

# Cavaliers are in the right frame of mind

Disbelief set in quickly for basketball fans across the country. It had all happened so fast: Iowa, Arkansas, Syracuse, Indiana. The team that didn't deserve an NCAA bid was suddenly in the Final Four, and almost everyone was at a loss for an explanation.

But Terry Holland understood.

"Holy cow," Rotella, this stuff really works," the coach said in the locker room after his team's win over Indiana Saturday.

## Kurt Rosenberg

The man Holland was talking to and shaking hands with was not a witch doctor, nor a purveyor of drugs designed to turn above-average teams into great teams. He was Bob Rotella, director of sports psychology at the University of Virginia — the man who has worked regularly with the Cavaliers since October, but who has only recently begun to enjoy the fruits of his labor.

If Rotella is not the answer to the perplexing puzzle Virginia has become, then answers do not exist. This is a team that brought a 17-11 record into the NCAAs (the worst record of any at-large team), went 6-8 in the ACC and was humiliated and eliminated in the first round of the conference tournament. It is a team that boasts a freshman center (Olden Polynice) skinnier than a backboard support, a guard (Rick Carlisle) who's 24 years old and a former walk-on at forward (Kenton Edelin) who admits his shooting range is two or three inches. It's a team led by a man who was the unanimous choice for coach of the year the last two seasons — the worst coach of the year.

Sampson is out, Rotella is in. He can't play center, but still he has become the center of attention.

Each Sunday night since practice began in October, Rotella has met for several hours with the players and coaches, trying to instill in the team positive thoughts that can translate into successful performances. They've discussed a variety of topics: life after Ralph, team identity, player roles, concentration and handling both failure and success, to name a few.

On the day before a game, they all get together again, late in the evening, in the basketball office. The lights are dimmed, the players lie on the floor and Rotella leads them in

relaxation techniques. He has them visually imagine their game plan, encouraging them to think about what they want to accomplish and how to adjust to various game situations.

If Virginia's play in the NCAA tournament is used as a measure, Rotella's work can't be taken lightly. But he is modest, downplaying his impact on the Cavaliers' success.

"Already people are blowing it out of proportion," Rotella says. "I don't want everyone to give me the credit. I'm just playing a minor role that's helpful and not harmful."

When the sessions began five months ago, some of the players wondered exactly what Rotella was doing. Here it was, Sunday night, and they were being asked to give up their free time while this psychologist, not necessarily to be trusted, played mind games with them.

"I'd be lying if I didn't say I had some players who weren't totally into it," Rotella says. "I could see some of them kidding around, saying to themselves, 'Oh, my God.' They probably wanted to be watching a movie or doing something else on a Sunday night."

Eventually he gained their trust. And the Cavaliers are now firm believers in Rotella.

"They're really into it," he says. "At this point they'd probably shoot me if we didn't do it."

A positive mental attitude has helped Virginia on the court, and the team's success has naturally made the Cavaliers even more confident. Which will be important in their semifinal game against Houston Saturday.

"I'm not at all concerned with them believing in themselves," says Rotella. "At this point anyone can win."

Rotella's approach in Seattle won't be any different than it's been all season.

"We've got to have a mental advantage. We've got to take advantage of them when they lose concentration. They're a team that can really start running and dunking, and if they do get that going, we've got to keep our composure and keep playing."

In other words, Rotella won't do anything drastic, like sticking pins in an Akeem Abdul Olajuwon doll or putting the whammy on Guy Lewis' checkered towel.

"I'm very much opposed to it being perceived as magic or anything like that," he says. "I know everything I'm doing is logical and explainable."

Finally, thanks to Rotella's work, the play of the Virginia Cavaliers may be also.

# North Carolina golfers look for mental toughness

By BOB YOUNG  
Staff Writer

For the UNC men's golf team, most of the travel that characterized the early schedule is over, and now it's time to get down to the business of defending its 1983 ACC championship.

The results of the team's "Southwestern tour" were not bad, but not very inspiring either.

