

SPORTS

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Appalachian football prepares for season, game against University of Hawaii

BY HUGH KELLENBERGER
Staff Writer

Timmy Chang, University of Hawaii's Heisman-contender quarterback, will not play in this Saturday's game against ASU.

Chang, a junior, was suspended by the NCAA for one game after he violated the Western Athletic Conference's new six-credit rule, University of Hawaii Associate Athletics Director Tom Sadler said Thursday on the UH Athletics Website.

Jason Whieldon, a senior, will start in place of Chang. Whieldon played in four games last fall, completing 8 of 18 passes for 92 yards and three touchdowns as the third-string quarterback.

"This doesn't change anything at all," defensive back Derrick Black said. "Chang is just one man."

Chang threw for over 4,400 yards and 25 TD last season in head coach June Jones' run-and-shoot offense.

ASU will be without strong safety Nygel Rogers. Rogers suffered an Anterior Cruciate Ligament (ACL)

tear in his right knee during the first scrimmage on Aug. 13. He will likely be out at least a month, possibly the whole season.

Four pre-season All-Southern Conference players lead the ASU defense set on stopping the Warriors' attack.

Defensive Lineman K.T. Stovall, linebacker Sam Smalls and Black claimed spots on the first team, with Rogers on the second team.

With All-American Josh Jeffries' departure, Stovall becomes the key fixture on the line.

"I have to step up and take a leadership role, be a leader on the defense," Stovall said.

"If they focus on me, there's three other good linemen to make the play."

Most fans remember Black for his game-saving return on Jeffries' PAT interception against Furman.

However, Black performed well throughout the year, racking up 42 tackles, 2 sacks and an interception.

Richie Williams and Eric Elsner will share the quarterbacking duties dur-

ing the game.

"We'll decide how much Elsner will play as the game goes on," head coach Jerry Moore said.

William's top weapon, wide receiver Sterling Hayward, enters 2003 with 24 consecutive games with at least one reception.

"I didn't know about it until the end of last year," Hayward said. "It's something I'd like to keep going."

Hayward will be going up against a 2002 All-WAC player in Hawaii's Hyrum Peters. As a defensive back, Peters totaled up 77 tackles and 4 interceptions despite missing the last two games of last season.

The team is not planning game strategy around Peters, Hayward said.

Hawaii's other defensive star is defense lineman Isaac Sopoaga, one of 36 defensive players nationwide named to the Bronco Nagurski Award watch list. The Nagurski Award is given annually to the nation's top defensive player.

"They're an excellent defense that is overshadowed by the offense," Moore said.



Mountaineers get prepared for Saturday's game against Hawaii. Four pre-season All-Southern Conference players lead the ASU defense set on stopping the Warriors attack. Hawaii's Heisman contending quarterback will not play in the game.

Peter Larkins | The Appalachian

Appalachian soccer adjusts to new coaching staff, tough road schedule



Josh Brown | Chief Photographer

ASU Men's Soccer team has new challenges this year. They have a new coach, new playing surface, and a difficult schedule. 21 players are returning from a 13-5-1 squad for the season. They finished second in the conference last year.

BY HUGH KELLENBERGER
Staff Writer

The Appalachian State University Men's Soccer team will try to overcome the challenges of a new coach, a new playing surface, and an extremely difficult road schedule this season.

Head coach Paul Stahlschmidt has a strong nucleus, 21 players in total, returning from a 13-5-1 squad that could prove to pay dividends down the road.

"The key is the leadership carrying us through," Stahlschmidt said.

The schedule finds the Mountaineers traveling to Virginia Tech, South Carolina, Kentucky and Clemson. Clemson heads into the season ranked thirteenth in the College Soccer News poll.

"All four could be in the top 20," Stahlschmidt said.

Furman heads into the season on a string of 43 consecutive wins or ties against fellow Southern Conference opponents.

The Paladins, ranked ninth in the nation, will travel to Boone on November 2.

ASU welcomes back several All-Conference players this year.

Defenseman Mark Thornton, midfielder Jannis Riesz and forward Keon McPherson all made the All-Southern Conference second team last fall.

McPherson and forward Fredrick Henriksen return as the leading goal scorers with five each.

Stahlschmidt counts McPherson, Thornton and Riesz as the keys to the team as far as creating chances at the opponent's net.

Riesz and Henriksen, along with defenseman Raphael Jones, sat out Saturday's scrimmage with slight muscle pulls. The injuries are not serious.

