

SPORTS

Box Scores

Women's Basketball

Dec. 3, Boone
ASU 86, HPU 63

Appalachian State (1-3)
Conyers 3-7 1-3 7, Conklin 1-3 0-0 2, Smith 6-14 7-9 22, Bryant 6-9 1-2, Bennett 4-8 3-4 11, Jank 3-4 1-2 7, Atalese 2-2 2-6 6, Wyatt 3-4 0-0 7, Edwards 2-3 1-2 5, Barriner 1-5 1-2 3, Thomas 0-0 0-0 0, Williams 0-1 0-0 0
Totals 31-60 17-30 86

High Point (3-2)

Martin 8-18 3-6 20, O'Dell 7-15 3-4 20, Ralls 0-3 1-4 1, Mills 1-8 2-2 4, Jenner 3-9 5-7 11, Tripp 3-3 0-0 6, Ingram 0-2 0-0 0, Jones 0-1 1-2 1
Totals 23-59 15-25 63

Men's Basketball

Dec. 3, Boone
ASU 80, GWU 77

Appalachian State (1-3)
McFarland 10-14 4-7 28, Smith 1-1 0-0 2, Mitchell 4-9 3-3 11, Davis 2-2 2-2 6, Brown 4-12 0-0 8, Thompson 0-1 2-2 2, M. Jones 37 0-0 7, Thomas 5-9 2-4 13, H. Jones 1-5 1-2 3
Totals 30-60 14-20 80

George Washington (4-1)

Hall 3-6 1-3 8, Forchion 3-4 0-0 6, Williams 3-7 0-0 6, Thompson 8-13 2-3 22, Elliott 3-10 0-0 7, Pinnock 0-5 2-4 2, Lucas 0-1 0-0 0, Johnson 2-4 0-0 6, Mensah-Bonsu 6-10 2-2 14, Battistoni 0-0 0-0 0, Colucci 2-3 0-0 6
Totals 30-63 7-12 77

ASU Sports

Over the Break

Dec. 5
Track @ Clemson
5 p.m.

Dec. 6
Track @ Clemson
9 a.m.
Wrestling @ UNC-CH
8 a.m.
Women's Bball @ GSU
5:15 p.m.

Dec. 8
Men's Bball @ Piedmont College
7 p.m.
Women's Bball @ C of C
7 p.m.

Dec. 13
Men's Bball @ UNCC
7:35 p.m.

Dec. 18
Men's Bball @ SMU
8:05 p.m.
Women's Bball @ UNCA
7 p.m.

Dec. 19
Wrestling @ Wilmington, Del.
8 a.m.

Dec. 20
Men's Bball @ Tenn. Tech
8 p.m.
Women's Bball vs. Elon
7 p.m.

Dec. 22
Men's Bball @ Vanderbilt
8 p.m.
Women's Bball @ UNCG
2 p.m.

Dec. 28
Wrestling @ Greensboro
Wrestling @ Wilkesboro, Penn.

Dec. 30
Men's Bball vs. JMU
7 p.m.

After tournament ASU to look past shooting slump

BY BRAD NORMAN
Staff Writer

Appalachian State University's men's basketball finished their six-game road trip last Monday with a 72-62 win against The Citadel, bringing their record to 2-4, 1-0 in conference play.

Noah Brown took it upon himself to make sure Appalachian started 1-0 in the conference.

In his first starting gig of the season, Brown shot 62 percent from the field and hit five three-pointers en route to a 72-62 victory.

Brown's 25 points matched his career high.

Appalachian competed in the Paradise Jam Tournament in the Virgin Islands, but fell to Monmouth University in the first game, 69-65.

Appalachian managed to force 22 turnovers against Monmouth, but shot ice cold from the field, finishing the game at 32.4 percent.