The team did not come away with any victories in those competitions, but it should be noted that seventh-ranked UNC faced the best teams in collegiate golf. Plus, the team was never very far off pace. North Carolina finished just five strokes out of third place in the Oklahoma State Invitational in Guadalajara, Mexico, and had the second lowest team total in the final round of the Houston All-American Invitational. Coach Devon Brouse sees some good coming out of these early-season competitions.

## Brown selected as Kodak All-American

LOS ANGELES — Tresa Brown, who led North Carolina to the ACC championship and a 14th-place national ranking, has been named to the 1984 Kodak Women's All-America Basketball Team.

The 10-player team, chosen by the Women's Basketball Coaches Association, also includes Pam McGee and Cheryl Miller, Southern California; Yolanda Laney, Cheyney State; Janice Lawrence, Louisiana Tech; Marilyn Stephens, Temple; Becky Jackson, Auburn; Annette Smith, Texas; Joyce Walker, Louisiana State and Janet Harris, Georgia.

Brown, a 6-2 center-forward from Raleigh, enjoyed a sensational senior season to become the first-ever women's basketball All-America at North Carolina. One of the nation's most accurate shooters, she finished second in the ACC scoring race with a 20.8 average by shooting 56.1 percent from the floor and 81.6 percent from the free throw line. Brown also averaged 8.5 rebounds and passed out 72 assists.

"I think we were presented with some very valuable learning situations," Brouse said. "If we can learn from those experiences, we'll be a much better team as a result."

Brouse said he hopes the team's mental toughness has been strengthened by those situations.

"(To become mentally tougher) is always something you have to strive for if you are going to be successful," Brouse said. "That toughness is especially important when you are in the middle of a bad round. It's called 'grinding out' a round. The best players can do that and it's something that we have to develop."

Having this weekend off should help the team to work on that aspect of its play in preparation for the upcoming schedule. UNC travels to Greenville, S.C., for the Furman Invitational on April 5, and then returns to Chapel Hill the next week to host the Tar Heel Invitational at Finley Golf Course.

North Carolina will seek to defend its ACC team title when it competes in the conference championships at Pinehurst Country Club April 20-22.

"Our chances are as good as anybody else's at this point," Brouse said. "But Wake Forest is playing well, and we already lost to Clemson earlier this year."

The Tar Heels have produced two out of the last three individual conference champions, including senior John Inman, who won in 1982.

Inman is this year's low scorer with a 72.0 average. He is followed by Kurt Beck, whose improved play is one of the positive aspects of the team's season to date. Beck's average is 73.5. Following closely behind Beck are Davis Love and Bryan Sullivan at 73.6 and 73.7 respectively. Greg Parker and Jack Nicklaus II are the only other players to see action in tournaments this year and have stroke averages of 76.0 and 78.7, respectively.

## Scoreboard

### Lacrosse

UNC 11, Delaware 3

Delaware	2	1	0	3
UNC	2	3	2	11

Goals: Delaware — Powers, 3; UNC — Martindale, 3.  
Ford 3, Walsh 2, Smith, J. Seivold, Tummler.  
Assists: Delaware — Guttilla; UNC — G. Seivold 2, Tummler 2, J. Seivold.  
Saves: Delaware — Rourke 16, DeLargy 2; UNC — Mealey 13.  
Records: Delaware 2-1; UNC 3-1.  
Attendance: 526

### Tennis

UNC 8, Appalachian State 7

Singles: Jeff Chambers (UNC) d. Laneal Vaughn 6-1, 6-2; Wayne Hearn (UNC) d. Rusty Woy 6-0, 6-3; Ron Er-

### Baseball

UNC 8, Duke 4


Duke	0	1	1	0	0	0	4	6	1
UNC	3	0	1	0	2	2	0	8	13

Leading Hitters: Duke — Heffley 2-4, Millillo 1-4 (HR); UNC — Sarhoff 4-5 (2B, HR, 3 runs), Johnson 3-5 (2B), Wilkinson 2-2 (HR, 2 RBI)  
WP — Kirk (4-0) LP — Soyler (2-4)  
Records: UNC 26-7 (ACC 6-0); Duke 18-7 (ACC 2-5)

### Calendar

Today  
BASEBALL vs. UNC-Charlotte, 3 p.m. at Boshamer Stadium  
SOFTBALL at Winthrop College, 2 p.m.

