Dear Highland Cavallers

Welcome back to a new academic year! UVa-Wise Athletics is transitioning to NCAA Division II competition, and some changes are coming. As an ardent fan of college sports, and coming from a university with a successful NCAA Division I athletics program, I bring leadership experience in transitioning across athletics associations. While I was dean, FGCU transitioned to NCAA Division I sports. I chaired the Governance and Committee to Rules Compliance subcommittee of the self-study Steering Committee. The experience allowed me to delve into NCAA rules and compliance and to better understand the importance of athletics oversight and policy development.

Upon my arrival at UVa-Wise, I met with Athletic Director Danny Sterling and the athletics staff to learn about our program's organization and operation. I am happy to report that our athletics program is in very good shape. Over the past year, UVa-Wise implemented a comprehensive NCAA compliance program and increased its academic program. This summer the UVa-Wise athletics program advanced into candidacy year two of a three-year NCAA Division II membership process because of the hard work of Sim Ewing, Danny Sterling, Kendall Rainey, Tom Nyman, faculty representative Tom Costa, coaches and staff. The transition reflects the College's vision of providing the best opportunities for our deserving and dedicated student-athletes. The notoriety of the NCAA brand and the resources afforded members will advance UVa-Wise Athletics to the next level.

UVa-Wise is an Inaugural member of the new Mountain East Conference. The MEC, with 12 Division II NCAA schools, begins its first season this fall. The conference, based in Bridgeport, W.Va., is made up of several schools formerly in the West Virginia Intercollegiate Athletics Conference. This includes: University of Charleston, Concord University, Radford University, Fairmont State University, Glenville State College, Shepherd University, West Liberty University, Wheeling Jesuit University, West Virginia State College and West Virginia Wesleyan College. The conference is also comprised of three new schools outside of West Virginia. They include: Notre Dame College in Ohio, The University of Virginia's College at Wise, and Ursuline College in Ohio.

University of Charleston Golden Eagles
Founded in 1888
Located in Charleston, W.Va.
Student Enrollment: 1,400
School Colors: Maroon & Gold
Travel Time: Two hours and 54 minutes
Interesting Fact: Mona Uanrey (now known at University of Charleston) was the site of the first "Sadie Hawkins Day" on Nov. 11, 1938.

Concord University Mountain Lions
Founded in 1871
Located in Athens, W.Va.
Student Enrollment: 2,797
School Colors: Maroon & Gray
Travel Time: Two hours and 27 minutes
Interesting Fact: Frelda J. Riley is a notable alumnus of Concord University. Riley was the high school teacher that influenced the Rocket Boys, which were the subjects of the movie "October Sky."

Fairmont State University Fighting Falcons
Founded in 1865
Located in Fairmont, W.Va.
Student Enrollment: 4,500
School Colors: Maroon & White
Travel Time: Four hours and 55 minutes
Interesting Fact: Fairmont State boasts the first collegiate national championship in football in the state of West Virginia by winning the NAIA championship in 1967 over Eastern Washington 28-21.

Glenville State College Pioners
Founded in 1872
Located in Glenville, W.Va.
Student Enrollment: 1,900
School Colors: Blue & White
Travel Time: Four hours and 25 minutes
Interesting Fact: Rich Rodriguez, current head football coach at Michigan and West Virginia, led the Glenville State program in a runner-up finish in the 1993 NAIA national championship.

Gloucester State College Quakers
Founded in 1872
Located in Gloucester, N.J.
Student Enrollment: 1,900
School Colors: Blue & White
Travel Time: Four hours and 25 minutes
Interesting Fact: Gloucester State boasts the first collegiate national championship in football in the state of New Jersey by winning the NAIA championship in 1967 over Eastern Washington 28-21.

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**Football**

**Lusk and Cavs ready to start new journey**

By Jordan Childress
Sports Editor
jscc@uwovia.edu

When the sun set behind Carl Smith Stadium on Nov. 10, 2012, the UVa-Wise Cavaliers said goodbye to the Mid-South Conference and the NAIA. But as the sun rose on Aug. 15, the Cavs welcomed the Mountain East Conference affiliation with NCAA Division II.

