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Virtual reality headsets available for classes

By Destene Savariau
News Editor

Education is getting an upgrade on campus with a new virtual reality initiative that puts VR headset in the hands of students.

According to the Project IMXR website, it was created by the Associate Vice President for Strategic Initiatives & Outreach at the university, Colleen Bielitz.

“XR, also called extended reality, is a term for several different but related technologies including VR (virtual reality), AR (augmented reality), and MR (mixed reality). XR is being used by industry to realize cost savings, enhance collaboration, and increase safety,” according to the IMXR website.

Bielitz has been working since 2018 but put the project on the back burner due to the university’s priority being on cybersecurity and data analytics. However, once she received her grant in 2021, she was able to purchase the headsets and make education more accessible to everyone.

“We now have a

dedicated space just for virtual reality. I am working with the department chair Lisa Lang in creating a student club around virtual reality and having students like get into unity and learn how to code in that area and to become designers,” Beilitz said.

To integrate this technology into the curriculum, Bielitz assessed how the headsets can lead to an enhanced student experience and how it can benefit students.

“I feel like our students will benefit from this immersive technology because it allows them to interact with it. You know what, you can always see how the microbe’s work. What does a virus look like inside? You know, how do red blood cells travel through the chambers of the heart? And you can see all that in virtual reality,” said Bielitz.

Bielitz then went on to explain the National Geographic app that can transport you to the hills of Machu Picchu, where you can not only see the ruins, but also see what it looked like in the past. The IXMR can show you what life was

like for the people at that time and walk through it as if you are living it alongside them.

“I see this improving the education experience of students by being so captivating. So, imagine a beating heart and they tell you how it works. But now imagine standing in front of that heart, enlarging it and stepping inside the chamber or shrinking it down and being able to hold it in your hands and see how the blood you know pumps through it. So that is one of the ways the other is interactivity,” said Bielitz.

Bielitz said that this is important for students because this is the world we are moving into. She said that “this next iteration of the internet will be more three dimensional” and we can see this in the companies currently flocking to the virtual reality market and metaverse. There are many companies that are tapping into it by letting you try clothes on an avatar and have them shipped to you in real life, Companies-Nike, Gucci, Adidas.

Nevertheless, students

do not seem to share the same sentiment. Communications major, Janyra Whitmore, a senior, expressed her opinion on having VR at the university.

“Honestly, I don’t care. When I hear VR, I think of games because it’s never been introduced to me as something that can be educational. If it were introduced to me as something educational, then I can possibly be into it,” Whitmore said.

Bilingual elementary education major, Samantha Maces, a sophomore,

shares the same opinion as Whitmore.

“I don’t care. I mean, I guess it’s cool for students to have such advanced technology, but for me personally, it’s just there. It doesn’t really do anything for me, so I don’t really care,” said Maces.

Right now, it is only available to classes to check out. However, Bielitz has expressed that she wants to create a VR club, so the headsets are available to all students. Where students can reserve time in the Adaptive Technology

Education Department and meet up together in any app.

“I want to show future educators on these platforms, how we are going to educate this new generation of students. This next generation is going to be expecting these campuses as they do not know any world other than an immersive tech world. We need to give them the experience of fun learning while giving them the experience that they have had from the time they were young,” said Bielitz.



PHOTO |DESTENE SAVARIAU

Colleen Bielitz playing with the Pico VR headset in her office.

Social media and news Art and culture minor

By Jaylen Carr
Sports Editor

Sitting in a quiet conference room at the Michael J. Adanti Student Center, Fihayya Plair, a graduate student, scrolls through YouTube to get her news intake for the day.

“There is so much up there,” said Plair. “It gives me some international stuff too, and I just pick whatever I want to hear or listen to.”

Plair is among a younger generation that gets news from non-traditional sources. TikTok, in particular, is rising in popularity among 18-to 29-year-olds.

