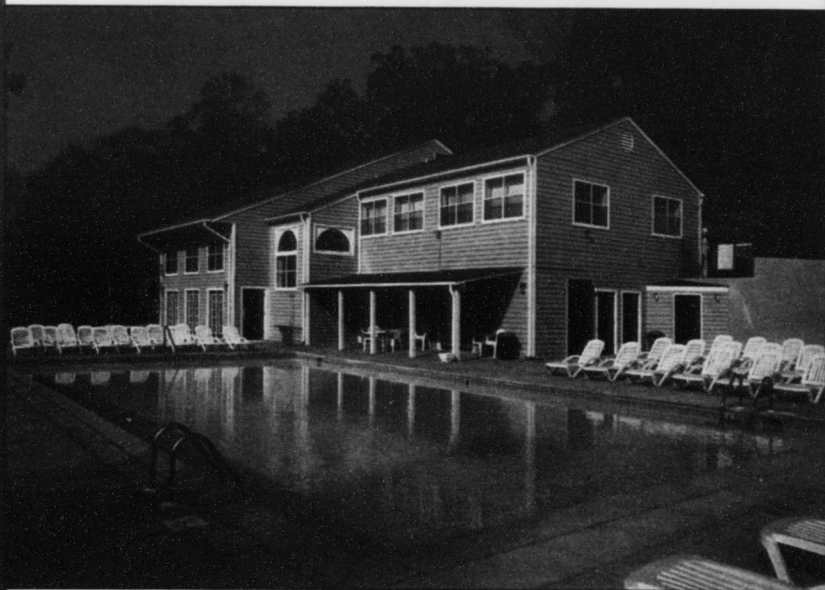




COLONIAL VILLAGE at HIGHLAND HILLS

Apartment Homes

Life with style...
Convenient location, serene setting
at affordable rates!



**Now pre-leasing for Summer and
Fall 2008! Waitlist now and save big!**
Hurry in today to secure your space before they are gone!

749.967.1934 • www.colonialprop.com
cv@highlandhills.colonialprop.com



DTH FILE/ALLIE MULLIN

Freshman goalkeeper Amanda Tucker returns a ball during a summer soccer practice at Fetzer Field. The soccer team holds optional practices.

UNC athletes use summers to work

Optional practices focus on specifics

BY MIKE EHRlich
ASSISTANT SPORTS EDITOR

As the calendar pages turn and the school year winds down, there is one thing on most students' minds — summer vacation.

But for some North Carolina athletes, such as softball player Cassie Palmer and soccer player Yael Averbuch, the vacation part doesn't really apply.

Athletes who choose to enroll in summer classes at UNC stay in Chapel Hill during the summer.

And if they're in Chapel Hill, they're most likely practicing. This means miles on the track, reps in the weight room and grueling workouts in the summer heat to stay fit for their respective seasons.

"During the summer, a lot of the focus is on getting fit to be able to pass the fitness tests in the beginning of the season," Averbuch said. "It's a lot of running and working in the weight room."

Palmer, a senior second baseman with the Tar Heels, said that since the entire team doesn't stay during the summer, there is more individual attention and focused workouts that target certain aspects of the game.

"They are short and efficient," she said. "With the team it takes longer, but they're more individual over the summer, so they're more short and to the point."

For All-America junior Averbuch and the women's soccer team, the practices are not mandatory. Athletes go in on their own and

choose what they want to work on.

These summer workouts are designed to pay dividends during the season, as the extra training eventually will show up in the form of additional stamina. Averbuch said the summer work helps her body last through the long fall season.

"I know, for myself, the more I do over the summer, the better the chances that I'm going to do well in the season and not get injured."

For Palmer, the results of those workouts focused on speed and agility are visible now. The speedster currently has notched 31 runs and nine stolen bases. Both statistics are good for second on the team.

But in the dead heat of summertime in the South, it might seem that workouts would take their toll on the bodies and psyches of the athletes staying for summer school.

"Not at all," Palmer said. "I kind of like it not being as structured like it is the school year."

Averbuch, too, said the informal nature of summer practices works to her advantage.

"Personally, I look forward to it," she said of the summer workouts. "I like to have the summer to work on errors of my game that I don't get to in the fall when our team is really busy with team stuff."

Still, injuries and overwork remain concerns for athletes who train in the off-season, and UNC athletes who spend their dog days in Chapel Hill are careful to keep practices shorter to stay healthy.

"You have to make sure you take care of your body and rest," Averbuch said. "It's hard to find a balance between getting the rest you need and working hard."