

Spring 1995

1995 Spring Prospectus NSU Knights Women's Tennis

Nova Southeastern University

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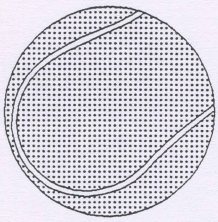
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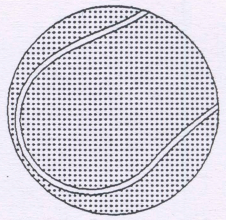
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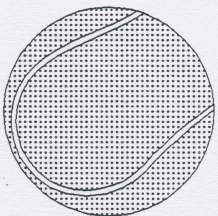
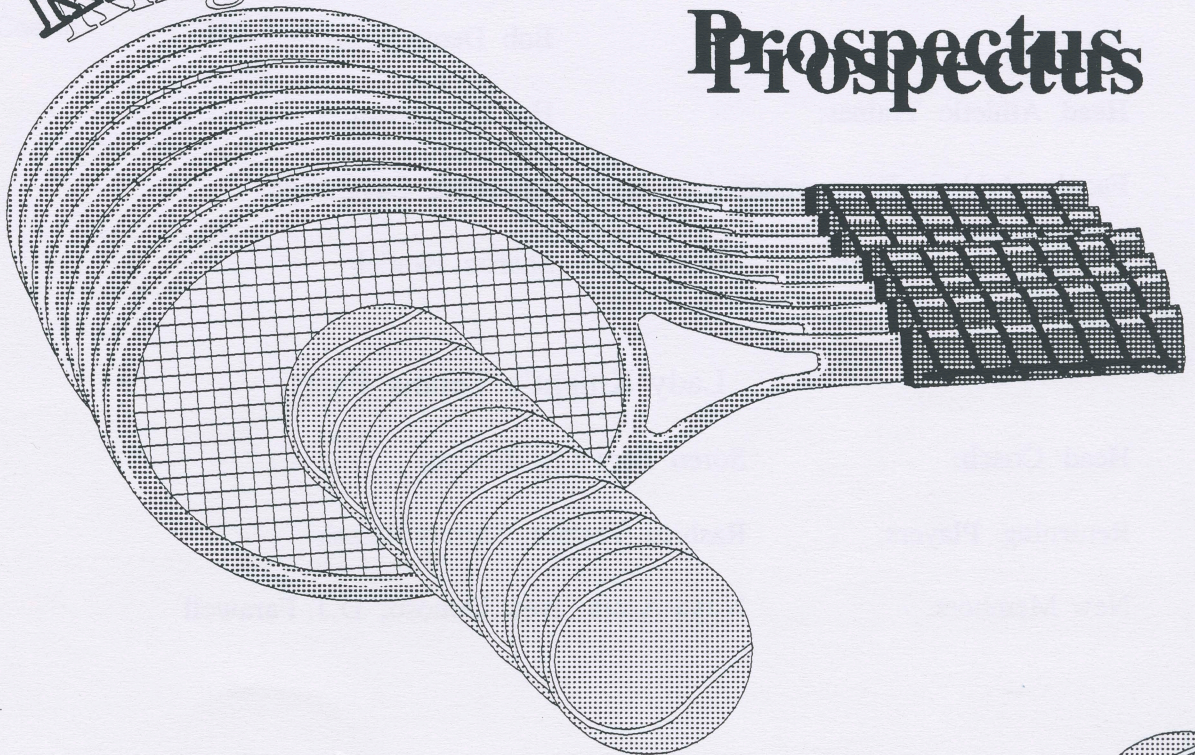
WOMEN'S TENNIS



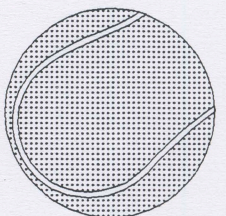
NOVA SOUTHEASTERN UNIVERSITY

Knights

1995
Prospectus



WOMEN'S TENNIS



Nova Southeastern University Women's Tennis Spring 1995 Quick Facts

| | |
|---|--------------------------------|
| Chartered: | 1964 |
| Enrollment: | 850 undergraduate/14,000 total |
| President: | Dr. Ovid Lewis |
| Dean, James Farquhar Center for Undergraduate Studies: | Dr. Stuart Horn |
| Team Colors: | Navy Blue & Goldenrod |
| Nickname: | Knights |
| Conference/Affiliation: | Florida Sun Conference/NAIA |
| Athletic Director: | Charles "Sonny" Hansley |
| Assistant to Director: | Joanne Eichholtz |
| Sports Information Director: | Scott Vincent Vrabel |
| Assistant: | Bob Deutschman |
| Head Athletic Trainer: | Hal Henderson |
| Faculty Athletic Representative: | Dr. Mark Cavanaugh |
| Secretary to Athletics: | Sharon Baudek |

Lady Knight's Tennis Facts

| | |
|--------------------|--|
| Head Coach: | Soren Berg (1st Season) |
| Returning Players: | Rashida Frazier, Shirley Slapak |
| New Members: | Nitya Arora, Ivett Donoso, D.J. Farawell |

NOVA SOUTHEASTERN UNIVERSITY

Knights

1995 Women's Tennis Roster

| <u>Name</u> | <u>Major</u> | <u>Ht</u> | <u>Yr</u> | <u>Hometown</u> |
|-----------------|----------------|-----------|-----------|----------------------------|
| Nitya Arora | Business | 5'5" | FR | West Bengal, India |
| Ivett Donoso | Business | 5'3" | JR | Pompano Beach, Florida |
| D.J. Farawell | Marine Biology | 5'6" | FR | Roselle Park, New Jersey |
| Rashida Frazier | Pre-Law | 5'4" | JR | Philadelphia, Pennsylvania |
| Shirley Slapak | Psychology | 5'8" | SR | Mississauga, Ontario |

Head Coach: Soren Berg



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Nova Southeastern University Knights WOMEN'S TENNIS 1995 PREVIEW

The Nova Southeastern University "Lady"Knights tennis team starts the season with a new Head Coach, Soren Berg. Berg served as the assistant coach last season, working with Head Coach Hal Henderson. Last season the team put together a respectable 7-7 record. This year the goals may be even more lofty. NSU begins their eighth season in 1995.

