Maurice J. Koury Natatorium.

"I thought both of our teams did very, very well," said UNC coach Frank Comfort, now in his 19th season with the Tar Heels. "I'm just delighted with the way we swam."

The men, who have won three straight conference titles, edged the Tigers 66-47 and smashed the Terrapins by 75 points, 94-19. Clemson beat Maryland 83-30 in head-to-head competition. UNC finished with 160 total points while Clemson and Maryland had 130 and 49 respectively.

The women, in search of their sixth consecutive ACC title, defeated the Tigers



DTH/KATHLEEN OEHLE

UNC's women's team beat Clemson 66-47 and Maryland 94-19 in the Tar Heels' opening meet Saturday. They are seeking their sixth straight ACC title.

70-43 and shelled the Terrapins 90-23. Clemson beat Maryland 76-37. In total, the women had 160 points as Clemson had 119 and Maryland had 60.

Comfort, the winningest coach in the ACC history, was pleased with the performance of the freshmen, but he said he wants them to know the veterans provide the winning edge.

"We had a tremendous number of freshmen in the meet, and by in large most of them responded very well," Comfort said.

what different from years past. Since 1996 is an Olympic year, the meets have been pushed forward several weeks to make room for the U.S. Olympic Trials which will be held in early March. According to Comfort, the early schedule hasn't hurt the team's preparation for the season.

"It's the same for everybody," Comfort said. "It's lived things up. Instead of doing boring practice day after day, we have a meet on the 14th. It's great."

Garth said she believes the early schedule is beneficial for the team. Having a meet this early allows the team to concentrate fully on the goals for the season, she said.

"It's a lot easier to see the light at the end of the tunnel," Garth said. "People can see the conference meet a lot closer than it normally is. I think it's a real benefit."

"You have less meets, so that's less stress and less times you actually have to compete. It makes every time you compete more valuable than they normally would be."

The success of this year's team will not be determined by individuals, but by the team as a whole. It's the team that wins championships, Comfort said.

"I don't believe in individual stuff," he said. "We do everything on a team basis. It was a great opener for us."

Garth said: "All of it really is the team. The whole team really got together (today)."

The Tar Heels next face Georgia on Oct. 26 at 2 p.m. in Koury Natatorium.

Women's Soccer Wins 2, Shuts Out Notre Dame

The No. 1 ranked UNC women's soccer team defeated two top-15 teams this weekend to earn its 23rd and 24th wins in a row and improve to 14-0 this season.

On Friday, the Tar Heels defeated William & Mary 5-1 in the first game of the Adidas/Chevron Women's Classic in Houston, and they beat No. 4 Notre Dame 2-0 Sunday in their second game.

"This has been our biggest test so far," UNC coach Anson Dorrance said by phone Sunday. "For us to play this well against a seasoned team is very encouraging."

Cindy Parlow scored in the 40th minute against the Irish, and she completely controlled the game, taking seven shots while Notre Dame managed only eight.

"Cindy Parlow was just a highlight film," Dorrance said. "They rotated all three defenders on her, but she still continued to dominate."

But the MVP of the tournament was sophomore marking back Staci Wilson, who shut down Notre Dame's best forward,

Monica Gerardo. Wilson allowed her only one shot, which was a feeble attempt late in the second half.

"Wilson had a great performance, but the whole defense played well," Dorrance said.

Freshman Beth Sheppard scored in the 77th minute to secure the victory.

In Friday's defeat of the Tribe, Rakel Karvelsson came off the bench to net her first career hat trick, and Tiffany Roberts had four assists.

"Tiffany Roberts has done an amazing job," Dorrance said. "We brought her in to win balls, and now she's getting forward."

Wilson, Parlow, Roberts and Nel Fetting were named to the all-tournament team.



STACI WILSON was MVP of the Adidas/Chevron Women's Classic in Houston.

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