# Tar Heels shine in championship warmup

BY DANIEL MALLOY STAFF WRITER

During the Carolina Fast Times track and field meet Friday, North Carolina senior Tiffany Flomo took a break from the heat in the airconditioned press box.

"I need to concentrate on run-ning the 200, man," said Flomo, normally a mid-distance runner but competing in sprints. "I'm nervous." Unable to keep a straight face,

she burst out laughing.

Although UNC won 14 events Friday, many athletes rested or ran in unusual events in order to pre-pare for next weekend's ACC

championships.
"There's nothing more we can
accomplish physically," said Coach
Dennis Craddock. "That time period has passed, so we just want them to have a good positive experience psychologically.

Flomo, one of the team's captains, agreed that the Fast Times was less stressful than most.

"It lets me come into the meet relaxed, working on some little things that will help me in my actual event," she said. She still won the 200-meter race.

Among the athletes that did compete in their normal spots, there were many more outstanding performances.

The UNC women's pole vaulters swept the top four places. Laura Risi took first place and broke her own school record in the event with a height of 13 feet, 1 1/2 inches. For the men's team, freshman

Nick Owens decisively won both the hammer throw and the discus.

Owens beat the closest competitor by more than 30 feet in the hammer, breaking his own collegiate record with a throw of 199 feet.

Craddock praised Owens for his ability to approach 200 feet with very attempt, but added that the thrower has higher potential.

The time is coming when he's really going to pop one well over 200 feet," Craddock said.

Several Tar Heels qualified for NCAA regionals on Friday with impressive scores in their events.

Alice Schmidt, the defending

NCAA outdoor champion in the 800, ran for the first time this spring and won the 1,500 meters, ualifying with a time of 4 mintes, 25.38 seconds.

Rhian Jenks, one of the dominant pole-vaulters, qualified for regionals with a height of 12-3 1/2.

Anissa Gainey and Erin Donohue also qualified in the 400 and 800, respectively - Gainey won her event.

The men's team also had several

taking the top two places in both the 100 meters and the high jump. Richard Allen blazed through the

100 with a time of 10.90 seconds. In the high jump John Hubbard took the crown by soaring to a jump of 6-6, and Aaron Harris tied

for second at 6-2. The team had its eye on the ACC Championships during the meet.
"It's kind of an off weekend for

us because we have a big competi-tion coming up this next weekend," The high scores and fast times the women's team earned in an off

weekend bodes well for their hopes of taking home their fourth ACC title in a row.

And that is no laughing matter.

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## SOFTBALL FROM PAGE 12

them down."

Pitcher Crystal Cox sealed the victory for the Tar Heels, shutting the Terrapins down by allowing no

runs in the final innings.

Although she allowed five runs in Friday's first game against N.C. State, Cox turned in a stellar performance against Maryland, giving up only three hits in 8.2 innings

and striking out 10 in two games.

"It felt really good (to pitch better on Sunday)," Cox said. "I needed to. I felt sharp today. Friday, I wasn't as crisp. I wasn't hitting my spots."

Both of Friday's games against the 'Pack (28-18,1-1) came down to a final pitch. Price, who represented the winning run, was at the plate with the bases loaded with two outs and a 3-2 count in the first game when she lofted a long fly ball down the left field line. Wolfpack left fielder Jessica Willems dropped the ball near the line, and the umpire

called the hit a foul.

"I love to be in those situations, Price said. "Not so much to intimidate the other team, but I knew they didn't want me at the plate. My teammates said they had even been trying to pitch around me."

Nevertheless, Price struck out on the next pitch, causing loud protests from the stands and the players. The second game ended with a walk-off home run by Streete in the bottom of the eighth, capping off the win for the Tar Heels.

Streete said that the way the team responded to the loss was indicative of the team's character a loss only motivates the team.

"We wanted the game so bad, we wanted both of them," Streete said.
"The loss didn't really take the wind out of our sails — it just sent us into the second game more motivated and ready to go. We weren't going to get shut out on our home field."

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#### **PROSSNER**

sure the ball didn't end up in his

"Prossner is a very good player, and Michael worked hard the whole game," said Virginia coach Dom Starsia. "That's not an easy thing to do to ask someone to do that, and he did a nice job with it."

Prossner had scored at least one goal in every game this season to lead his team in points.

