

# 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 air-conditioned press box.

"I need to concentrate on running 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 prepare 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 meet 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 every 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, qualifying with a time of 4 minutes, 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

outstanding moments in the meet, 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 competition coming up this next weekend," Flomo said.

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.

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

## 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."

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

## PROSSNER

FROM PAGE 12

sure the ball didn't end up in his stick.

"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 stifling defense, including a desperate dive in front of the goal in which Prossner landed in a pile of UVa. defencemen.

"It was pretty frustrating because the whole time I was getting 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 elsewhere for the goals they needed to defeat the defending NCAA champions.

Nine different UNC players stepped up and contributed goals.

Senior Andrew Lucas was one of the players who moved in to fill the void left by the offensive absence of Prossner. Lucas, generally 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 there much except for man-up, and then I ended up playing pretty well so they stuck me in there at the end and I was able to get that one goal."

The ability of the Tar Heels to discover a way to score even without their top scorer shows a dangerous 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 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."

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

## WOMEN'S TENNIS

FROM PAGE 12

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 rallies," she said. "Just staying in the match helped my confidence and hurt hers."

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 for us."

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

## MEN'S LACROSSE

FROM PAGE 12

In the meantime, the Tar Heel attack benefited from three UVa. penalties and scored twice to take an 8-7 lead.

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

The Tar Heels added a spectacular 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.

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

UNC won because Spellman, with the help of his coaches and teammates, suppressed that element of his brain that is necessary for a functional life but can be detrimental to functional goalkeeping.

"I put the first half behind me," Spellman said. "You can only worry about the next play. You can't have a long-term memory."

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

Breaking News From...

**THE WAREHOUSE**  
APARTMENTS

**BRAND NEW OPTIONS  
JUST ANNOUNCED!**

- 2 bedrooms, each with private study and private full bath \$850 per person per month
- 3 bedroom with study, 2 baths \$600 per person per month
- 4 bedroom, 2 baths \$520 per person

We'll match you with roommates.  
You sign an individual lease.

**GRAD STUDENTS ENCOURAGED!**

One quad is dedicated to grad students and upperclassmen!

Call Cindy at 929-8020 or visit for details!

316 WEST ROSEMARY STREET, CHAPEL HILL, NC 27516

**HEY UNC,  
CATCH AMERICA'S FAVORITES!**

LEAN POCKETS  
CROISSANT POCKETS  
HOT POCKETS  
POT PIE EXPRESS

Try All The Winning Varieties!

- HOT POCKETS® Brand Stuffed Sandwiches
- LEAN POCKETS® Brand Stuffed Sandwiches
- CROISSANT POCKETS® Brand Stuffed Sandwiches

Try our new HOT POCKETS® brand POT PIE EXPRESS™ and Fruit Pastries

Available at Harris Teeter, Food Lion, Winn Dixie, Kroger, and other fine stores in your area (in the freezer section)

MFG. COUPON | EXPIRES JUNE 9, 2004

**Save 50¢** ON ONE HOT POCKETS®, LEAN POCKETS®, CROISSANT POCKETS® Brand Stuffed Sandwiches

5 43695 30050 0 (8100) 0 67226

Cut and save — Cut and save —

The Wendy P. & Dean E. Painter Jr. Career Center

**CAREER CORNER**  
For the week of Apr. 12 - Apr. 19

219 Hanes Hall  
919-962-6507  
[ucs@unc.edu](mailto:ucs@unc.edu)

WALK-IN HOURS: Answers to career questions and resume reviews— Mon-Fri, 10 — 3p

**PROGRAMS**

**CAREER CLINICS:** Get an overview of the career decision-making process and help with choosing a major or career path to follow. Take an online interest inventory. Sign up at [http://careers.unc.edu/career\\_explore.html](http://careers.unc.edu/career_explore.html). Please bring your laptop! Mon. and Tue. 3:15-4:45p 239A Hanes

**GRADUATING SENIOR SURVEY:** If you have accepted a job or have been accepted to graduate school, please complete our graduating student survey at <http://careerweb.unc.edu/survey/surveystart.htm>

**GETTING READY FOR SENIOR YEAR:** Get a jump on the job search by preparing for your senior year job research early. Wed. Apr. 14, 239B Hanes

**STILL LOOKING?:** If you have exhausted your resources and are still looking for a job, come explore alternate job search options. Tue. Apr. 20 4p, 239B Hanes

**EMPLOYER PRESENTATIONS**

Bureau of the Census Apr. 7 6—7p 239B Hanes Hall  
T.E.A.C.H. Early Childhood Americorps Apr. 19 & 21—6-7p 306 Hanes  
Walgreens, Apr. 19—6-7p 239B Hanes Hall  
Duke Homestead, Bennett Place, & Historic Stagville (State Historic Sites) Apr. 20 6-7p 239B Hanes Hall  
Target, Apr. 21 6—7p 239B Hanes Hall

3 Clicks to Register → <http://careers.unc.edu> → "Register with UCS" → Enter PID# and complete profile

Cut and save — Cut and save —

2004 WRX

**USE YOUR DEGREE TO GAIN IMMENSE POWER AND CONTROL.**

\$1,250 in savings + \$500 graduation bonus  
\$500 graduation bonus or + \$500 graduation bonus  
+ \$750 in customer cash  
**1.9% APR for 60 months**

*You can get either offer, even with no credit history.\**

Get the incredible power and control of the 227-horsepower, All-Wheel Drive Subaru® WRX and get your choice of these exclusive offers. You deserve some credit, even if you have no credit history. It's a special graduation gift from Subaru to you. Visit a participating Subaru dealer or [subaru.com](http://subaru.com) today.

**SUBARU**  
DRIVEN BY WHAT'S INSIDE™

Chapel Hill Performance Subaru 919-942-3191 [www.performance.subaru.com](http://www.performance.subaru.com)

Raleigh Southern States Subaru 919-828-0901 [www.southernstatesubaru.net](http://www.southernstatesubaru.net)

Stellar Performer Dealerships set a new standard in customer service.

\*1.9% APR, \$500 graduate rebate, and customer cash available on 2004 Impreza® models. Offers exclude WRX STI. Financing—\$17.48 per month, per \$1,000 financed. All offers subject to credit and insurance approval and vehicle availability. See a participating Raleigh/Durham/Fayetteville area dealer for details. Must take delivery from dealer stock by 4/30/04. Special rate financing and customer cash cannot be combined. Eligibility for graduate bonus and financing based on proof of future graduation within 3 months or proof of graduation within the last 12 months from a 2- or 4-year college, graduate school, nursing school, or trade school. Applicant must have proof of employment and/or income, or if employment has not yet started, a letter from the future employer showing a start date within 90 days of the current date and salary is required. The ABC's of Safety: Air bags. Buckle up. Children in backseat.