

# UNC Learns From Struggles in Win

The men's soccer team took more than 65 minutes to score in its exhibition win against Virginia Tech.

By ROLAND HOFFMAN  
Staff Writer

RALEIGH — Although Saturday's exhibition had no impact on the North Carolina men's soccer team's record, it did have major implications as far as the season is concerned.

UNC's 3-0 victory against Virginia Tech at the WRAL Soccer Complex allowed the Tar Heels to identify strengths and weaknesses for the upcoming season.

Last season's major flaw in the Tar Heels' offense, the inability to capitalize on scoring chances, reared its ugly head during the first 65 minutes Saturday. Forwards Mike Gell and Chris Carrieri used their speed to slice through the Hokies defense, but each came up short on multiple occasions.

Carrieri twice shot wide left and sent two balls flying over the goal as well. Gell's shots were on target but were stopped by the Virginia Tech goalie.

"Today is typical of our whole year," UNC midfielder Michael Bucy said. "We get 25 chances and don't capitalize. If they can steal one, then we might be down 1-0. We have to put a couple of those 25 in."

Those chances finally found the back of the net as UNC tallied three quick goals in the second half. The barrage began when forward Caleb Norkus raced through the Virginia Tech defense and kicked a shot from the right corner of the box into the goal.



Senior midfielder Michael Bucy struggles to win control of the ball from a Virginia Tech player. Bucy scored five goals and had 10 assists last year for the Tar Heels.

DTH/JEFF POULAND

"A game like today, which we won 3-0, should have been put away in the first 20 or 30 minutes," goalie Michael Ueltschey said. "We went 70 minutes before we could score. That can't happen against great teams."

The exhibition also provided an opportunity for the newest Tar Heels to

gain some experience. Freshman defender David Stokes filled in for an injured teammate, and midfielder Logan Pause got his first chance to show off his speed.

These two freshmen, along with six other new players, should help the Tar Heels be a faster, more balanced team.

"To see these guys who have never played before come in and play that well is exciting," Ueltschey said. "This just shows that we are a lot deeper this year."

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## JOHNSON

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Johnson was working out, and something clicked. Something he previously could not see suddenly became clear.

"He had discovered something that we had worked on for probably five years," says Frye, who coaches at South Carolina and was an assistant at UNC during Johnson's college days. "We've always tried to duplicate it but couldn't get him in position to feel it or in position to do it. That day, he had done it three times over seven hurdles. He was hitting his fastest splits ever."

What Johnson had done was reach hurdling nirvana. He was closing his trail leg in such a way that he was keeping all of his momentum going forward as he cleared the barriers.

Frye, sure that a world-record performance would not be far behind, had seen enough that day.

"That's the end of practice," Frye said. "I can do it one more time," Johnson replied. "Let me show you."

It was then that something else clicked for Johnson: his right calf.

Johnson had suffered a bad strain. He tried to get ready for the World Championships in late August, but his

calf never completely healed. He was forced to withdraw during the semifinals in Seville, Spain, which ended his season.

One result of the injury is that there has been no world record like Frye envisioned — not yet, at least. Colin Jackson's 1993 mark of 12.91 seconds is still the standard, 0.1 better than Johnson's American-best time.

But perhaps, more importantly, Johnson gained a new perspective as he sat on the sidelines healing.

"I look at it like this: Losing is a learning experience," Johnson says. "I felt like the past two years, with the races I've lost, I've learned some things about myself that I did not think were true."

"I had gotten to the point where I thought I could win just because, and I realize now that all of the hard work I put in before to help me win and help me run fast is the same thing I'm going to have to continue to do."



Former UNC star Allen Johnson was a four-time All-American and holds school records in four events.

Johnson first gained that attitude about track and field during his freshman year of high school in Fairfax County, Va. He heard on the morning announcements one day at Lake Braddock Secondary School that anyone who wanted to be on the track team should attend an interest meeting that afternoon.

Johnson went. A star was born, although not immediately. Johnson, who high jumped, long jumped and hurdled, failed to qualify for the state championships his first year. But he improved each year and won three state titles as a senior — an indoor hurdle crown and outdoor titles in the high jump and long jump.

He brought his versatility with him to Chapel Hill and won four ACC titles — two in hurdles and two in the long jump — before he left. He holds school records in the defunct indoor 55-meter hurdles, the outdoor 110 hurdles and both long jumps.

Johnson trains in South Carolina with Frye, but the memories of Chapel Hill are still fresh. He put on a UNC track and field T-shirt before talking to the media about his victory in the Trials.