"They played pretty tight," he said. "They did a good job. They shut me off the whole game."
In fact, Prossner managed only

two shots on goal against the sti-fling defense, including a desper-ate dive in front of the goal in which Prossner landed in a pile of UVa. defensemen.

"It was pretty frustrating because the whole time I was getbecause the whole time I was get-ting a good workout just trying to get the ball from my teammates," Prossner said. "My player was glued to me the whole game. He just shut me out." Though the Tar Heels' main

offensive target was shut out of the game, they were able to look else-where for the goals they needed to defeat the defending NCAA cham-

Nine different UNC players stepped up and contributed goals.

enior Andrew Lucas was one of the players who moved in to fill the void left by the offensive absence of Prossner. Lucas, gener-ally substituted into the game during extra-man opportunities,

scored two goals. One goal came on his specialty, the man-up advantage, and the other goal came from an individual effort in which he wrapped around the back of the net to slide

one by the UVa. goalkeeper.

"They shut Jed off," Lucas said. "To tell you the truth, I wasn't in "To tell you the truth, I wasn't in there much except for man-up, and then I ended up playing pret-ty well so they stuck me in there at the end and I was able to get that

The ability of the Tar Heels to discover a way to score even without their top scorer shows a dan-

gerous side to the offense. Opponents no longer can be afraid of just Prossner as North Carolina's main scoring threat, but now must watch out for the entire

now must watch out for the entire offensive line.

"We just kept moving the ball," Prossner said. "Our game plan was just to move the ball pretty quickly and help set picks for each other. Basically, that's what happened and eventually things started working out for us."

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#### **WOMEN'S TENNIS**

Sekita Grant. Anundsen trailed 5-3 and 3-0 in each set before storming back to win each.
"It was kind of tiring for both of

us, because we both had long ral-lies," she said. "Just staying in the match helped my confidence and The Tar Heels (18-7, 4-4 in the

ACC) will begin ACC Tournament play against either Wake Forest or Georgia Tech. UNC lost to Wake earlier in the season, 4-3.
Kalbas said he believes that the

team is ready to compete in the tournament.

"I'm encouraged, going into the conference tournament," he said. "We've seen everybody. We'll be focused and ready to go."

Kalbas felt this weekend's matches were indicative of things

to come

"(Friday) was a really good match for us, and (Saturday) we're gelling as a team," he said. "I think this team is very hungry to prove that they can win an ACC title. In the NCAA Tournament, our goal is

to win a regional. Those goals are still out there

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#### **MEN'S LACROSSE**

In the meantime, the Tar Heel attack benefited from three UVa. penalties and scored twice to take

"We capitalized on a couple of those when they pressed out on us," said Jed Prossner. "Overall, we were

ular transition goal by Mike McCall with four seconds left in the third quarter. Fourth-quarter goals by Lance Zimmerman and Andrew Lucas

gave UNC a 11-7 lead before the Cavaliers cut the lead to two with 1:46 to go on an unassisted goal by Matt Ward, his fifth of the game.

effective on man-up opportunities." The Tar Heels added a spectac-

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But UNC's Kevin Frew won the ensuing faceoff, and UNC ran out

the clock for a win that put the team in position to make its first NCAA

ournament since 1998. "It starts in the goal," Haus said. 'If we get good solid goalie play, I think we can be very effective in the defensive end. Offensively, we faced probably the best goalie in the

UNC won because Spellman with the help of his coaches and teammates, suppressed that ele-ment of his brain that is necessary for a functional life but can be detri-

Spellman said. "You can only worry about the next play. You can't have a long-term memory.

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country today, and we put 11 goals in there, so that's pretty good."

mental to functional goalkeeping.
"I put the first half behind me,"

-Cut and save----

-Cut and save-

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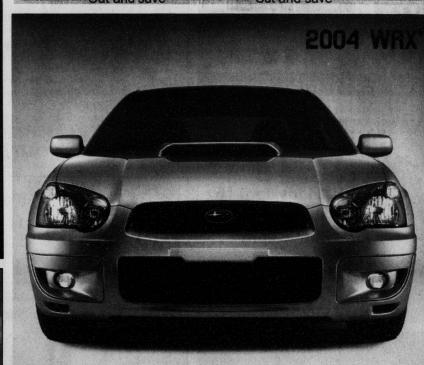
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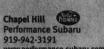
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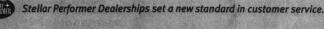
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