“About a quarter of U.S. adults under 30 now regularly get news on TikTok. The percentage of 18 to 29-year-olds that use TikTok to get news have more than

doubled since 2020. In 2022, the percentage of 18- to 29-year-olds that use TikTok is at 26%,” according to an Oct. 21, 2022 study conducted by Pew Research Center.

“I definitely think whatever the way they get their news, they should stay to up to date with the news. Unless it’s a bombardment or swayed one way or the other,” Plair said.

Accounting major, Peter Cappetta, a senior, said even though he is on social media, he tries to stick to using local news outlets such as News Channel 8 WTNH to get his news.

“I don’t rely on it, but I do see it on social media,” said Cappetta.

Cappetta said it is important for his generation to stay connected to the news because it is vital to know what is happening.

“You don’t want to be

oblivious to everything,” said Cappetta. “You want to be in tuned to what is going on.”

Psychology major, Karlos Mate, a senior, said he gets news from hearsay and does not rely on any social media platforms. Mate added that he seeks two sources to stay informed. He listens to those around him and his mom to get his news.

Mate said he does not like to use social media to get his news because it can be a distraction and not always reliable.

“Being informed is important,” said Mate. “But I feel like there are negative effects.”

Studio art major Sydney Ford, a sophomore, said she uses social media, specifically Twitter, to get the news. Ford explained she also uses an app that provides detailed information about what is currently happening around her. “Honestly, I get my news from Twitter. I have a news app called Newsbreak,” Ford said.

The “Newsbreak” app provides local news and news from other cities and countries according to the Newsbreak webpage.

Nursing major, Taylor Bowie, a junior, said that she uses her email to get the news but due to her busy schedule she does not have time to always look at it. She also uses Instagram stories to get any world news.

“I probably use Instagram or daily mail on Snapchat,” said Bowie.

By Sarah Shelton
Photo Editor

With the university constantly evolving, there is now a new minor for students interested in art administration.

“Studying the arts and humanities at Southern gives you the unique advantage of the cultural richness of New Haven, a city with some of the nation’s leading organizations in the visual and performing arts, cultural heritage and preservation, and the public humanities. The new minor in Arts Administration and Cultural Advocacy offers an introduction to that professional world by helping you develop skills for a more diverse range of careers,” according to the Inside Southern website.

Some of the classes in this minor include Topics in Arts Administration and Cultural Advocacy, Internship in Arts in Administration and Cultural Advocacy, and more.

The website also states, “The 19-credit minor is particularly ideal for Art, English, History, Music, or Theatre majors, interdisciplinary students, and those hoping to add an arts-related focus to another professional discipline.”

This minor has been coming together since 2019, and it has finally been accomplished.

“For a few years now I have been receiving multiple calls from local Per-

forming Arts organizations looking for entry-level administrative help. Through independent studies and internships, we had steered students on an individual basis into the Arts Admin. Field,” Co-coordinator of the arts administration and cultural advocacy minor Mike Skinner said.

Skinner said he realized there was still “a need for more.”

“When we stepped back to take a look, we noticed we could serve the industry and our students better by creating a program with a focus on BIPOC, Black, Indigenous and people of color, students with a hope to change the face of the existing, predominantly white, leaders currently in arts admin, roles in the area. This minor was created by working with some of the local arts organizations to specifically help fill their needs by offering new paid internship opportunities for our students while advocating for cultural diversity at the local and national level,” Skinner said.

This minor is open to all majors at the university and takes a minimum of three semesters to complete. There is even a new course created for the purpose of the minor.

“We developed one new course. This is a course being taught by practitioners in the field. So, this fall they were taught by a woman named Lucy McClure, who

is the founder and director of Nasty Women’s CT, which is a feminist arts organization. She has extensive gallery experience and also received her master’s in Women’s and Gender Studies from Southern,” Associate Professor of English and co-coordinator of the arts administration and cultural advocacy minor Joel M. Dodson, said.

