

# For Tomecka, it's a head game

BY BRIAN MACPHERSON  
SPORTS EDITOR

Time and time again in her career, midfielder Maggie Tomecka has come up big for the North Carolina women's soccer team. Literally. Tomecka — at 5 feet 11 inches the tallest member of the undefeated Tar Heels — has controlled the air

for North Carolina for four years. Her latest highlight came Sunday, when she headed home two goals in the first 18 minutes of play against Villanova. The Tar Heels cruised to a 3-0 win. "I recruited her because of her heading presence," said UNC coach Anson Dorrance. "I told her that we needed someone to domi-

nate the air. She's always a threat on set pieces and corner kicks." Tomecka's first goal Sunday came less than eight minutes into the game.

"Her first goal was an absolutely spectacular header," Dorrance said. "It was so forceful it was dramatic, like a dunk in basketball." Tomecka's second goal also came on a well-placed header and effectively put Villanova away.

"Not only does she have the advantage of her height, but she's very, very strong," said senior Alyssa Ramsey. "In practice, the two of us do attacking and defensive heading drills, and I can tell you, she's very hard to beat in the air." Ironically, Tomecka's most important goal of the season didn't come on a header.

On Sept. 12 against Texas, a team ranked fifth nationally at the time, Tomecka broke a scoreless tie in the game's second overtime when she scored an unassisted goal from the top of the Longhorn penalty box.

Most of the time, though, Tomecka's role is on the defensive end of the field.

"Her job is to be a front sweeper in front of the back three (defenders)," Dorrance said. "She's like a windshield wiper in front of the back line of the defense."

Tomecka's height plays a role in the Tar Heels' battle to control the midfield in every game.

"You want to win the midfield, and that's the way you do it: in the air," she said. "It's intimidating to other teams if you can win all of the 50-50 balls."

Tomecka broke in as a starter upon joining the team in 2000 and was named to the ACC All-Freshman team after scoring four goals and registering nine assists.

A year later, she scored a career-high eight goals, including one against Duke in the second round of the NCAA Tournament.

"Maggie has become a dominant force in the midfield, both defensively and offensively," Ramsey said. As a senior, though, Tomecka's primary role has been to take charge of the Tar Heel defenders.

"I'm a defensive player, so really, my role is organizing the defense," she said. "And helping out the team any way I can."

Contact the Sports Editor at [sports@unc.edu](mailto:sports@unc.edu).

# UNC's Usher takes 5th in kayak surfing event

BY BEN COUCH  
SPORTS SATURDAY EDITOR

Everyone, at some point in their lives, has messed around and invented a new sport.

But not everyone manages to compete in it internationally.

Lindsay Usher, a North Carolina senior from Durham, recently returned from the Kayak Surfing World Championship at Easky, Ireland, where she placed fifth in international-class competition.

Usher's ascent had its beginnings in her 12th summer.

"A family friend brought her kayak down to our beach house one time," Usher said. "And I started surfing it because my dad board-surfs. We just started trying to ride it into waves, and then we found out other people do it, too. So we were like, 'Oh, cool!'"

Kayak surfing is exactly what it sounds like — surfing, except that instead of standing on a board, the competitor is inside a kayak.

"Paddlers" compete in two classes: high-performance and international. High-performance class is more trick-oriented than international class, where the focus is on the fluidity and grace of the ride.

International-class competition is Usher's strong suit.

"Lindsay has a smooth, flowing style that accommodates itself to the shape of the wave," said U.S. East team coach Bruce Watkins in an e-mail.

The world championships took place between Sept. 12 and Sept. 20, and it was in the individual international competition that Usher advanced to the semifinals.

"I was up against two other women who I had actually competed against before," she said. "They were two former world champions. One of those women was from the East Coast, and she actually ended up winning world champion in international. ... I was happy that I had made it that far."

