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player profile:
Lisa Norris



Lisa Norris is a junior and a communications major and starting pitcher of the Carolina softball team.

Full Name: Lisa Gayle Norris

Birth day: June 26, 1987

Hometown: Snellville, Ga.

Best childhood memory: Playing softball in my backyard with my parents, my four brothers and my sister.

Childhood Idol: My parents — they taught me so much about softball and life in general.

Chocolate or vanilla: Chocolate

Coke or Pepsi: Coke, unless it is Wild Cherry Pepsi

Hobbies outside of softball: Sleeping. I sleep whenever I can, even if it is only a few minutes.

Pre-game rituals: I always do the exact same warm-up for pitching, starting with drills, then pitches and even the number of pitches.

The softball team has been having an amazing season. What have you done as a team to prepare? We worked a lot in the fall on our hitting and defense. For pitchers, we worked a lot on spinning our pitches and hitting our spots.

How is this year's team different from last year's? This year our team has such great chemistry. We love being around each other. We have a bunch of new fresh blood that are producing for us offensively and defensively.

What have you personally focused on to prepare for the season? I focused a lot on hitting my spots and spinning my pitches so they move more. I also worked on my hitting in the fall.

Have you begun to see the payoff for your hard work? How so? I have seen some of my hard work pay off in both hitting and pitching. My pitches have been moving more all around the plate, and my hitting has been better so far this season.

Recently you were named ACC Pitcher of the Week for the second time. How did that feel? It was amazing, but I still have work to do to prepare for ACC Championship and the World Series.

What has been your most memorable moment as a Tar Heel so far? There have been so many great memories here, but I guess if I had to choose one, it would be receiving an ACC second-team honor last year.

Do you hold any aspirations to play for the U.S. National team? I would love to play for the U.S. National team once I finish up my career here.

How do you feel about the Heels' chance of making it to Oklahoma City? I am certain that we have an excellent chance of making it to the World Series. I have no doubt in my mind.

—brittany murphy

sports

the non-workout calorie-blaster

Exercise equipment can be daunting, and the clunky rubber and metal machinery doesn't offer much incentive to begin a workout. So why not shake, twist and roll your booty while you try to get fit?

Zumba, an alternative workout that combines Latin dance moves and high-energy aerobics, packs more than 100 sweaty bodies into the Student Recreation Center and Rams Head Recreation Center on



Sophomore Abbey Caldwell leads her weekly Zumba class at the Student Recreation Center.

Monday and Wednesday nights. Students eager to get in shape pump their arms, bend their knees and thrust their pelvises to a musical beat while they break a sweat.

Some attend sessions religiously, and even though Zumba has only existed on campus for a year, the program fills the gym so densely that it is becoming a fire hazard.

"It wasn't crowded at the beginning of the year, but it seriously has taken off," said Eloise Stancioff, a sophomore who attends the class every Monday. "Now, if you don't get there 15 minutes early, you're not going to get in."

A typical workout begins with a warm-up exercise that leads into several dance moves choreographed to the rhythms of a variety of music — from 50 Cent to Ricky Martin to ABBA. Abbey Caldwell, a sophomore and one of the three instructors, says she tries to choose songs that appeal to college students' tastes. Newcomers have to learn

shorts

the steps, but the moves eventually become addictive.

"I really like learning new dance moves so I can incorporate them when I go out on the weekends," Stancioff said. She also likes that instructors choose new, enjoyable songs each week.

After the hour-long routine, participants will be sore and tired, but Caldwell says most people enjoy the method because they are tricking themselves into working out.

"They don't get that when you're shaking your booty and dancing like that, you're actually doing squats," she said, explaining that an hour of dancing could burn up to 600 calories. "You're not just dancing on the floor. It takes the fun out of it when you're seriously thinking it's working out."

Caldwell and sophomore Anne Eudy brought Zumba to Chapel Hill by way of Charlotte. The two friends first tried the workout at their local YMCA and felt they had to bring the program to UNC-Chapel Hill. The workout originated in Colombia when a celebrity fitness trainer replaced his workout tapes with Salsa music he had in his car. After he incorporated dancing into his workout routine, its popularity spread north.

Everyone from students to professors attend the Zumba sessions. Females make up more of the audience, but

Caldwell says more males have started showing up after learning that "it's not just a bunch of stupid girls working out, but girls sweating like they've never sweat before."

The best part? You don't even have to be a good dancer.

"I've had people say 'I don't want to come because I can't dance,'" Caldwell said. "That shouldn't be a reason. There are 120 girls and guys in there. What is the probability that they are all good dancers? After you come once or twice, you'll be like, 'This is so fun, and I'm working out while I'm doing it!'" &

— alex kowalski



[words to live by]

"I want to thank all of the fans. Especially want to thank the ones that left before the Clemson game ended. I assume they left tonight, so let's give them a round of applause."

—Surry Wood responds to the trend of fans leaving basketball games early during his speech after UNC-CH's 90-77 victory over FSU on Senior Night

*courtesy of InsideCarolina.com/JimHawkins



Eloise Stancioff