"That was a shirt that coach Craddock had given to me," Johnson says. "I thought, 'I'm going to put on this Carolina shirt and just kind of go back in a way to my Carolina days.' I wanted to get some of the Carolina spirit and strength."

Johnson, age 29, passes that spirit along to his training partner, 21-year-old Terrence Trammell, these days. Trammell won six NCAA titles at South Carolina in sprints and hurdles before turning pro a year early this summer.

He qualified for the Games by finishing third at the Trials. Johnson says he and Trammell are more like peers than teacher and student, but he gives the youngster advice when he needs it.

"I've learned a great deal from him," Trammell said after the Trials. "One thing that he told me right before the final was, 'No matter what happens, just fight until the end.' I kept that with me the whole way through the race."

"I just kept fighting until the end, and people fell off beside me."

Johnson is fighting until the end himself. But the end, he says, is nowhere near. If he has his way, he'll compete until 2008 and wrap up his career with a fourth trip to the Olympics.

And if Johnson does it, he will do so on his own terms. Quietly and efficiently. "Allen has not changed," Craddock says. "What you see with Allen Johnson is what you get. And what you see is a young man who is great at what he does."

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## FIELD HOCKEY

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time to adjust to the differences between sweeper, where she played last year, and the midfield.

"The first half for me was a big jump into ice-cold water," Toepel said. "I was a little spazzy. I think I calmed down by the second half."

"I think we really picked it up in the second half. We came together, we communicated, we stuck to the game plan, and we made adjustments when they were needed."

In the first half, it took the Tar Heels more than five minutes to penetrate Duke's defenses enough to take a shot on goal and draw a penalty corner.

UNC had 10 corners on the afternoon, while Duke only drew four.

Forward Kristen McCann scored both of her goals off of penalty corners.

Toepel got an assist on McCann's first goal. The corner play called for Toepel to take the shot, but the ball ended up in a crowd of UNC and Duke players.

McCann managed to get her stick on the ball and direct it into the goal with 14:53 left in the half.

While the Tar Heels finally got some offense going, the defense settled into a groove and worked on shutting out the Blue Devils for the third consecutive time.

"We tried to stay tight with our presses and talked to the midfield and forwards," UNC back Stephanie Fuller said. "When we broke down, we got together and figured out what it was."

"Then we went out and didn't make the same mistake and didn't give them a window of opportunity."

Tran led the defense with four saves, and sweeper Abby Martin chipped in with a defensive save of her own.

While defending a penalty corner, Martin's forearm also got into the action. When Duke hit the ball into the goal, the ball struck Martin's left arm

and deflected away from the goal.

The victory marked the 43rd consecutive UNC win against Duke and the first match in the newly established Carley Cup, a yearly competition between Duke and UNC.

The Tar Heels' victory gives North Carolina a 1.5-0 edge.

### Opening-Day Blues

UNC junior Carrie Lingo sat out her third opening-day game in her field hockey career. As a freshman, Shelton redshirted Lingo. Her redshirt freshman year, Lingo was rehabilitating a torn anterior cruciate ligament. Last year, Lingo scored a goal in UNC's 4-1 victory against Michigan.

Lingo, a midfielder from Rehoboth Beach, Del., is now suffering from peritostitis, which is the inflammation of the perostium on the femur. She is scheduled to be out at least three weeks.

Lingo was replaced in the lineup by Stephanie Seery, a foreign exchange student from Argentina whom the Tar Heels discovered on Aug. 18. UNC had only one week to get Seery eligible with the NCAA for Saturday's game.

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FIELD HOCKEY			
UNC 3, Duke 0			
Duke	0	0	0
UNC	0	3	3
Goals: UNC — Toepel (Woodley, Cox) 21:30, 2nd; McCann (Toepel) 14:53, 2nd; McCann (unassisted) 12:10, 2nd.			
Shots: Duke — 9; UNC — 17.			
Saves: Duke — Penner 8; UNC — Tran 4.			
Penalty Corners: Duke — 6; UNC — 10.			
Attendance: 761.			

He must like the attention. Texas fans — who reside in every state — genuinely care who steps under center on the first play of the Longhorns' season opener. They have flooded message boards with their two-cents worth on who should start at quarterback.

Brown can't please everybody. But they will all understand.

Brown is a god in Austin. He sold his soul to the state of Texas, but can you blame him?

The Tar Heels might have struggled the past two seasons had Brown not jumped ship. Maybe their bowl streak would still be alive.

But as it stands, Brown is recognized as one of the best coaches in the nation at one of the best programs in the nation.

Torbush will be fighting for his coaching life this season.

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The same holds true for the Tar Heel football program since Brown left for Texas.

Bret Strelow can be reached at strelow@email.unc.edu.

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