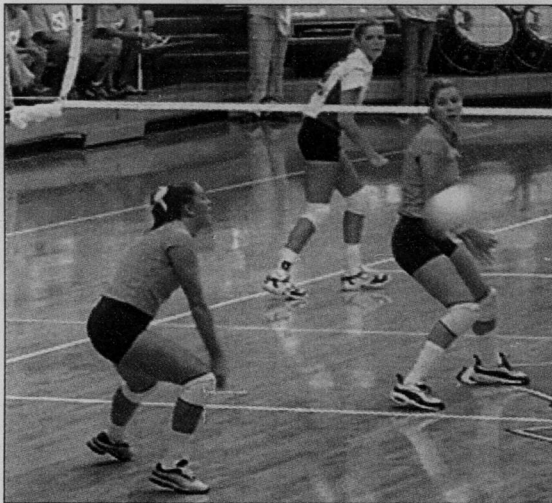


Upbeat Fryer Proves Steal For UNC



DTH/RYAN VASAN

Defensive specialist Lisa Fryer ranks third on the Tar Heels with 204 digs.

By GAVIN OFF
STAFF WRITER

Duke must be kicking itself.

When North Carolina's Lisa Fryer was a junior in high school, she was all set to attend a volleyball camp at UNC's archival, one of the schools recruiting her.

But when that camp was canceled, Fryer came to one at UNC instead. She fell in love with the University, and the rest is history.

"We were fortunate," UNC coach Joe Sagula said. "She came in with a lot of energy - something we were looking for at that time."

Fryer, a senior captain, is part of the Tar Heel defense that helped UNC to an ACC championship last year and has carried it to a 17-4 record this year.

She ranks third on the team in both digs per game and total digs with 204.

Fryer's consistent play is one of the aspects of her game that has gained her the confidence of her coach.

"She's gotten better every year

she's played," Sagula said. "I couldn't be happier to see how well she's doing. Last year-and-a-half, things have really fallen into place for her."

But consistent play isn't the only thing Fryer, a defensive specialist, brings to the court.

Her teammates describe her as the team mother, the one who goes out of her way to help them.

"I'm just always upbeat," Fryer said. "I'm positive out there. I think that's important."

She played an important role in junior middle hitter Krista Buchholtz's decision to attend UNC. Fryer hails from Washington while Buchholtz comes from Wisconsin, and Fryer understood what moving across the country to North Carolina entailed.

"She said, 'You know when you



Lisa Fryer

come down here you have 12 sisters right away," Buchholtz said Fryer told her during her recruiting trip. "She takes care of us."

As a self-proclaimed people person, that's just a part of Fryer's personality.

In situations where some players might get down on their teammates, Fryer remains up-beat and determined.

"I think it would be cool to play with five people like her," sophomore outside hitter Laura Greene said. She added that the Tar Heels feed off the energy Fryer brings to the court.

Playing collegiate sports was a no-brainer for Fryer. One of her uncles played in the NBA, another was a professional golfer, and the Expos drafted her father out of high school. Naturally, Fryer followed in their footsteps.

But UNC has Duke to thank for Fryer finally ending up at Chapel Hill.

"I cannot even imagine my life without (athletics)," Fryer said. "I was always competitive and always involved. I really like the sports world, and I feel really at home here."

Cross Country Prepares for Postseason Feast

By KELLY LUSK
STAFF WRITER

The regular season is not much more than a really long practice for North Carolina men and women's cross country teams.

Practice is finally over on Oct. 28 at the ACC Championship race.

"I look at the regular meets as workouts and confidence builders," freshman standout Shalane Flanagan said. "Our main goal is just to peak at the right time, which is the end of the

season."

Most of Flanagan's teammates agreed that regular season races are used not so much for results, but as preparation for regular season competition.

"You mainly want to use regular season for training," senior captain Nick Iauco said. "You want to do well because you want to intimidate other teams and get your name out there, but at the same time you don't want to show all your cards until postseason."

Iauco stepped up his training for his senior season and does not plan on tapering his mileage during practice before any championship races. He said he runs better when he keeps his training consistent.

Most of the team will decrease their practice intensity starting next week.



Nick Iauco

The Tar Heels will not train in the weight room for the duration of the postseason, and they will decrease their training mileage as well.

This will seem like a vacation for UNC's runners after their regular season training schedule.

The team held intense practices two or three times a week during the regular season, even if the Tar Heels

were racing that weekend. Coach Michael Whittlesey calls this practice technique training through the meets.

Whittlesey has proven that his training style creates positive results.

Last year, the women's team shaved between 20 to 24 seconds off its times after a month of the less intense practices.

But while the physical pressure on

UNC runners might decrease, the mental pressure mounts as the stakes go up.

"There is definitely more emphasis and pressure on conference and districts because that's what counts," sophomore Matt Weiss said. "That's what everyone remembers. If you run well in those races, nothing else matters. And if you run badly in those

races, nothing else matters either."

To keep the team focused, Whittlesey discusses strategy with the Tar Heels in the week prior to any big race.

"The mindset of the athlete becomes much tighter during the postseason," Whittlesey said. "They realize that this is what we've been training for all year."

The Tar Heels agree that it all comes down to the postseason competition.

"I think that it doesn't really matter what you do during regular season," Iauco said. "We don't have to worry about things like qualifying for a bowl, like football."

The Tar Heels have one race, the ACC Championships, to earn recognition in their conference. Beyond that, the Tar Heels will focus on placing high enough at the District III Championships in order to qualify for the NCAA Championships in November.

Now is crunch time for North Carolina.

"The regular season is just the appetizer," Weiss said. "You want the main course to be good."



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