AAC 200 is a three-credit course taught by different people. “Students get out into New Haven and see who’s working behind the scenes at yellow libraries, at the New Haven Museum, the symphony orchestra, the arts and festivals. Likewise, in the spring, it’ll also be taught by a practitioner in the field whose name is Caitlin Daly-Gonzales, who is the education director of the symphony orchestra. So, Arts Administration 200 is a new class that allows students to get direct contact with practitioners in the field,” Dodson said.

Interdisciplinary studies major, Aleeki Shortridge, a senior, said she had not heard about the new minor, but would consider it if she had more time at the university.

“I think it’s pretty great that they have it as an option now,” Shortridge said. “I love theatre and the arts in general so I like this it’s something that gives students the opportunity to hone in on those passions more.”

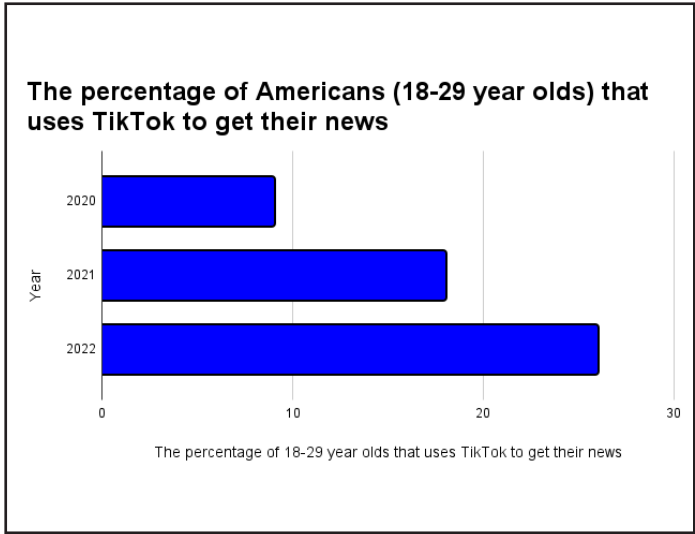


PHOTO |JAYLEN CARR

College Democrats discussing foreign policy during their weekly meeting.

‘Inside the Looking Glass’ of FACE modeling

By Destene Savariau
News Editor

FACE, Fashionable Artistic Creative Elegance, held a fashion show titled “Inside the Looking Glass” on Nov. 4. According to their Owl Connect page, “FACE fashion show is an event that brings people of both the local community and Southern’s

community together to share a common interest in a safe environment. FACE promotes entrepreneurship of local designers and artists, as well as self-confidence and diversity amongst Southern students. No matter your size, body type, race or gender FACE allows students of Southern to feel confident and showcase their talents.”



FACE modeling B.L.U.E, Bold Leader, Unique, Evolve, clothing.



VIBRANT Souls Only clothing brand being modeled.



FACE original clothing showcased on stage.



FACE during a Harley & Joker dance.



Designer walking the stage in Spayd clothing.



FACE models posing on stage while wearing Spayd clothing.

A night of games and cosplay with tabletop club

By Luke Molwitz
Photographer

The tavern night was a night of games, both table games and video games played together. Run by the tabletop club, and attended by students in and not in the tabletop club.



Custom buttons made for the event.



A group of students playing a game called “Castle Panic.”



Table of drinks and snacks available for attendees.



Business major Persephone Sands, a freshman in cosplay.



A group of students playing “Card Wars.”

Crescent Players get dystopian with new show ‘Civil’

By Ali Fernand
Features Editor

In a world of ever-growing technology, there will be new ethical dilemmas that humans will have to weigh. This is exactly what the Crescent Player’s upcoming show, “Civil,” will explore.

“It is a courtroom-drama set in a bizarre and dystopian future,” Theatre Professor and Director of “Civil” Ben Curns said.

This show contains two acts, each about a different court case. Both acts deal with ethical dilemmas that surround nonexistent technology. For the duration of the show, the audience will act as a jury. Then at the end of each act they must decide the verdict.

