

## Upcoming Events



### Men's Basketball

- 12/29 - 2 p.m.  
*Marietta*  
*Tournament*
- 1/3 - 3 p.m.  
**at Randolph\***
- 1/7 - 7 p.m.  
**vs. Roanoke\***
- 1/10 - 2 p.m.  
**vs. Hampden-Sydney\***
- 1/14 - 7 p.m.  
**at Guilford\***
- 1/17 - 2 p.m.  
**vs. Randolph-Macon\***

### Women's Basketball

- 1/6 - 7 p.m.  
**at Ferrum**
- 1/9 - 7 p.m.  
**vs. Eastern Mennonite\***
- 1/10 - 4 p.m.  
**vs. Bridgewater\***
- 1/13 - 7 p.m.  
**at Hollins\***
- 1/16 - 7 p.m.  
**at Virginia Wesleyan\***
- 1/17 - 4 p.m.  
**at Randolph-Macon\***
- 1/20 - 7 p.m.  
**vs. Guilford\***

### Swimming

- 1/10 - 1 p.m.  
**at Bridgewater\***

## Regional Update



**Tennessee:** The University of Tennessee announced its hiring of new head coach Lane Kiffin who was let go by the NFL's Oakland Raiders earlier this year. The hiring may very well help to lure Monte Kiffin (famous Tampa Bay Buccaneer Defensive Coordinator and father of Lane Kiffin) to Knoxville to take over the defensive unit.



**Virginia Tech:** The Hokies were given an early Christmas gift as Georgia Tech took care of the Miami Hurricanes two weeks ago, allowing the Hokies -- 8-4 (4-3) -- to advance to the ACC Championship via a win over Virginia. In the ACC Championship Game the Hokies easily dispatched Boston College 30-12, and will play in the Orange Bowl against Big East Champions Cincinnati on Jan. 1 at 8 p.m.

## Senior Spotlight

**Chris Hatcher**  
Sports Editor  
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Virginia Lamb is a senior swimmer and one of the most consistent performers on the E&H swim team.

**CH:** Virginia, the team has had a productive year so far, including a 95-83 win at Salem. Are you satisfied with the season so far? As a team, do you think you have accomplished your goals?

**VL:** I am very proud of our team this year. Though we are small compared to most of the other teams in the ODAC, all the members of the team have worked exceptionally hard, and it shows in competition. We'll continue to build as the season goes, and by ODAC Championships in February, we should be pretty amazing.

**CH:** You guys are often referred to as the "road warriors of the ODAC" because you are always on the road. How has that made the team's journey more difficult? Do you think that makes other teams respect you?

**VL:** Never having a home meet does make it more difficult as a team. We try to have one meet a year against King College in Bristol, but that one meet is the only competition of the year that it's practical to have supporters

from Emory come watch. Next season will be much better since our pool will soon be competition-ready.

**CH:** You also have had several coaches during your time on the team. What are some of the things that each of them brought to the team individually?

**VL:** When I started as a freshman, the team was very new and we had a coach who knew very little about competitive swimming. The team has since evolved through another coach who was not at the level we needed, to our new coaches, Coach Hurd and Kelly Espy. I would attribute most of our success this year to the dedication of our coaches, and I would not get up for 5:30 a.m. practices for anyone else.

**CH:** According to gowasps.com, you specialize in the fly and free strokes. Talk about those events and why you enjoy participating in them.

**VL:** Fly has always been one of my favorite strokes because of its difficulty. There's no real way to muscle through fly without having solid technique first.

I enjoy the 50 free simply because you can throw all of your energy into the race, and the results are always separated by hundredths of seconds.

## Cross Country team reaches new heights in 2008 season, and the future looks even brighter

**Keran Billaud**  
Sports Writer  
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The Emory & Henry cross country team ended their season on a good note this autumn, and its future may even be brighter.

According to Coach Mike Abrahamson, there are three key factors to future success: depth, recruiting and time.

"I'm very proud of the effort put forth by this year's men's and women's cross-country teams," Abrahamson said.

Abrahamson continued, "These runners ran in the heat, the cold, the rain and the snow. They ran up hills, around fields and through woods. With eight out of ten runners setting personal best times at the ODAC Conference Race, it showed that everyone's hard work paid off."

Lynchburg, Roanoke and Washington & Lee all have

around 10-15 runners on both of their teams (male and female) and we have six guys coming back who have experience racing.