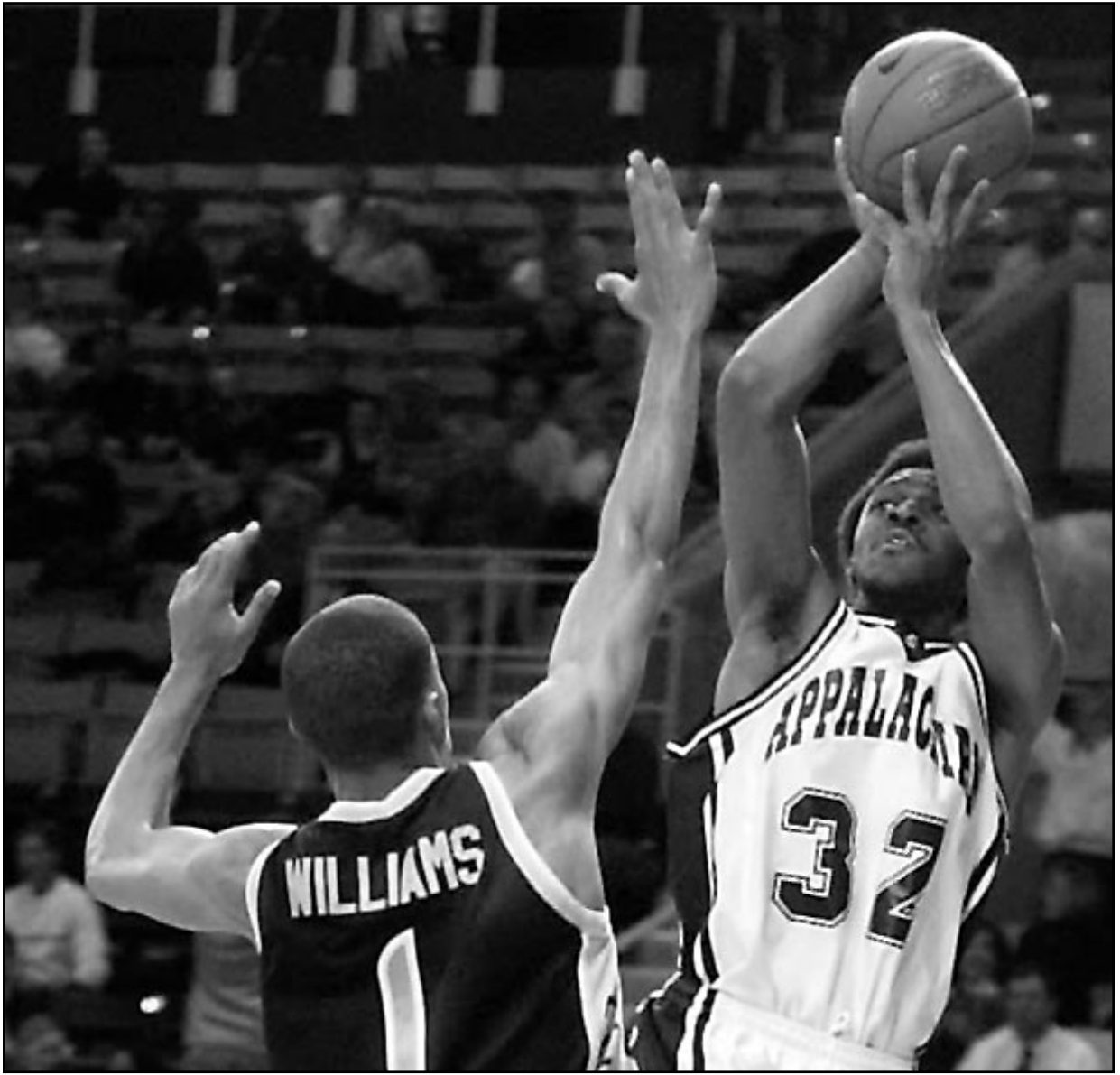
The team's poor shooting continued onto the second game when they played Boston College and shot 34 percent in a 92-67 defeat.

Transfer Derek Thomas came off the bench against Boston College to provide stellar support. In just 23 minutes he had 18 points and 11 rebounds.