"We have a Christmas present and can't wait to open it," Head Coach Deway Lusk said when referring to the new conference. "But what's inside, you don't know. We get to gain some experience. We have learned a lot of things with the rules and regulations and compliance. It's been a lot of paperwork, but we're ready to play football."

Lusk and the Cavs are coming off of a disappointing 2012 season in which the Cavs went 3-8 and went 0-5 at home. The 2012 season began with a shocker; the Cavs defeated the No. 11 team in the country, the Belz College of Business, in a 24-21 overtime victory.

The Cavs are returning 35 seniors from last year's team and 15 starters with the offensive returning nine starters, five running backs, and Michael Barbour and sophomore Kevin Ettin, Devin McGill and Joe Urra, they will be protecting sophomore quarterback Caleb Lavois and sophomore running back Zach Cochenour.

Lavois will have returning wide receivers, sophomore Julian Stewart and sophomore Treemon Younger, in his freshman campaign Lavoi threw for 1,636 yards and seven touchdowns in nine starts. The Cavs have started several quarterbacks in the past couple of seasons, but Lavoi looks to work in his freshman season and turn it into a promising sophomore campaign.

"Last season, I learned a lot about every game," Lavoi said. "It was a learning experience. I've been trying to improve every game, but I think the offense has to be better, the defense has to be better."

Lavois moved several of his teammates around in Wise during the summer and worked out. This is the kind of work ethic and leadership the Cavs will need to be successful at the Division II level.

Lavois could possibly be in the midst of another quarterback battle this season. Redshirt freshman Wonder Jeff Parker (24) in a scrimmage Aug. 31 at Carl Smith Stadium. Younger looks to lead the Cavs' passing attack Saturday at Campwell University.

With the Mountain East Conference being known as a nothing conference, the Cavs are returning 35 lettermen of a disappointing 2012 season in which we're ready to play football."

The offense returns several key players, including four linemen senior Marcus Bratton and Derick Lusk said about Younger.

"We have to get off the field on third down, [and] our third down efficiency has to be better," Hamilton said. "I think they're going to be different. It's already different," she said.

The women's volleyball team will continue their opening six-game road stretch at the University of Virginia Sept. 17 against Bluefield College at 6:30 p.m. They begin home play Sept. 17 against Bluefield College at 6:30 p.m. The score for last night's opener against Bluefield College can be found online at uva-wisc.com.
**Women's golf to compete as team**

**By Josh Weaver**  
**Photo Manager**  
jew@uvawise.edu

Five-year Head Coach Jim Kelly said consistency will be the key for his golfers as they enter their first season in the Mountain East Conference and the NCAA. The men's team who won off of their first match Saturday at the Dye Intercollegiate Invitational in Urbana, Ohio looks to build on last season's late success.

Last season the Cavs won the first major tournament in program history at the Shawnee State Invitational where they posted a two-day total of 592, 12 strokes above second-place finisher the University of Findlay. The Cavaliers became the first team in the tournament's 21-year history to have all five golfers from the same team shot in the 70s both days of the tournament, senior Clint Lowe said.

Following the Shawnee State Invitational, the Cavaliers finished out the season with 10th and 6th-place finishes at the Mid-South Spring Invitational and Rosemont College Invitational, respectively. A program on the rise, the team brings back 10 returnees, five seniors and five sophomores. A Wise native, Nic England, will be the team's lone freshman.

For Lowe, the team's big win last season along with personal improvements across the board, will give the team a chance to win in each tournament regardless of this year's transition to NCAA.

"A major difference this year and last year is the progression that all of us have made since the spring season ended," Lowe said. "We'll be fine."

Sophomore Blake Bilkis shared Lowe's same thoughts about the team's chances this year. For Bilkis, the team's mindset has gone from "Let's compete," to "Let's win."

"There is a lot of potential and if we put it all together we can be tough to beat," Bilkis said. "We have the chance to go in with a clean slate and start out strong."

After this weekend, the men's team will travel to Danville, Va., to compete in the Gate Springs Intercollegiate Championship next weekend.