“It’s two court cases, you go in, they present to you the facts, you make a decision, and you live with it,” Assistant Stage Manager Allen McKeever said.

Traditionally, a jury makes decisions in a courtroom; they are unbiased and must make decisions with the information they



PHOTO | ALI FERNAND

All of the cast and crew members of the upcoming show “Civil” in the Kendall Drama Lab on Nov. 3.

are provided. There is information purposefully left out regarding the laws in this dystopian future to prevent bias in the audience.

Since these are scenarios that have never happened before, the audience comes in without bias. This makes it so the audience must contemplate opinions they have never thought about.

“The issues being presented in this show are not things that are happening, so it’s a safe way to consider ‘would I advocate for this?’” Stage Manager, Cameron Muñoz said.

The show contains five characters: Red, Blue, Green, Orange and The Cursor. The characters are all named after colors,

except for The Cursor. The Cursor is one actor who takes on the role of the judge and the lawyer on both sides of each case. The remaining characters are the people involved in the case.

“I’m a stand-in for real people in a real scenario, so you don’t have prejudice” said Eriean Papano who plays the character Orange.

The actors have the same name throughout the whole show. However, they take on a new role in each act. There are two different stories being told, but the actors and names stay consistent throughout.

The first act involves a young couple who conceived a child but were not yet ready to take on the responsibility of raising a child. There is a technology that exists for them to keep the fertilized egg viable for 15 years in case they decide they would like to have the baby in the future. However, they have since separated and the case focuses on the custody battle between the past couple.

“Act I is the case between Green vs. Red and my character is fighting to get her baby back,” said Abby Boyle who plays the character Green.

Green is the mother of the child and Red is the father. Red has since remarried and is fighting to be able to raise the child as their own.

The second act is about a murder that occurs. Blue is the victim of this murder,

and his consciousness has been transferred to a “hyper-corporeal unit.” This is a technology that allows for a dead person’s consciousness to be transferred to a synthetic person. The murderer, Orange, is placed on death row and wishes to be transferred to this synthetic existence. The battle is between Blue and Orange to decide if Orange should have the right to be transferred.

“It definitely has a Black Mirror vibe, a Twilight Zone vibe, even a Law & Order vibe,” Curns said.

“Civil” combines both sci-fi elements and courtroom-drama elements. The show also includes “commercial breaks” where the actors break out into a skit. This will happen in the middle of the cases and the same actors that are a part of the case will be the ones acting in the commercials.

This is the second show being put on this semester following “Once on this Island.”

“Ideally, I’d love for this to be an opportunity for people to explore changing their opinions,” Muñoz said.

Selena Gomez releases documentary ‘My Mind and Me’

By Sarah Shelton
Photo Editor

One of the biggest role models in my life is Selena Gomez. She has been an inspiration to me since I was around 10 years old, and she finally has a documentary of her journey titled, “My Mind & Me.”

Gomez first starred in my favorite Disney show, “Wizards of Waverly Place,” and I immediately fell in love with her character, Alex Russo. From the dry sarcastic humor to the important life-lessons she learned, Gomez was teaching us how to be strong from a young age.

One thing about me is I love concerts, and Gomez was actually my first one. When I was 12 years old, my parents took me to the “Star Dance Tour” in 2013 and I have never been the same since.

After this concert, I remember people in middle school knowing me as the “girl who loves Selena Gomez.” Yes, she was my favorite singer and all over my school binder. I remember even crying when her song, “The Heart Wants What it Wants,” came out.

During the “Star Dance Tour,” Gomez was diagnosed with an

autoimmune disease called lupus and since then, she has always used her voice to advocate for the lupus Research Alliance.

She then came out with her album “Revival,” which I used the quote “I’m reborn in every moment, so who knows what I’ll become” for my high school senior quote. Gomez’s music and movies got me through a lot so I did not care when my boyfriend, at the time, made fun of me for it.

Years after, Gomez was diagnosed with bipolar disorder. As a person who has been diagnosed with mental illness, it is amazing to see such a strong and compassionate woman use her platform to help others in her situation.

