

DEACON NOTES

Women's soccer loses 4-3 exhibition to Penn State in first action of season

The Deacons got off to a rough start with a loss to Penn State in Happy Valley, Pa. Junior Sarah Kozey put the Deacs ahead 1-0 with a goal in the 12th minute of the 120-minute match, but Penn State had taken a 2-1 lead by the time the game reached the 90th minute, at which point a real game would have ended. Each team then scored two goals in the extra period, with the Deacs getting goals from sophomores Kristen Kemp and Kaitlin Doe. The Deacs return home Aug. 21 to play an exhibition match against Elon at Spry Stadium.

Mauk, offense look sharp as Gridiron Deacs hold first scrimmage of preseason

Having reached the halfway point of preseason camp, the football team held a 90-minute scrimmage at Groves Stadium Aug. 17. With junior quarterback Cory Randolph nursing a hamstring injury, redshirt freshman Ben Mauk led the first-team offense on three touchdown drives. The highlights included a 45-yard touchdown pass to senior Jason Anderson.

Men's basketball releases highly-anticipated 2004-05 schedule; first game Nov. 15

The Deacon basketball team, chosen by some experts as the top team in the nation this year, released its schedule Aug. 18. The Deacs will play 27-30 games, depending on how far they advance in the Preseason National Invitational Tournament. They will open the season Nov. 15 in the first round of that tournament against George Washington. Non-conference games include road dates with Illinois, Temple, New Mexico and Cincinnati and home games against Texas and Richmond. With the new ACC teams, the Deacs will not have road games against North Carolina or Maryland, nor will they host Clemson or Virginia Tech. They will, however, have home-and-home series with every other conference foe, though. The Preseason NIT appearance will be the Deacs' second, the first having come three years ago, when Prosser led the team to the tournament final in his first year on the job.

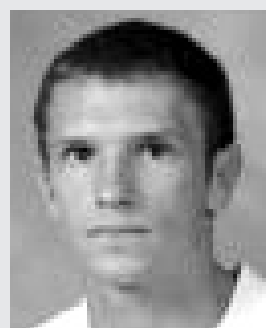
Volleyball picked fourth in ACC preseason coaches poll; Rydberg preseason All-ACC

The volleyball team was chosen to finish fourth in the ACC preseason coaches poll behind Georgia Tech, Maryland and North Carolina, respectively. The Deacs will be led by 2003 first-team All-ACC selection Valerie Rydberg, now a junior. Rydberg was named preseason All-ACC this year after leading the ACC in kills, digs and service aces last season. The Deacs will open the season by hosting two tournaments, starting with the Black and Gold Challenge Aug. 24 at Reynolds Gym. Next will be the Deacon Invitational Sept. 3-4, during which they will face South Carolina, Marshall and Connecticut.

Keadle drafted by Colorado Rockies; also plays in Cape Cod League All-Star Game

Senior Justin Keadle was selected by the Colorado Rockies in the 44th round of the Major League Baseball draft. Keadle, however, has the option to return for his senior season and re-enter the draft next year. Keadle played in the Cape Cod League this summer, where he was selected as an All-Star. He was joined in the All-Star game by sophomore teammate Matt Antonelli, who had a stellar freshman campaign for the Deacs last season.

Deac of the Week



Justin Moose

Moose, a junior expected to be one of the leaders of the 2004 Deacon soccer team, was named Rookie of the Year in the United States Soccer League's Premier Development League, in which he participated this summer. The midfielder played 13 games for the Carolina Dynamo, notching seven goals and two assists in leading the team to the Mid-Atlantic Division Title with an 11-6-1 record. Moose has 11 goals and 15 assists in his two years as a Deacon.

Making Us Proud



Darius Songaila
Class of 2002



While everyone no doubt expected the Olympics to be dominated by a certain other big man who graduated from Wake Forest, Songaila is the one whose team is undefeated so far. Songaila's Lithuania is at the top of the standings in Group B, which also includes Team USA. In his team's 98-90 win over mighty Puerto Rico Aug. 17, Songaila tallied nine points, five rebounds and three steals. Songaila will face off against Tim Duncan and the U.S. team Aug. 21 at 8 p.m.

Campus Rec strives to please

By Jason Mazda
Sports Editor

Everyone knows Wake Forest has some of the nation's best varsity athletics in the nation. What some people don't know, however, is that the university also offers top-of-the-line programs for students in search of club and intramural opportunities. Campus Recreation offers everything from club lacrosse teams to intramural roller hockey to a ballroom dancing club. "Campus Recreation wants to provide something for everything," said Max Floyd, the director of Campus Recreation. Campus Rec offers 29 different clubs, each of which are student-initiated, -run and -governed. All one has to do to join is contact a club and find out when they meet. Information about each club can be found at <http://www.wfu.edu/campusrec>. Most of the clubs, Floyd said, will take all who are willing to stay the course. The

most important thing is to get involved at the beginning of the semester, though, as some of the clubs are very competitive and set their teams early. For those who want to get involved in something but don't want to commit to a club, intramurals are perfect. In 2001, Wake Forest was listed by the *Princeton Review* as one of the top five schools in the nation for intramural sports. By the time this year's senior class graduates, Floyd estimates that over 82 percent of men and 58 percent of women will have played intramural sports. Floyd gives most of the credit for those accomplishments to the students who take part in the sports. "All that was due to the massive amounts of participation we've had," Floyd said. "The caliber of student that comes to Wake Forest needs high-caliber programs." While Campus Rec already

"The caliber of student that comes to Wake Forest needs high-caliber programs. We respond to the interests of students on campus."
Max Floyd
Director of Campus Recreation

offers a wide variety of club and intramural opportunities, Floyd said one of the most important things to know is they are always open to new ideas. "We respond to the interests of students on campus," Floyd said. "We try to be creative." In recent years, Campus Rec has added clubs like women's fastpitch softball, fencing, crew and ultimate Frisbee, as well as intramural roller hockey. They are currently looking to start intramural dodgeball and kickball in response to recent interest in each of these sports.