The lone goal scored in the scrimmage was by forward Thomas Morrow. A sophomore, Morrow participated in ten contests last year, starting only one.

"The sophomores need to come in, step up and help the team," McPherson said. Despite the victory, McPherson remained level-headed.

"We're still a little raw," McPherson said.

"The more games we play, the better we will be as a team."

The goalkeeper situation continues to be dicey. Philip Cavicchia, a transfer from Roberts Wesleyan College, made the most of his opportunity to play, earned a shut-out against Kings College.

"Right now [Cavicchia] is number one, but it's on a day-by-day basis," Stahlschmidt.

"He's doing what he needs to start as keeper. He'll keep it unless someone else earns it."

Other goaltenders in contention for the number one position include Jeff Hull (a transfer from Elon), George Nagle and Paul Herrick.

Nagle played in four games last fall, starting one. He recorded seven saves in 187 minutes of action.

Herrick saw time in one contest last year.

While Stahlschmidt prepares the team with a "one game at a time" strategy, a second-place finish last season brings hope of a SoCon championship for the players.

"We'll be really good," Thornton said. "[The championship] is in our grasp."

Cross country hopes to win SoCon again

BY MICHAEL TRIVETTE
Staff Writer

The men and women's cross-country team aim toward another consecutive Southern Conference championship this season.

"We could finish anywhere from first to fourth in the Southern Conference right now because there's so much balance," said Michael Curcio, who returns to his ninth season as head coach.

"The favorite's got to be University of Tennessee at

Chattanooga. They were second to us last year and they returned their entire team," Curcio said.

UTC finished second to both the men and women's team at the SoCon championship last year.

This year the Mountaineers will rely on their depth as a team to help them win another championship.

"Coming into this season we graduated four of our top six from last year's (men's) squad," Curcio said. "For us to win it's going to take our

depth, our role players, they're going to have to step up for us to win."

"On the women's side we only lost our number one runner from last year and we've had some pretty good recruits and some really good indications that the younger ladies are going to step up," Curcio said.

Noel Smith, who was the SoCon number two freshman of the year last season, hopes to win another championship.

"We're very positive and

we've got to keep working hard and know that people are going to be after us because we can win again," Smith said. "We're looking forward to having a good time."

The men's team also hopes to repeat last year's success.

"We have a good group of guys that will work to do it and have seen the success that we've had in the past, so they know what it takes to get there," said Carson Blackwelder, who returns as a top contender in the SoCon.

"Our overall goal is to win conference, first of all, and to place as high as possible in districts," Blackwelder said.

In order for both the men and women to win another conference championship, they will have to rely on their depth and experience and put in many hours of training.

"The majority of the guys and women are doing a little bit more mileage because they're older," Curcio said. "Our strength will be our large depth because we probably have the biggest team in the Southern Conference."

Women's Field Hockey team has insurmountable odds, 6 freshmen

BY HUGH KELLENBERGER
Staff Writer

The ASU Women's Field Hockey Team faces some potentially insurmountable odds. Freshmen outnumber seniors 3-1. There is a rookie head coach in charge of a squad that finished 5-13 in 2002. The schedule includes a date with the national champions Wake Forest. And the new home field surface leaves little to be desired for this game.

However, all is not bleak for the team. The two senior co-captains Nara Brooks and Bridgette Burkhardt have a wealth of game experience and the stats to prove it.

Head coach Mandy Latz, previously an assistant coach, ran the team for the majority of the 2002 season when former head coach Patience Harrison took maternity leave.

"It was an awesome way to prepare, help [Harrison] out by letting her spend time with her new family, at the

same time leading a team," Latz said.

Both Brookes and Burkhardt view the transition as positive.

"[Latz] is awesome, couldn't have asked for anyone better," Brookes said.

"There hasn't been very much adjustment," Burkhardt said.

The six freshmen on the roster are being counted on to produce in their rookie campaign.

"The freshman are challenging upperclassmen and the upperclassmen are responding," Latz said. "They're making it hard for us to pick a lineup because they're all playing so well. All of the positions are wide open."

Latz counts the team's goal scoring capability and the goaltending of Kate Ryno as the team's strengths.

Brooks pushed eight goals past opposing goalkeepers last season, good for tops on the team. Caroline Smith knocked in three goals of

her own.

Latz looks to two freshmen, Erica Muschamp and Lisa Witkowski, as possible goal scorers.

"Erica will get herself on the board quite a bit this year," Latz said. "Lisa is a super scrappy player with a lot of attitude."

