

1991 North Carolina Women's Outdoor Track

NAME	EVENT	HT	WT	YR.	HOMETOWN
Julie Armor	Distance	5-6	130	Fr.	Ports, R.I. (Ports)
Ayo Atterberry	Hurdles, Jumps	5-6	130	Fr.	New Rochelle, N.Y. (New Rochelle)
Tina Batie	Sprints	5-2	109	Fr.	New Bern, N.C. (New Bern)
Mel Benner	Middle Distance	5-5	115	Fr.	Norristown, Pa. (Mercy Academy)
Nikki Berry	Heptathlon	5-10	126	Fr.	Durham, N.C. (Northern)
Penny Blackwell	Jumps, Sprints	5-9	122	Jr.	Richmond, Va. (Highland Springs)
Angela Boice	High Jump	6-0	138	Fr.	Richmond, Va. (Godwin)
Jane Boulter	Distance	5-8	118	Sr.	Saverne, France (Lycee Gal Leclerc)
Sharon Couch	Hurdles, LJ, Sprints	5-7	138	Sr.	Rice, Va. (Amelia Co.)
Shannon Davenport	Javelin	5-7	142	Fr.	Rye, N.H. (Gov. Dummer [Mass.])
Mary Ann Edwards	Javelin	5-7	127	Fr.	Huntersville, N.C. (North Mecklenburg)
Michelle Faherty	Middle Distance	5-11	140	Sr.	Leeds, England (Notre Dame [Eng.])
Andrea Green	Middle Distance	5-7	126	Fr.	Etna, N.H. (Hanover)
Shannon Griffin	Throwing	5-5	135	Jr.	Durham, N.C. (Durham Academy)
Fara Haggett	Shot, Discus	5-8	165	So.	Wakefield, Mass. (Wakefield)
Ingrid Hantho	Shot, Discus	5-10	170	Fr.	Ft. Hunter, N.Y. (Fonda-Fultonville)
Tracie Housel	Sprints, Hurdles	5-4	127	So.	Radford, Va. (Radford)
Nicky Hudson	Heptathlon	5-10	136	Jr.	Angier, N.C. (Harnett Central)
Lynnda Lipson	Shot, Javelin	5-9	170	So.	Lynn, Mass. (Bishop Fenwick)
Sarah Lynchner	Jumps	5-6	120	Jr.	White Plains, N.Y. (Lady Davis-Tel Aviv)
Kendra Mackey	Sprints, Jumps	5-10	120	Sr.	Catawba, S.C. (Rock Hill)
Debbie Mann	Shot, Discus	5-8	175	Sr.	Alexandria, Va. (Mt. Vernon)
Leslie McCaskill	Middle Distance	5-9	133	So.	Charlotte, N.C. (East Mecklenburg)
Judith McCullough	Distance	5-8	145	Fr.	Atlanta, Ga. (Westminster)
Jennifer McLaughlin	Distance	5-7	125	Jr.	Lilburn, Ga. (Saint Pius X)
Amy Neal	Middle Distance	5-5	130	Fr.	Kernersville, N.C. (East Forsyth)
Jeane Peterson	Distance	5-4	95	Sr.	Massapequa, N.Y. (Massapequa)
Ben Ridgeway	Distance	5-7	120	Fr.	Monticello, Minn. (Monticello)
Rebecca Russell	Sprints, Middle Dis.	5-6	120	Jr.	Fancy Gap, Va. (Carroll Co.)
Karen Sahn	Distance	5-4	106	Sr.	Tucson, Ariz. (Ampitheater)
Rudy Stallings	Middle Distance	5-6	125	Fr.	Greensboro, N.C. (Dudley)
Monya Thomas	Hurdles, Sprints	5-5	125	Sr.	Greensboro, N.C. (Dudley)
Tisha Waller	High Jump	6-0	133	Jr.	South Boston, Mass. (Halifax Co.)
Debra Wilkerson	Sprints	5-8	113	So.	Goldsboro, N.C. (Eastern Wayne)