In the final game of the Paradise Jam, Appalachian played La Salle University.

Strong performances by Brown and Chris McFarland allowed Appalachian to escape the Islands with a 59-48 win over La Salle in a defensive battle. Brown notched 17 points off the bench and McFarland had 19 points and 10 rebounds in a starting role.

"I think the biggest thing over the trip was just the chance to play together and



Junior Anthony McFarland (32) poured in 28 points against George Washington University last night. Appalachian defeated the Colonels 80-77. Appalachian shot 50 percent from the field in the game.

with each other," Fancher said. "We didn't shoot the ball well, but it was encouraging that we defended well the first game."

The confidence Brown sustained throughout the team's poor shooting was instrumental in the win against La Salle.

In the first two games, Brown

hit only 1 of 12 three pointers. He hoisted up eight more against La Salle and made four of them.

"He needs to get out and play some," Fancher said. "He showed more patience with his shot and knocked down some big threes for us. He's getting back there and getting back into the flow."

Appalachian traveled to Washington, D.C. for their next two games. Jonathan Mitchell had his first big game of the season against George Washington, scoring 13 points and collecting 7 rebounds.

The team also shot 45 percent, leaving their poor shooting behind them in St. Thomas.

ASU Sports

Over the Break

Dec. 31 Women's Bball @ NCSU	Jan. 5 Men's Bball vs. Elon 7 p.m.	Jan. 12 Men's Bball @ UTC 7 p.m.
Jan. 2 Men's Bball @ USC 7:30 p.m.	Jan. 6 Women's Bball vs. Davidson 7 p.m.	Jan. 13 Women's Bball vs. Wofford 7 p.m.
Jan. 3 Women's Bball @ CCU 2 p.m. Wrestling @ Millersville, Penn.	Jan. 10 Men's Bball vs. Wofford 3:30 p.m. Women's Bball vs. Furman 1 p.m.	Wrestling @ Boone 7 p.m.

The Appalachian

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SPORTS

First-half droughts wither ASU's chances

BY HUGH KELLENBERGER
Staff Writer

Three straight slow first-half starts marred the Appalachian State University women's basketball team during action last week, resulting in a 0-3 start to the season.

Combined, the Mountaineers were outscored 129-74 in the first half by the University of South Carolina, Florida International University and Saint Joseph's University.

"For the most part, we just shot ourselves in the foot early," ASU head coach Adrienne Shuler said.

The Mountaineers did recover from their slow starts, outscoring the opposition 110-102 in the combined second halves.

Against South Carolina, the Mountaineers shot just 35 percent from the field on their way to an 82-66 loss. Kelly Morrone put in 19 points and had six assists to lead the Gamecocks. Iva Sliskovic contributed with 18 points and 9 rebounds.

Senior guard Aisha Bryant went seven of 18 from the field on her way to 22 points to lead

the Mountaineers. Forward Jessica Jank hauled in nine rebounds and put in 12 points.

The Mountaineers came out shooting blanks in the first game of the FIU/Herald Thanksgiving Classic, shooting just 14.7 percent in the first half against Florida International.

"We just weren't playing together. We were not boxing out, playing defense and shots weren't falling," freshman guard Crystal Barriner said.

Before the half was over, the Golden Panthers had built a 40-13 lead. The 13 points the Mountaineers managed to score represented the lowest half total under Shuler at Appalachian.

"Our offense was working, we just missed easy shots, lay-ups, shots in the paint. We were getting the shots exactly where we wanted them, just for some reason they weren't falling," Shuler said.

One bright spot for the Mountaineers was the play of Barriner. In 19 minutes of action, Barriner put in 10 points on four of six shooting.

"Crystal has been great for

us, the more she plays the better she'll get," Shuler said. "It's going to be hard to keep her on the bench."

ASU rebounded in the second half and shot a spectacular 59.3 percent, but it was too little too late, as the Golden Panthers cruised to a 72-53 win.

"If you take out that first half, we played the way we are capable of playing, getting after people and penetrating the basket," Shuler said.