Gomez has had a mental health panel with President Joe Biden in the White House and uses her makeup brand, “Rare Beauty,” to donate to many mental health resources with the Rare Impact Fund. She even now has a free newsletter as the co-founder of “Wondermind.” According to Wondermind’s Instagram, it is “the world’s first mental fitness ecosystem to democratize and destigmatize mental health for everyone.”

Knowing all this, I knew the documentary was going to mean a lot to me as well



PHOTO | SARAH SHELTON

Selena Gomez taking a photo with a fan in her new documentary.

as many others. However, I did not expect it to be as heart-wrenching as it was.

Before the release, Gomez released her song “My Mind & Me,” which is what inspired the documentary title.

Gomez somehow always releases songs I mentally need at the time I need them. From “De Una Vez” to “Camouflage” to “Lose you to Love me” and now this; Wow, she can make vulnerability into art.

Anyway, seeing it start in 2016 around the “Revival Tour” was amazing because I was also in attendance and it was one of the best days of my life. However,

seeing her immediately struggle hurt.

Seeing her also struggle right away in the documentary for always being connected to Disney and to her ex, Justin, also hit the heart.

While people will always have something to say about celebrities, she should never have been always connected to her ex in this way, especially when he admitted in an Instagram post he abused drugs and his past relationships. She confirmed emotional abuse in an NPR interview, which is not mentioned in the documentary as this is her

story, not her relationship’s.

Both, Gomez and Justin have learned from their past and I personally love how Gomez shares her story with kindness, never speaking negatively about anyone. I love how she only briefly mentioned a “past relationship” and showed how she was able to let it all go with her song “Lose You to Love Me.”

Seeing all of Gomez’s struggles, visiting her old school and all the cute home-baby videos really put into perspective that like all of us, she is human. She has exes, mental health issues, talents and downfalls.

I remember when the “Revival Tour” got canceled and people started terrible drug rumors, knowing she has anxiety and an autoimmune disease. Being able to see what truly happened means a lot. Having a psychotic break is no joke.

Hearing her friend say “they wouldn’t have recognized her,” and her mom saying she was scared she was going to die really put into perspective how badly Gomez was struggling behind the scenes, and nobody knew.

When I met Gomez in early 2020, before the pandemic, even I recognized a change in her. Which by the way, 43 minutes and 13 seconds into the documentary it shows her in New York City the day I met her.

The “My Mind & Me” film debuted with a 100% rotten tomatoes score based on six reviews and within a few hours of release, the song received a nomination for best song in a documentary for the 2022 Hollywood Music In Media awards.

This documentary is a must-watch if you care about mental health, especially bipolar disorder.

“I hope a conversation has started,” Gomez said at the premiere of her documentary.

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Football team wins second game in a row

By Ben Martin
Sports Writer

The university football team took on the Post University Eagles. After the Owls had jumped out to a three-point lead, the Eagles had the ball on the 25-yard line and they

looked to pass. The quarterback dropped back to pass and he looks over the middle of the field. He released the ball over the middle, intercepted by outside linebacker, Joe Digello, a junior. “It’s always great to get a big play like that to start

off the game,” Digello said. “It brings us all together and makes us more ready to go.” Digello’s interception, occurring at about the midpoint of the first quarter, was the first of three turnovers caused by the Owls’ defense which contributed to the Owls’

44-7 win on Saturday. The team added an interception by defensive back Jean Desir, a freshman, and a fumble forced by Defensive Back Jaaron Joseph, a sophomore. “We started off not how we wanted all the way, but finished it off strong,” Digello said.