The schedule proves daunting for ASU, with three 2002 NCAA Tournament teams signed up for competition. Richmond and Duke both lost in the opening round of the NCAA Tournament, Duke to eventual national champion Wake Forest.

"I expect these types of games to help us get better, to take value out of each one," Latz said.

Latz describes her coaching strategy as "process over product."

"If we work great, be loyal, and get to every ball first, the product will take care of itself," Latz said. "This team has the initiative to making themselves better, rather than coming to the coaches to do that for them."



The men's and women's cross-country team want to repeat last year's success. First home meet is Aug. 29.

Jacque Lenz | The Appalachian

SPORTS

Volleyball gets new coaching staff

BY MICHAEL TRIVETTE
Staff Writer

The women's volleyball team welcomes a new coaching staff to an experienced team this season.

Joining the Mountaineers will be first-year head coach Chad Callihan along with first-year assistant coach Crystal Poskey. Poskey is a former Peach Belt Conference Player of the Year at Francis Marion University in Florence, S.C. while Callihan comes from coaching four years at Radford University in Radford, Va. "I'm excited with the opportunity to work with this good group of girls. We're really trying to be positive with them and push them. I think we've got a talented group that allows us to go as far as they want to take us," Callihan said.

Hoping to improve on last year's 15-18 record, the team will turn to captains Amber Mangum and Ashley Fails for their leadership.

They're also hoping for key

players to step up. "We need Katherine Dean to have a good year and I think if Starla Gustafson can have a good year, those are probably the two that would kind of fill in the missing pieces," Callihan said.

"We got some kids that we think are just going to do well from the get-go but if those two can step up, we will go far," Callihan said.

The team's strengths lie in their "defense, desire to win, and their experience," Callihan said.

Fails describes the team as being: "A real close-knit group. We hang out together on the court and off the court."

Callihan believes that in order for the Mountaineers to have a successful season they must "maintain the cohesion that they've built from the preseason."

"One of the things that I've been real excited with is the amount of energy that's been brought to practice each day," Callihan said.

"I think if we can continue to do that day in and day out over the

course of the season, we should really be peaking towards the time of the [Southern Conference] tournament."

Peaking late in the season during the conference tournament would be very beneficial for the lady Mountaineer's who play against teams such as College of Charleston, Davidson and Georgia Southern, who are all considered preseason favorites.

The team has three returning seniors and only one freshman.

Rachel Gates from Hanover, Pa., will be the lone freshman this season.

"At first I was kind of nervous because I was the only one who had no idea what I was getting into but everyone has been supportive," Gates said.

The Mountaineers began practicing August 10 and are looking forward to their first regular season match against Virginia Commonwealth University. The first match against VCU is set for Aug. 29, in High Point.

Fava takes assistant athletic training position for Mountaineers

BY MICHAEL TRIVETTE
Staff Writer

There will be a new face inside the athletic training rooms of Appalachian State University.

The Mountaineers welcome Nicole Fava as their new assistant athletic trainer.

"This is a great opportunity as my first job out of grad school, and I'm just expecting it to chal-

lenge me on an everyday basis so that I continue to grow as an athletic trainer," Fava said.

Born and raised in Queensbury, N.Y., Fava spent her undergraduate career at Ithaca College in Ithaca, N.Y. before heading south to attend graduate school at the University of North Carolina - Chapel Hill.

While at UNC-CH, Fava worked as the primary trainer for the women's soccer team, a prominent soccer program.

"I had a great time working at Carolina with women's soccer. I think they're a very high profile team so in terms of dealing with that, it gave me some good experience," Fava said.

While at Appalachian, Fava will be working primarily with the women's basketball team as well as the men's and women's cross-country team.

"A team like us tries to really avoid injuries, but it's comforting to know that if we do get injured, she (Fava) will definitely take care of us," said J. Ethan Dodson, who will be returning as a third-year runner for the men's cross-country team.

"She (Fava) seems very professional and she definitely knows what she's talking about," Dodson said.

Fava welcomes the challenge of being an athletic trainer and looks forward to the season.

"I'm confident in my skills as an athletic trainer, and I think that, overall, that's going to help because I'm going to be able to return athletes, as soon as possible, back to playing status," Fava said.



Foster Hunt | The Appalachian

New assistant athletic trainer, Nicole Fava, will mainly work with the men and women's cross country and women's basketball at ASU.



Foster Hunt | The Appalachian

Mountaineer women's volleyball team prepares for their new season with a new coaching staff. Their first regular season game is against Virginia Commonwealth University on Aug. 29 in High Point.

ASU Football Preview

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