Usher didn't make it past the first round in individual high-performance, but her two runs in international class during the team competition helped the U.S. East team finish sixth overall. Usher was the only woman to



PHOTO COURTESY OF LINDSAY USHER  
North Carolina senior Lindsay Usher placed fifth in international-class competition at the Kayak Surfing World Championship in Easky, Ireland.

pre-qualify for the team after a successful 2001-02 season that was highlighted by a second-place finish at nationals.

Once she was named to the team, Usher began a 42-week training program to get her in shape for the competition.

Usher has managed to extend her passion for paddling into her curriculum at UNC, where she is double majoring in recreational administration and drama.

Her interest in pursuing a career in recreation led to an internship with Paddle Sports of

Santa Barbara in California this past summer. This allowed her to train in aquatic conditions similar to those she would see in Ireland at the world championship.

Usher is satisfied with her results in Ireland but is looking forward to getting another crack at the title.

"I was definitely happy with my placement," she said. "But they're talking about the next location (being) in Costa Rica, so I'm like, 'Yeah, I want to go to Costa Rica!'"

Contact the Sports Editor at [sports@unc.edu](mailto:sports@unc.edu).

**Domino's**  
The Pizza Delivery Experts  
929.0246

**COUPON CRUSHER**

**Domino's Pizza Now Accepts Local COMPETITOR'S COUPONS**

Valid on comparable sizes and products. Not valid with any other offer.

Carrboro — UNC

Look for the **NEW PHILLY CHEESESTEAK PIZZA** coming soon!

# Coca-Cola. CAMPUS RECREATION UPDATE

## Intramural Sports

**TREK n' TROT**  
Event day: Oct. 11, 10am  
[5-mile leisurely jog through NC Botanical Gardens followed by a 12-mile bike ride. They are non-competitive (untimed) and you can do either or both.]

**SOCCER**  
9 Players • Sign up: Oct. 6-14

**VOLLEYBALL**  
6 Players • Entries CLOSE: today

**SIGN UP in 203 WOOLLEN GYM.**

## SQUASH Club

Tar Heel Squash is a club that seeks to introduce the fun, fast-paced game of squash to the University community, and to organize players so that they are able to compete against other players of like ability. To that end, we run beginner lessons at the start of each semester, followed by a series of clinics for more experienced players. It is our goal to teach all interested players the correct way to play the game, so that they can enjoy the competition and exercise that this life-long sport affords.

Practices are on Mondays at 8:00 pm and there is opportunity for additional matches throughout the week. For more information on the UNC Squash Club, please contact Julia at [schlafly@email.unc.edu](mailto:schlafly@email.unc.edu) or check out the website at [www.unc.edu/student/orgs/squash](http://www.unc.edu/student/orgs/squash).

## Student Recreation Center

**CIRCUIT ZONE**

**FREE FITNESS ORIENTATIONS**  
SRC employees are available by appointment for 30-minute Fitness Orientations. Get individualized instruction to the Cybex equipment & cardiovascular machines. Call 843-6784 to set up an appointment.

**PERSONAL TRAINING**  
Has your exercise program that was once exciting and invigorating become a monotonous routine? For more info., contact Reggie, [hinton@email.unc.edu](mailto:hinton@email.unc.edu).

ACHIEVE your FITNESS GOALS at the SRC  
[www.src.unc.edu](http://www.src.unc.edu)

## Carolina Adventures

**BEGINNER Climbing Night @ the WALL**

Learn the ropes in a relaxed atmosphere with other individuals who are new to the UNC Indoor Climbing Wall.

**Beginner Climbing Hours:**  
Every Friday, 4-6 pm

• Sea Kayaking • Hiking • Rock Climbing •  
Get a complete list of expeditions and trip descriptions at [www.campusrec.unc.edu/OEC](http://www.campusrec.unc.edu/OEC). For more information email [dveargan@email.unc.edu](mailto:dveargan@email.unc.edu).

**On Campus** Contact [heel@email.unc.edu](mailto:heel@email.unc.edu)

Let US help sponsor YOUR next event!

Promotional Support, Free Delivery, & Product Discounts