After the first quarter concluded, the offense scored their first touchdown of the day after tallying two field goals by Szymon Gawlick, a junior. The touchdown came just after the second quarter started when quarterback Joe Bernard, a senior, found tight Eend Tim O’Shea, a graduate student, from 20 yards out. That score put the Owls up 13-0, and from there the offense did not look back. “I think I did good, but I definitely have a lot of things to work on,” O’Shea said. “You always come

away with good and bad in the game. I did some good things receiving the ball, but I think my blocking could use some work.” Overall, as long as we got the win, I’m happy.” Although Bernard threw that touchdown pass, Quarterback Marc Reali, a sophomore, started and played most of the game for the Owls. Reali completed 11 passes out of 24 for 154 yards and a touchdown pass to receiver Tylon Papallo, a senior. “My guys were out there blocking for me down-field,” Reali said. “The play was never over, they are not looking around, but they are continuing to find work, opening holes.” The blocking that Reali alluded to led the Owls’ offense to rush for 314 yards and three touchdowns. running back Anthony Ligi, a junior, led the charge for the Owls’

running game amounting 111 total yards on 13 carries. With the defense forcing three turnovers and allowing seven points, the offense scored two touchdowns. Although the Owls won Saturday’s game 44-7, there are things a team can take from every game they play. “We got to respect our opponent,” O’shea said. “We got to play our game; we cannot play to the opponent’s game.” Winning Saturday’s game brings the Owls’ overall record to 3-7 and gives them a two-game winning streak. Even though the Owls won Saturday, that will not deter the team from focusing on the rest of their season. “We are going to come back for practice one tomorrow night,” Godek said. “Let’s just see where the chips fall next week.”



PHOTO | SARAH SHELTON
Wide receiver Jevon Jones, tries to make the catch against two Post defenders.

Women’s basketball looks to bounce back

By Jaylen Carr
Sports Editor

The women’s basketball team is determined to erase the memories of last year’s heartbreaking 59-56 defeat to Stonehill College to achieve the ultimate goal which is to win the Northeast (NE) 10 Championship. “I think every team’s goal is to win a championship,” said Head Coach Kate Lynch. “We lost in the semifinals up at Stonehill last year in the NE10s, so that has been a motivation from that day moving forward.” The team is just trying to get better each day, said Coach Lynch. “We are trying to get 1 better each practice.”

According to a recent Northeast 10 Conference preseason Coaches’ poll, the Owls were picked to finish second in the conference this upcoming season. The Owls received two first-place votes from the poll. “We talked about bringing our A+ game not just our A game because in people’s mind that’s where they place us and now we have to defend it,” Coach Lynch said. She is grateful that people are recognizing the hard work of the team dating back from last season but feels the team

needs to keep the poll in perspective. “Polls are polls, and it’s preseason and we didn’t earn or proven anything yet,” said Coach Lynch. The goal is to make sure the players are improving each day and meet their highest potential, said Coach Lynch. “No one played a game yet,” said Coach Lynch. “To get to where we want to get, we just have to keep progressing day in and day out.” Guard Delaney Connors said it’s nice that people are noticing that they are a good team. “I take with a grain of salt,” said Connors. “We haven’t proven anything yet.” Coach Lynch said, “They are a pretty special team in terms of being on the same page.”

Connors was the third leading scorer on the team last season, averaging 12.1 points per game. She has high expectations for this upcoming season not only for herself but for the team. “We had a goal set for the last two years and we’ve been working towards it,” said Connors. “We got close last year but we think we can get a lot closer this year.” Connors said a goal she set for herself this season is continuing to help her teammates to get better. Zoë Amalbert

guard said they are looking to make a deep playoff run once again but finished the season with a championship. “We have high expectations as we lost in the semifinals last year. So, we are looking to get back into the playoffs and hopefully win our conference,” Amalbert said. Amalbert was the second leading scorer last season averaging 13.3 points per game and team leader in assists, averaging 5.9 per game. Despite the success last season Amalbert said there is always more I can do to help the team. “I’m just looking to make my teammates better and continue to do what I have to do to help our team win in whatever aspect that may be, whether it’s assisting them the ball or scoring whenever I need to,” Amalbert said.

