

Kraus runs in Nationals, named to All-America team

By Tripp Mickle
Old Gold and Black Reporter

Senior Janelle Kraus finished out another strong cross country season, finishing 19th overall at the NCAA National Championships held at Indiana University Nov. 22. Kraus was the sole runner to represent the Deacon cross country program at Nationals this year. She finished with a time of 17:14, her second-best time of the year, and earned a spot on the All-America team.

"I was really happy with it," Kraus said. "I had to adjust some goals from the beginning of the season due to some circumstances I couldn't control, but to end on such a good note made me happy." "I was very pleased with Janelle's performance," said Head Coach Annie Bennett. "She made a good race plan and stuck to it. She looked confident and powerful and beat a lot of great runners.

To finish 19th in the nation, though, is outstanding."

The women's meet featured 254 of the top runners in the nation, including runners from 31 of the best teams. Erica Palmer, a sophomore from Wisconsin, won the women's event with a time of 16:39.50, and the next two finishers were from Arkansas: Junior Amy Yoder and Sophomore Larissa Kleinman, respectively. Brigham Young won the national championships with an outstanding low score of 194. Carolina represented the ACC well, finishing sixth nationally as a team.

In the men's competition, David Kamani, a freshman at South Alabama won the event with a time of 30:06.60. Arkansas won the team competition with a low score of 55, and N.C. State powerfully represented the ACC, finishing third nationally with a score of 145.

Kraus' 19th-place finish earned her

All-American honors for the second year in a row. Last year, Kraus was named to the All-American team after posting a 27th-place finish at the NCAA Championships with a time of 17:17. Kraus competed in this meet individually because the Deacs failed to receive an at-large bid to Bloomington with her.

"I went out conservative and stayed with the group," Kraus said. "A few people passed me at the finish, but I was still able to finish strong."

Kraus faced a great deal of adversity this season. She came into the year with high expectations of leading the harriers to Bloomington as a team and possibly finishing higher individually there. However, Kraus was struck by a knee injury just before the ACC Championships.

The injury hindered her performance there and she posted her first and only 18-minute time of the season. Since then Kraus has battled back and her health

has improved.

She finished fourth at Regionals to earn an automatic bid to Nationals. There she had a stellar performance, posting her second best time of the year and earning her All-American honors.

"She really handled her injury maturely," Bennett said. "She worked hard in the aqua-jog to get back and ran strong. Most importantly, she only ran two times before nationals and to be as successful there as she was is really the sign of a winner."

Kraus now plans to rest and recover from the long season. She hopes this will allow her a chance to recuperate.

She is already looking ahead to the qualifying meet for the World Cross Country Championships in Greensboro in February. The meet itself is in Portugal and it has been a long-term goal of Kraus for the duration of the season.

"I am going to try to rest all this winter,"

Kraus said. "Hopefully, I can be back to 100 percent when I run in the World Cross Country trials in Greensboro."

"It's an extremely difficult race," Bennett said. "Janelle's been in the fire before, though, and will be prepared. I am confident she will do great."

Kraus has been an invaluable asset to both the team and the program. She performed solidly all season long, despite her injury. She holds the school record for most individual titles and has left a permanent mark on women's cross country.

"She's been a shining example," Bennett said. "She's done it through hard work, proving that you can do it if you set your mind to it which is a great example to our recruits and our team."

"She's a very hard worker," said senior team member Jill Snyder. "Her focus and effort have been great examples. She's been a great team leader."

Deacons bounced from NCAAs in penalties

By Jordan Webster
Old Gold and Black Reporter

The women's soccer season came to a disappointing end Nov. 20, as Clemson ousted the Deacons from the NCAA Tournament, prevailing in penalty kicks, 3-1.

The two ACC teams fought to a scoreless tie for 90 minutes of regulation play and 60 minutes of overtime before the contest was decided from the penalty spot.

The loss was even more difficult for the Deacons to swallow, as they felt that they outplayed Clemson throughout the contest, but were simply not able to break the tie.

"I thought we played well enough to win in regulation," Head Coach Tony da Luz said. "And then we dominated in overtime. We controlled possession throughout. We just couldn't find a way to score."

According to da Luz, Clemson played defensively from the start

in an attempt to control the fleet-footed Deacon attack, led by sophomore Emily Taggart and freshman Joline Charlton. Clemson's defenders took a very physical approach in slowing Taggart and Charlton, treading a fine line as many of their challenges could easily have been whistled by the referee.

"Their back line marked Emily and Joline tightly. It was basically a man-to-man defense - just following them everywhere they went. They did anything they could to disrupt us," da Luz said.

On the several opportunities that the Deacons were able to create, Clemson goalkeeper Katie Carson was up to the challenge, making a number of excellent saves among her eight total.

The Deacs even had trouble finding the net when the contest went to penalties. Only Charlton was able to convert from the 12-yard line.

Sophomores Stacy Roeck and Taggart were denied by the cross-

bar, and senior Anne Shropshire's shot was pushed away by Carson.

Clemson scored on three of their four opportunities from the penalty spot.

"With penalties, it's all psychological. After playing 150 minutes, it's difficult to have the energy and motivation for penalty kicks," da Luz said.

Clemson outshot the Deacons 18-16 in the game. Deacon goalkeeper sophomore Erin Regan made nine saves.