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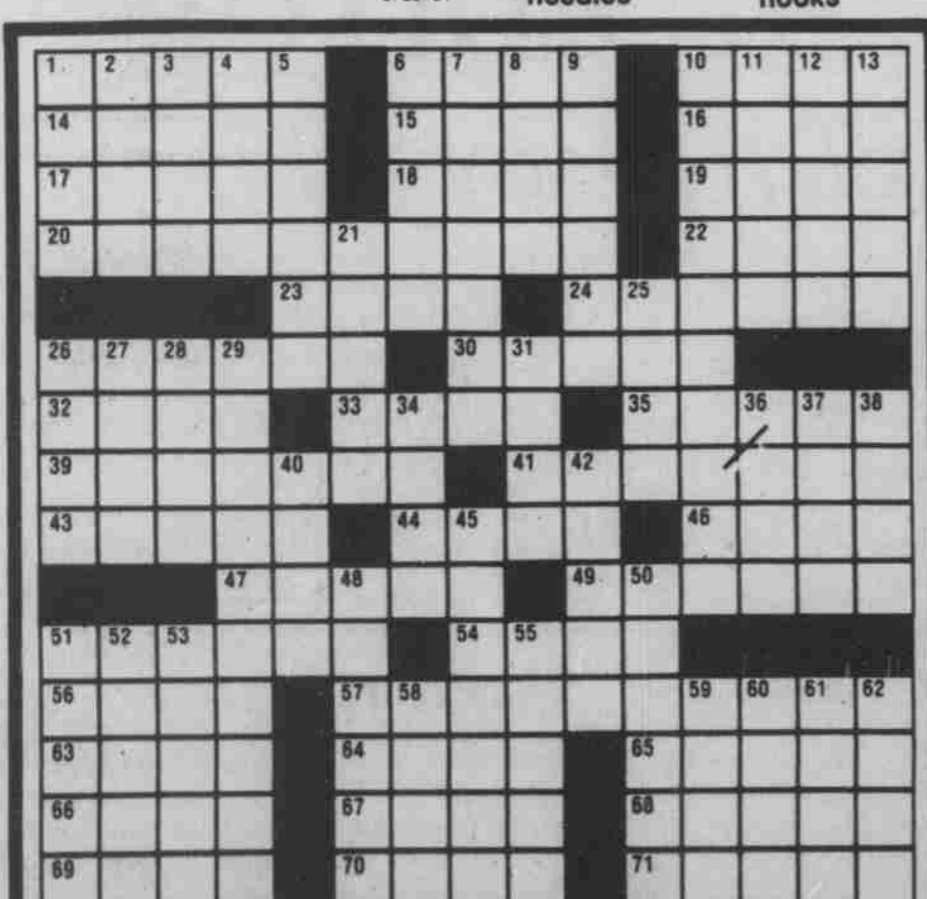
Dine In — Take Out

**THE Daily Crossword** by Samuel K. Flegner

ACROSS: 1 Woven band; 6 — accomplish; 10 For men only; 14 Lavin or Evans; 15 Artifice; 16 Spiral; 17 Western; 18 Heraldic wreath; 19 Scratch out; 20 Complete victory; 22 Forearm bone; 23 Heating lamp; 24 Logo; 26 Gaudy and cheap.

DOWN: 30 Connection; 32 Beige; 33 Mortgage; 35 Educational aide; 39 Automobile frame; 41 Below cost; 43 Seven; 44 Bank deal; 46 Cheat; 47 Bond; 49 Fondue ingredient; 51 Hunting party; 54 Overwhelm by means of amusement; 56 Kind of sauce.

3/29/84



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