The Owls open the season with six home games. In two out of the six games the Owls will be facing NE10 foes, Pace University and Southern New Hampshire University. The Owls open against Georgian Court University who went 13-13 and 10-8 in their conference last season. Connors said facing the University of New Haven, Pace University and

Southern New Hampshire has always been matchups that stand out because of the rivalry. But she is excited for every game because of the competition within the NE10 conference. “I hope people come to games honestly. We have a really great group of young people that are great humans and great in the classroom too,” said Coach Lynch. Despite the Owls losing their leading scorer and rebounder from last season forward Jessica Fressle, the team has new players on the teams that have been fitting well. Fressle averaged 16.9 points and 11.1 rebounds per game last season which significantly helped the team get 13 wins last season. Amalbert said they have some newcomers like Isabella Santoro and Ashley Evans on the team who have been fitting into the system very well. Despite the influx of newcomers on the team, Connors said that everyone is close with each other. “We’ve been working and were a close group that supports each other on and off the court. That chemistry and bond should really help us and move us forward this year,” Connors said.

Swim team looks to defend championship

By Avery Martin
Contributor

As defending NE10 (Northeast) champions, the women’s swim and dive team is under a lot of pressure to perform this season. Sports management major Anya Celmer, a senior, is one of three team captains. “I really just help to hype the girls up and keep everyone working together as a team,” Celmer said. Psychology major Paola Castillo, a freshman, said the team “really is like a family here because we practice together so much. We all want to help each other get better.” The main goal this season is to defend the NE10 title. Head Coach Tim Quill said, “Defending the NE10 title is the ultimate goal for us but we also just want to make sure everyone stays healthy physically and mentally and does well in the classroom.” Celmer and Castillo are confident they will be able to top the NE10 conference once again. “Last year we beat our rivals by a lot but I want everyone to not get too relaxed and still keep working hard like we are right now,” Celmer said. With 24 women on the team, each member contributes uniquely to total points at meets. Castillo has big individual goals for this year.

“Competing at the NE10s and getting some good results is definitely a goal. Then I want to go to the NCAA’s hopefully,” she said. Celmer wants to improve on time while also enjoying her last year as an Owl. “I want to just work on dropping time and getting faster. But I also want to see everyone get better and the team get better as a whole,” she said. While both Celmer and Castillo are swimmers, Quill says, “The divers play a huge role. It’s led by Nicholle Denault. She has made some great progress in her last couple of years here and we are looking forward to seeing what she can do this season.” The team kicked off the 2022-23 season on October 1st against West Chester University and Shippensburg University. They lost to West Chester, but had a great win against Shippensburg. On Oct. 8th, the team placed 5th out of six teams at a meet at Fairfield University. On November 5th, they will compete at a D1 school, UCONN. They hope to earn good results there to prove they can compete with D1 schools. However, the Owls have yet to face their main conference rivals. Celmer said, “Our main rivals are definitely Bentley and Assumption.” In February, the Owls head up to Worcester, Massachusetts

to compete against them at the NE10 Championships. “Bentley’s always in the mix,” said Quill. “We wound up beating Bentley on the men’s side last year for the first time in three years. You can’t take any program for granted and we can’t control who they recruit. We can only control who we recruit and how we move forward.” A large part of any college sports team’s success owes to recruiting the best athletes. Celmer agrees that this is crucial and said, “The coaches here really know how to recruit winners, really great swimmers.” Quill says adapting to a new team every year can be tough, but ultimately helps the athletes improve. “The team dynamics, the makeup of the team, and the character of the team changes a little bit but what we work on always remains consistent. We’re talking about hard work, commitment, dedication, sacrifice and respect for others,” Quill said. Quill mentions another key to success is having the correct mentality. “The need to put themselves in the zone to compete at the highest level, at their best, in February,” Quill said. Overall, Quill and the other coaches look forward to watching the entire swim and dive team compete at their best and work on defending the NE10 title.



PHOTO | SCSUOWLS.COM
A women’s swimming and diving player swimming at Hutchinson Natatorium.