Opportunities also exist for students to do more than compete. "While 99 of 100 students are in it to play, some will go a little deeper," Floyd said. Students can be officials and eventually move up to supervisors and even graduate assistants. Floyd said some former students have taken that path and eventually found jobs in recreation departments at other schools. "In every one of these programs, we're dependent on enthusiastic students to help us run them," Floyd said. In the end, Floyd and his staff hope that Campus Rec can enhance the college experience for as many students as possible in various ways. "It's a great diversion from a strong, tough academic institution," Floyd said. "It's a great medium for creating a balance in your college experience, and without it, I think students are missing out on experiences they need to have."

Pressbox: Sports advice for freshmen

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Senior Stephen Keel and the Demon Deacon soccer team, ranked No. 6 in the nation, will battle their nemesis, Virginia, Sept. 17 at Spry Stadium.

against Division I-AA North Carolina A&T. Get there early because some say the best part of game day is the tailgating. **3. Field hockey vs. Duke** The Blue Devils handed the Deacs their only loss of the season last year, 1-0 at Kentner Stadium. However, the Deacs exacted the perfect revenge, beating Duke in the finals of both the ACC and NCAA Championships. Whether you're a fan of field hockey or not, it's always fun to watch a champion, and this team is exactly that. Last year's exhilarating overtime win over then-No. 2 North Carolina drew 1,200 fans, and this year's Duke match could be similar. Duke returns its top five scorers from last year, and, while the Deacs lost some key players, they will be led by senior Kelly Dostal and a core of players who have two national titles under their belts already. The ACC Championships will be hosted by the Deacs this year as well, Nov. 4-7. **2. Men's soccer vs. Virginia** Soccer games are a hidden gem at Wake Forest. We have one of the nicest facilities in the country for soccer in Spry Stadium, and the Deacs routinely pack the place, drawing some of the nation's biggest crowds for soccer despite the small size of the school. My biggest piece of advice to freshmen is to go to soccer games because they are a lot of fun. And who better to see the Deacs play than Virginia? The Cavaliers have tormented Wake Forest over the last three years, going 6-1 against the Deacs. They have knocked the Deacs out of the ACC Tournament in each of the past three years, and last year they knocked

them out of the NCAA Tournament as well. But perhaps the most important game in the rivalry was last year's regular season match in Charlottesville. The Deacs lost 2-1, but it was a cheap shot by Virginia's Kirk Dinnall that captured everyone's attention. Dinnall elbowed Deacon star Jeremiah White in the face, causing an injury that was originally thought to sideline White the rest of the season. However, White came back two weeks later, wearing a protective mask, and eventually was named ACC Player of the Year. While White has graduated, Dinnall is still a Cavalier, and you can be sure Deac will have forgotten about his cheap shot when the teams play Sept. 17. **1. Men's basketball vs. Duke** Do I even have to explain this one? Let me just say this: the last two years, Prosser's posse has beaten the Blue Devils at the Joel Coliseum, first in a double overtime instant classic and then in regulation last year. Those were probably the two most fun nights of my life. Getting to the game early to taunt the Duke players as they warmed up, then going absolutely nuts during the game was one thing, but rushing the court afterwards and celebrating by rolling the Quad afterwards was quite another. There is no feeling like it. Maybe this year with a weak Duke team and heavily-hyped Deacs team, it won't be as big of a deal, but let me be the first one to remind you that before that double-overtime win, the Deacs hadn't beaten Duke in the previous 14 games. No matter what, Wake Forest's signature sport is basketball and our biggest rival is Duke. So if you're not already counting down the days until this game on Feb. 2, then start to - I am.

Summer: Football practice field gets new turf

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practice fields and new grass that replaces the dead grass on the other fields on which the team formerly practiced. Not to be confused with the AstroTurf that has led to countless shortened careers, FieldTurf is just as soft as regular grass, only with better recovery times during rain and cold weather. The terrific drainage system within the new turf has already paid dividends for the Deacons as the team was able to practice through four inches of rain brought on by Tropical Storm Bonnie Aug. 12. Practice on grass would have been impossible due to flooding. The renovations for the football team were not the only changes

made for the fall athletic season, as Kentner Stadium - the home of the back-to-back field hockey national champions - is also home to a new turf surface and a new track to ring the field. Like the football practice fields, the new turf in Kentner is not AstroTurf, but a soft turf that should provide a softer playing surface for the Deacons. With the new state-of-the-art surface intact, Wake Forest will host not only the ACC Tournament, but also the NCAA Field Hockey Final Four, an honor that has eluded the university in recent years. With so much activity and preparation before even the first day of classes for returning students, Deacon fans have much to be excited about. In the words of Wellman, "It's a great time to be a Deac."



Junior Ariel Myers and the NCAA Champion field hockey team will be playing on brand-new turf at Kentner Stadium.

This Week	TODAY	FRI	SAT	SUN	MON	TUE	WED
	19	20	21	22	23	24	25
Women's Soccer			Vs. Elon 6:30 p.m. Spry Stadium				
Men's Soccer			Vs. Charlotte 7 p.m. Spry Stadium				
Volleyball						B&G Challenge 5 p.m. Reynolds Gym	