"If we have 4 to 6 guys more, then we will have a lot of depth in the team," Abrahamson said. This year the team is losing two seniors, including the top runner for the women's team, Karen Archibald.

"I am grateful for our seniors, Karen Archibald and AJ Hagee, for their leadership and effort, and I'm really excited about the runners that are coming back next year. If we can build success off this year, next year can be great," Abrahamson said.

In the spring season, it is hoped recruiting will take the team a bit further in its hope to gain more runners. That should not be a problem as there are plenty of high school meets and

## Senior Swimmer Virginia Lamb



Photo provided by Virginia Lamb

**CH:** What is your favorite childhood memory?

**VL:** As far as swimming goes, my favorite memories would be the City Meets in Huntsville, AL. The competition was always tough to beat, and I really enjoyed having my family make it to the meets.

Outside of swimming, I probably enjoyed camping trips up to the Smoky Mountains more than anything else growing up.

**CH:** What do you plan to do once you graduate from E&H?

**VL:** I plan to attend Grad School for Molecular Biology.

**CH:** What is your favorite memory on the swim team in your time here?

**VL:** ODAC Championships tend to be really fun every year, and listening to my co-captain sing for 5 hours on a drive back from a meet this year was spectacular.

**I'm really excited about the runners that are coming back next year. If we can build success off this year, next year can be great.**

Coach Mike Abrahamson

regional 5Ks around Emory and Henry.

As for returning runners, Abrahamson said, "Cameron Taylor and Jeff Cassasa are going to be strong from the off-season. Will Garrison will be playing tennis, so he'll be in good condition for the cross country season. Chris Caruana plays soccer as well." This shows that even outside of cross country, these athletes are maintaining fitness and seriousness in their endeavors.

The fact that team spirit is growing with every day of practice this year is a good omen for the future as well. "Practice was

not a mandatory thing to do together all the time but there was a lot of group work," Abrahamson said.

In order to take on the larger teams in the conference, the Wasps will have to work together to excel. Although running cross country can be a solo competition, teamwork involving strategy and pacing can help considerably.

As a result Abrahamson believes that there is a real chance at finishing in the top half of the conference next year.

"I'd like to see everyone reach their potential above all," Abrahamson said.

## Sports Opinion

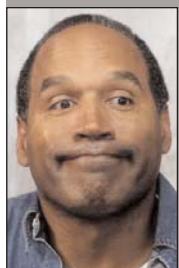
### Top Five Social Deviants Also Known as Athletes...Year Three (Pt. 3)

By Chris Hatcher

The past two years I have run a column entitled "Sports Arrests: Five Social Deviants also known as Athletes." Because of the frequency of arrests in the sports world and the high-profile nature of some of these arrests, I am compelled to run the third installment in the series.

Continued from the Nov. 19 issue of *The Whittopper*, here is "Top Five Social Deviants Also Known as Athletes, part 3."

**5. O.J. Simpson:** The debate has raged on for what seems like an eternity: Guilty or not guilty of murder? I'm not saying



that doesn't matter, but that's only part of the reason O.J. is on this list.

A week ago I didn't consider O.J. to be on this list, partly because he's been so detached from the world of athletics for so long that people (including myself) forgot that he was ever an athlete.

So you might be asking what changed my mind? Well over this past weekend my dad read me an editorial about how O.J. was one of the first athletes to make the crossover into fame. Simpson became a commentator, spokesperson and an actor before his alleged double homicide incident.

After "The Juice" was cleared on all charges, however, it wasn't too long before O.J. was back in court; he was recently arrested and brought to trial on charges of criminal conspiracy, kidnapping, assault, robbery and using a deadly weapon. Simpson was found guilty of all charges on Oct. 3, 2008. On Dec. 5 Simpson was sentenced to a minimum of 9 years in prison.

So why does that put O.J. on this list? Well, as the editorial my father read me said, because O.J. was one of the first athletes to cross over into superstardom, he bore the responsibility of his accomplishments. Not being part of "The Juice's" heyday, I was

unable to grasp this concept until I was read that editorial. It could not have been more correct.

Unfortunately, O.J. failed in that regard (responsibility) ... miserably. He influenced athletes of today's generation and showed them (whether it was intentional or unintentional) that it was okay to act like a thug. So there. Believe it or not, I may have finally pinpointed one of the causes of social deviancy amongst athletes.

**Dishonorable Mention**  
**Plaxico Burress**  
**Bill Belichick**  
**Matt Jones**  
**Marcus Vick**  
**Missouri Basketball**  
**Georgia Basketball**