1991 Women's Outdoor Track Schedule

Date	Event	Site	Time
March 20-21	Florida State Relays	Tallahassee, Fla.	1 p.m.
March 23	Tennessee, VPI, Yale, Penn State	Chapel Hill	1 p.m.
March 29-30	Florida Relays	Gainesville, Fla.	1 p.m.
March 29-30	North Carolina State Relays	Raleigh, N.C.	1 p.m.
April 6	vs. George Mason, Appalachian State, N.C. State, Virginia & South Carolina	Chapel Hill, N.C.	3 p.m.
April 13	at Florida State	Tallahassee, Fla.	1 p.m.
April 19-20	ACC Championships	Chapel Hill, N.C.	1 p.m.
April 25-27	Penn Relays	Philadelphia, Pa.	11 a.m.
May 3-4	Gatorade Invitational	Knoxville, Tenn.	1 p.m.
May 11	UNC Tar Heel Classic	Chapel Hill, N.C.	5 p.m.
May 19	Carolina Open	Chapel Hill, N.C.	1 p.m.
May 23	UNC Last Chance	Chapel Hill, N.C.	5 p.m.
May 23	Georgia Tech Last Chance	Atlanta, Ga.	1 p.m.
May 29-June 1	NCAA Championships	Eugene, Ore.	1 p.m.

April 6th — Irwin Belk Track at Fetzer Field Dedication Meet

Waller's talent raw, but feats are rare

Junior high jump record-holder working on refining technique

By A.J. Brown
Staff Writer

Tisha Waller is RAW. Her technique isn't the best, and her mid-air phase is a little lacking. But her delivery in the high jump is well done, as she proved during the 1990-91 indoor track season. On Jan. 26, the South Boston, Va., junior went over the bar at a height of 6-feet-4, setting a school record and winning the event at the Kodak Invitational in Johnson City, Tenn. And to convince any Doubting Thomas of her jumping ability, Waller matched her previous feat two weeks later at the Mobil #1 Track and Field Championships in Fairfax, Va.

Entering the outdoor season, the 6-foot leaper is tops in the nation among collegiate jumpers, having turned in the best American high jump this year and the third-best jump ever among the American college ranks.

So how is she handling her celebrity status?

"A gentleman asked for my autograph at East Tennessee (in Johnson City), which was kind of funny to me," Waller said. "But I gave it to him. I really didn't think much about it. I just thought it was cute that he asked me for my autograph."

She said that if anyone on campus made a similar request, she would think they were joking and just laugh at them. Well, nobody is laughing at the statuesque jumper's accomplishments, especially not field events coach Jeff Ward.

"She came to Coach (Dennis) Craddock after last year's NCAA meet and told him that she realized for the first time that the other girls in the meet didn't have anything on her physically. They didn't have any physical skills that she didn't have, and that she was just as capable as any of them to win the national championship," Ward said.

"That was really the first dawning on her that she had that kind of big-league potential."

Although she does have big-league potential, Ward admitted that Waller's technique needed improvement. From a coaching standpoint, the early childhood education major is not a 6-4 jumper, technically. Technically, she is a 6-0 jumper with the physical ability to clear 6-8. Fortunately for her, she managed to



Tisha Waller

hit the mark dead in the center.

Waller has the most difficulty with the part of her jump that leaves her in a laid-out position above the bar. In that position, she appears to have absolutely no coordination, Ward said. "Tisha does not have great kinesthetic sense, meaning that she doesn't have perfect control of her body when she is upside-down going over the bar."

To help increase her mid-air body control, Ward took Waller out to the jumping pit and taught her how to do a back handspring, a tumbling element in gymnastics. Most high jumpers have gymnastics in their backgrounds and have no trouble remembering which end is up when they are upside-down.

This is particularly crucial to the high jump because of the Fosbury Flop, a style of high jumping that requires landing on your neck and back once you clear the bar. Waller picked up the skill (back handspring) quickly, but still isn't as coordinated in the air as she needs to be.

"She's very coordinated as long as she's standing or moving vertically, but once she gets in a horizontal position in the air, she loses it," Ward said.

Waller hasn't lost sight of her goals, though. At the beginning of the season, she and Ward sat down and talked about the upcoming season. Through their collaboration, the two decided to focus

The Tisha Waller File

High Jumper Tisha Waller South Boston, Va. (Halifax County)
6-0, 133, Junior, Majoring in early childhood education
Personal Records: Indoor — high jump (6-4); Outdoor — (6-0)
Accomplishments: 1991 ACC indoor high jump champion (6-2) ... Jumped 6-4 twice, which is the best indoor mark in America this year and the third best ever by an American collegiate ... 1990 ACC indoor high jump champion (5-8 3/4) ... Finished 14th at NCAA Indoors ... Was second at the outdoor ACC Championships, but placed sixth at NCAAs and earned All-America status with a jump of 5-11 3/4 ... Holds the indoor and outdoor high jump school records — 6-4 indoor and 6-0 outdoor ... 1989 ACC outdoor high jump champion as she cleared 5-10 on three occasions ... Finished sixth in high jump at U.S. Jr. Nationals ... 1988 Virginia state high school long jump and high jump champion ... Born Tisha Felice Waller on Dec. 1, 1970.

on a national championship. To accomplish that goal, they figured that Waller would need to jump in the range of 6-2 or 6-3. The chance of that happening seemed somewhat slim, considering Waller hadn't cleared 6-0 in high school (at Halifax County), which most collegiate jumpers had done.