For results from this weekend's tournament, visit uvawise.cavs.com.

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**X-Country Cross Country ready to run MEC**

**By Chris Aminnand**  
**Staff Writer**  
ca@uvawise.edu

The Highland Cavaliers men's and women's cross country teams will compete in their first NCAA meet today with Virginia State University in Radford, Va. Fourth-year Head Coach Donald Leech said his men's team, selected 7th in a Mountain East pre-season poll, and his women's team, selected 8th, are each ready for their new league and new conference.

Leech said while competition will increase with the transition he doesn't believe it will make a huge impact. Leech, who often runs along with his team, showing them new routes and criticizing their form, said, "It's a little bit more competitive, saying they hope they can "bring the heat" to the Mountain East as they look to notch at least one win on their road this season.

"I feel that the guys can go into any race, step up and prove that we are able to compete with teams in the NCAA," Parker said. "I know that the UVa-Wise is a small school, but we are building up in order to play well and compete with these teams (regularly)."

As his last season as a Highland Cavalier approaches, Parker said he's going to miss the closeness of the cross country program but looks for his team to leave a mark their first year in the NCAA. Senior women's captain, Emily Brock, feels the same sentiments about her career coming to an end, but for now she's helping to build her team for the season and the future every step and practice along the way.

"As a captain, I am here for them," Brock said. "I see their strengths and weaknesses with every practice. I talk to them about how it felt and figure out ways to get better."

The men's and women's cross country teams will be back in action Sept. 14 at the Mercer County Invitational in Black Mountain, N.C.

Look for results from today's meet at Virginia State University online at uvawise.cavs.com.
Women’s tennis, full fall schedule

Mountaineers from top (from left to right): senior Lauren Powers, senior Breanna Stallard, sophomore Haley Trackett, junior Mary Jo Stallard, freshmen Adley Christian and sophomore Jenna Nucius, senior Aud Egg.

West Virginia State University Yellow Jackets
Founded in 1891
Located in Institute, W.Va.
Student Enrollment: 2,644
School Colors: Black & Gold
Travel Time: Three hours and 44 minutes
Interesting Fact: WVWC has two former players in the Pro Football Hall of Fame with Earl "Gieasy" Neale of the Philadelphia Eagles and Cliff Battles of the Washington Redskins.

West Virginia Wesleyan College Bobcats
Founded in 1890
Located in Buckhannon, W.Va.
Student Enrollment: 1,416
School Colors: Orange & Black
Travel Time: Four hours and 32 minutes
Interesting Fact: WVWC has two former players in the Pro Football Hall of Fame with Earl "Gieasy" Neale of the Philadelphia Eagles and Cliff Battles of the Washington Redskins.

Wheeling Jesuit University Cardinals
Founded in 1954
Located in Wheeling, W.Va.
Student Enrollment: 1,428
School Colors: Red, Black & Gold
Travel Time: Three hours and 44 minutes
Interesting Fact: WVWC has two former players in the Pro Football Hall of Fame with Earl "Gieasy" Neale of the Philadelphia Eagles and Cliff Battles of the Washington Redskins.

Wise County... GREAT place to Play!... Visit Wise County www.VisitWiseCounty.com

Upcoming Games

Next week (9/7/2013)
Shepherd University*
9/10/2013 Milligan College
9/14/2013 West Liberty University*
9/16/2013 Bluefield College
9/18/2013 King University
9/21/2013 Berea College
9/23/2013 Asbury College
9/29/2013 Tusculum College
10/2/2013 Concord University*
10/5/2013 Fairmont State University*
10/12/2013 West Virginia State University*
10/13/2013 West Virginia Wesleyan College*
10/19/2013 Mountain East Conference Tourney.

Home Games in bold
*Indicates Mountain East Conference Games

Look for more on women's tennis in our Sept. 11 Issue.

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The Highland Cavalier Fall Publication Dates: Sept 3, Sept 10, Sept 17, Oct 8, Nov 15 and Dec 3.

Visit us on Facebook, VisitWiseCounty www.VisitWiseCounty.com

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