The then eighth-ranked Tigers improved their record to 14-6-2 with the victory. Clemson later fell to North Carolina, 2-0, in the quarterfinals.

Da Luz was careful to look at the season on the whole, and not just at the Nov. 20 loss. The Deacs concluded their most successful season in school history with a record of 16-6-1.

"We accomplished so much this year - first ACC title game, most wins in school history, our first top ten ranking.

We wanted to get to the NCAA quarterfinals, and I feel like the kids deserved better, but the season was still a success."

There will be no rest for the weary, though, as the Deacons will begin training for next season in mid-January. The Deacons will commence a series of spring scrimmages in February.

The squad will lose three seniors - Shropshire, Karli Schilling, and Beth Klein.

"All three girls have made contributions to the program. They're the first class to have gone to the NCAAs in each of their four years. We'll miss their experience," da Luz said.

But at the same time, da Luz will have a strong team returning.

"Next year the team will have much more maturity and experience."

"We'll have a good group of seniors that can step up, and we'll have a strong group of juniors and sophomores. I like what we're bringing back."

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The program also appeals to recruits because it offers a chance to play in one of the top conferences in the nation and against some of the best players in the nation.

Before the Georgia Tech game I know many people agreed with my opinion that Caldwell should not be at the helm of the Deacon football team next season.

After the game, though, a lot of people are now saying "let's give him one more year and see what happens." Well, personally I do not want to take that risk. People say that Caldwell has momentum to build off and a lot of talent to work with.

Well, Caldwell has always had a lot of talent to work with. We gave him seven years and he was barely able to deliver a winning season (and even then, it was more the players' than Caldwell's doing).

The Deacons were certainly

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able to beat Clemson and Duke, but fell short. Talent was not the Deacs failing this year - it was leadership and preparation - two things. Caldwell has been unable to deliver this past seven seasons.

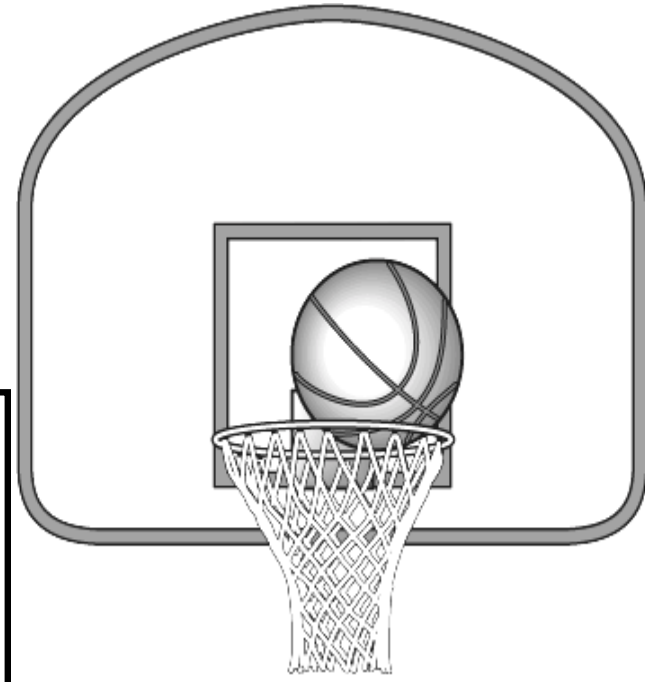
I say get rid of Caldwell and bring in someone else to work with the talent and momentum that is present. One in seven odds are not that good. It's time to place our bets somewhere else.

And finally to my fans (the very few of you that exist) I must say it has been fun. Unfortunately all good things must come to an end. To those of you that hate my guts (of which there are very many) you can take solace in knowing that I will very rarely, if ever, write in this column again.

Be a part of the action...

INTRAMURAL BASKETBALL

Registration for the Spring Semester
Begins: Monday, November 22
Ends: Friday, December 3



Corec, Men's & Women's Divisions

Register in Room 214 Reynolds Gymnasium

Coming Next Semester...

Check Out What's Happening In Campus Recreation

Congratulations!

Frequent Runners Program

50 Mile Club

- Addie Blabey
- Brian Chapman
- Katie Colliins
- Maureen Curtin
- Lisa Glebatis
- Sarah Hagenian
- Melissa McManama
- Kelly Sokol
- Julie Templeton
- David Willhoit
- Melissa McManama

100 Mile Club

- Tracy Herrman
- Kara Markley
- Margaret McKenzie
- Jaime Landry
- Bryn Mumma
- Stephanie Reddy
- Erica Rosenberger

150 Mile Club

- Justin Andrews
- Lindy Fellabom
- Alice Green
- Angela Ryan

Frequent Runner Program (runners and walkers)	
Award Chart	
50 miles	50 mile club t-shirt
100 miles	100 mile club t-shirt
150 miles	150 mile club t-shirt
200 miles	200 mile club t-shirt
250 miles	250 mile club t-shirt

If interested in the program, stop by room 214 Reynolds Gym.

Divisions for all skill levels

- Basketball
- Bowling
- Indoor Soccer
- Roller Hockey
- Hoopfest-Free Throw Contest, 3p Contest, Dunk Contest
- Campus Table Tennis Championship
- Indoor Tennis Tournament
- Racquetball League
- 3 on 3 Soccer Tournament
- 4 on 4 Flag Football Tournament
- Spikefest - Outdoor Volleyball Tournament
- Softball League