In the consolation game of the FIU/Herald Thanksgiving Classic, the Redhawks from Saint Joseph's pushed the Mountaineers around in the paint, outscoring ASU 32-10 from inside the charity stripe on their way to a 77-65 win.

Stephanie Graff led the Redhawks with 20 points, Irina Krashnoshiok chipped in with 19.

Bryant led the Mountaineers for the third game in a row with 20 points. Junior guard Michelle Conklin put in 11 points and dished out four assists.

Results of yesterday's game against High Point University were not available at press



Senior Aisha Bryant (25) drives past a High Point defender last night. Bryant scored 16 to help the Mountaineers win 86-63 in their home opener at the George M. Holmes Convocation Center.

Matthew Brown | The Appalachian

time. The Mountaineers begin Saturday at Georgia Southern Southern Conference action University. ASU will not return home until Dec. 20 against Elon University.

Cyclo-cross: Jones heads to Oregon to compete in the National Championship

BY MICHAEL TRIVETTE
Staff Writer

Sophomore J. Taylor Jones has never been to Portland, Ore.

He will get his chance this December as he travels to represent the Appalachian State University cycling team in the 2003 Cyclo-Cross National Championship.

"I'm looking forward to the opportunity to represent our school in the national championship," Jones said.

Jones is no amateur when it comes to competing at such a high level.

In 2001, Jones competed for the junior national championship in Baltimore. He finished seventh in the nation.

"It was a good learning experience as being my first time competing at the national level," Jones said. "It prepared me for racing on the larger national level and since that time, I've raced all along the East Coast.

"All in all, it prepared me for competing at a somewhat higher level than what races in North Carolina have to offer," Jones said. "I've had the opportunity to gain more experience racing in

larger fields."

Jones said he expects anywhere from 30 to 40 cyclists for the men's collegiate national race.

Typically, a cyclo-cross race is scheduled to last an hour. In that 60-minute time span, the number of laps will be set by the average lap time of the leader.

Generally, after a few laps the field will separate into a few groups on the race course and certain packs of riders within the field will race together to move up in the field.

"In general, a faster pace at the beginning of the race is bet-

ter because it splits the field up and allows riders with the same ability to ride and work together throughout the race," Jones said.

"Basically it's like a waiting game and you have to use your energy reserves wisely," Jones said. "If you go to hard at the beginning, you'll have nothing left at the end."

Cyclo-cross is a winter sport that involves single-track trails, open fields, short and steep climbs, as well as man-made barriers that force a rider to dismount off his bike and run.

Riders race through all conditions, which include rain, sleet, snow and mudded trails.

The typical cyclo-cross course is one to two-and-a-half miles in length and the average field size of a race ranges from 30 to upwards of 60 riders, Jones said.

The North Carolina Cyclo-Cross Series began in October and featured seven different races.

Not only did Jones compete in all seven series races, but he also competed in races in Pennsylvania, Delaware and New Jersey.

So far, Jones has raced in 12 different cyclo-cross races and will

wrap up the regular season this weekend in Hendersonville.

He hopes to put in a good finish before heading to Portland on Dec. 11 to compete for the national title on Dec. 13.

"I hope to race well this weekend so that I can carry the good form into next Saturday's national championship," Jones said. "I'm shooting for a top 10 finish, but my ultimate goal is to bring Appalachian its first national championship in cycling."

Jones will be one of three riders from North Carolina competing for the men's national title.

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SIGN UP AS A GROUP, BY YOURSELF, WITH FRIENDS, OR WITH FAMILY!

Agenda-at-a-Glance

8:30-9:00 Registration

9:00-10:00 Welcome! Groups and projects assigned

10:30-5:00 Group Service Challenges (lunch at sites)

5:00-6:30 Closing Reflection

MONDAY, JANUARY 19, 2004

8:30am - 6:30pm

Legends/ASU Campus (includes lunch & dinner)

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MUST PRE-REGISTER BY JAN. 15th: ACT Office- 262-2193. Space is limited!

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