"We try not to set goals in terms of heights; we try to set goals in terms of. In the spirit of competition, what titles are you going to win, what championships are you going to win?" Ward said. "Usually, if you do that, the heights will take care of themselves."

Neither Waller nor Ward expected "the height" to come as early in the season as it did. Waller's previous best indoor effort was 6-0, which she recorded Jan. 19 at the Santee-Marriott Invitational. "I'm not crazy about seeing her jump 6-4 in January," Ward said. "I'd much rather see her jump 6-4 in March at the national championships."

And with "the height" comes a new set of goals. After rethinking their original plans, Waller and Ward have decided that it is not unrealistic to focus on winning the national championship and possibly breaking the collegiate record. The American indoor collegiate record is 6-5 1/2.

"It's not unrealistic for Tisha to look at going to the Track Athletics Congress (TAC) championships after the NCAA meet and fighting for a spot on the U.S. National team, which would be the Pan American games or the World Championships this year," Ward added.

And nothing's lacking in Waller's work ethic that would keep her from

qualifying for such international competitions. In addition to being a tenacious competitor who doesn't like to lose, Waller works diligently at every practice session. Since she's a little bit behind other collegiate jumpers, she has had to work harder than most jumpers to achieve the heights that she has reached.

Much of that hard work is inspired by training alongside teammate William Darity, a high jumper for the men's squad. The two do a lot of their intervals together, and they lift weights together. Darity's intense method of training has literally lifted Waller to new heights.

Admittedly though, this athlete is a little bit more fragile than others. So, Ward has to keep her from training too hard. A coach's nightmare, huh?

"I basically have just got the reins on Tisha," Ward said. "I let them out every once in a while, but most of the time I just keep a pretty firm grasp on them. The goal for her is to be in every sense a world-class athlete, and to do that, it takes a long developmental period which could easily be interrupted if she got hurt."

"And that would keep her from reaching her eventual goal sets, which I know are to be an Olympian."

If she stays healthy and on top of the event, Waller said she planned to go to the Olympic trials and hoped to compete in both the 1992 and 1996 Olympic games. "I like the event (high jump), and I like track and field, so I will probably stay in the event for a while."

That declaration makes her coach happy, but the competition probably isn't jumping for joy.

1990 NCAA Final Women's Dual Meet Rankings

(as compiled by Track & Field News)

1. North Carolina	100.0
2. UCLA	96.4
3. Nebraska	96.3
4. Florida	88.0
5. Washington	83.9
6. Texas	83.8
7. Indiana	82.2
8. Tennessee	80.3
9. LSU	78.8
10. Alabama	78.7

1990 Women's Outdoor Honor Roll

NCAA: 14th (19 points)
ACC: first (217 points)
ACC Champions: (7 individual, 1 relay) Austin (triple jump), Couch (100-meter hurdles), Hudson (heptathlon), Mackey (400), Peterson (10,000), Pollard (800), Thomas (400), 1,600 relay
ACC Records: Austin (triple jump — 43-9 1/4), Couch (100 hurdles — 13.40)
NCAA Qualifiers: Austin (100 hurdles, triple jump), Blackwell (long jump, triple jump), Couch (100 hurdles, long jump), Mackey (200), Peterson (10,000), Pollard (800), Russell (800), Thomas (400 hurdles), Waller (high jump), 1,600 relay, 3,200 relay
All-Americans: Austin (triple jump), Blackwell (triple jump), Couch (long jump), Mackey (200), Waller (high jump), 400 relay (Couch, Mackey, Putman, Thomas), 1,600 relay (Mackey, Pollard, Putman, Russell)
UNC Records: Austin (triple jump — 43-9 1/4), Couch (100 hurdles — 13.4), Couch (long jump — 21-1 1/2), Hudson (heptathlon — 5235), Russell (800 — 2:04.66), Waller (high jump — 6-0), 400 relay (44.63), 1,600 relay (3:32.17), 3,200 relay (8:36), 6,000 relay (18:21.97)