"We have players with enough experience to compete against most of the teams on our schedule," said Berg. "Some of the problems we may have are an obvious lack of depth and players finding the time to commit to improvement."

Regarding tennis, most of the team is not used to the kind of disciplined practices that Berg has put the team through since the early Fall. "My practices are very structured with an emphasis on hard work throughout the practice," said Berg. "I am not a believer in very long practice sessions. If we keep things moving with intense concentration, we can accomplish much more in a shorter amount of time."

Most of the Fall was spent on physical conditioning for the team. Weight lifting included squats and lunges with light weights. Aerobic conditioning included sprints on and off the court once a week and a two-mile run around the campus. Each of the players reached a 16:00 minute goal for two miles by the end of Fall training.

"Court speed is a bit of a problem with some of the players," said Berg. "There is a greater emphasis on speed than ever before in the game of tennis. Our players understand that unless you are an extremely powerful player, court speed is an absolute necessity."

Playing the #1 position will be junior **Ivett Donoso**, a former doubles champion at Broward Community College. She is a baseline player with good topspin control on her swing. She uses her backhand to control the game and set up winning shots. She's also very fit, allowing her the ability to go the distance in long matches.

Playing the #2 position will be freshman **Nitya Arora**. She is a baseline player, used to the slower play that takes place in India. She continues to improve and should be a powerful force here for the next three years.

Playing the #3 position will be junior **Rashida Frazier**, who's also a member of the women's volleyball team. Frazier is one of the fastest players in the Florida Sun Conference. The heart of her game is based on good physical condition, and a strong desire to achieve.

Playing the #4 position will be senior **Shirley Slapak**. She is a powerful player with much tennis playing experience. She's worked to improve her physical stamina on the court. She needs to continue to improve her mental game including when to and when not to go for a killshot.

Playing the #5 position will be freshman **D.J. Farawell** from New Jersey. Farawell is a baseline player who put together a winning record in high school. She's working to improve her physical conditioning and also is continuing to learn the college tennis game. She's a fighter on the court who simply won't give up.

"Our goals include producing a positive record in '95," said Berg. "Anything less will be unacceptable. We should be very competitive in almost every match we play in. Our emphasis is on team improvement and representing NSU positively at matches. With hard work, this team and program will continue to improve."



Soren Berg
Head Women's
Tennis Coach

Soren Berg enters his first season as the Head Women's Tennis Coach at NSU. He served as the assistant coach last season under Hal Henderson. Berg brings a world of tennis experience to the program that includes international coaching and playing.

He was born in Copenhagen, Denmark, where tennis was a way of life for him as a child. As a junior player he was ranked in the top ten for eight consecutive years. In doubles play he was ranked as high as #5. His first coaching experience came in Denmark where he was coaching players ages 4 to 10. He coached junior tennis teams to two consecutive Danish National Championships.

Berg is very interested in the travel business. He's currently enrolled in NSU's Hospitality Management program and will graduate in June. He connected with NSU's athletic program through members of the Knights men's soccer team. He saw an opportunity to be involved with the program as a coach and began working with the team last season.

His experience in the travel business includes a partnership in a travel agency in France that specialized in ski packages. He worked there for four years. He came to NSU because he wanted to gain knowledge regarding management and training.

"This is an exciting opportunity for me to be here at this point in my life," said Berg. "Nova Southeastern University has shown a commitment towards good curriculum and providing athletes with a good opportunity. I'd like to bring to this team an appreciation for hard work, reaching goals and teamwork."

1995 NSU "LADY" KNIGHTS WOMEN'S TENNIS



Back Row L to R: Head Coach Soren Berg, Darcey Winn(NP), Shirley Slapak, D.J. Farawell. Front Row L to R: Nitya Arora, Erin Sprague(NP), Ivett Donoso, Rashida Frazier. NP indicates NOT PLAYING.



Nitya Arora 5'5" Freshman West Bengal, India

Nitya would like to improve her overall game as well as her movements on the court. She has received many awards from tournaments she has participated in back in India. Her major at NSU is Business Administration. She chose NSU because of the exposure she would receive playing tennis in South Florida. She also wanted an education from a small school. The professional athlete she admires most is Steffi Graff. She feels that Steffi has the best forehand and serve in the game. She is also the fastest player on the women's circuit.



Ivett Donoso 5'3" Junior Pompano Beach, Florida

Ivett's goals are very honest and to the point. She wants to excel in the classroom, play good tennis and win a few tournaments. She received the MVP award in high school and was named Counselor of the Year at BCC's 1992 summer camp. Her major at NSU is Business Administration. She chose to attend NSU because of the reputation of the Business School and also the opportunity of playing good collegiate tennis. The professional athlete she admires most is Pete Sampras because he is a very talented player.



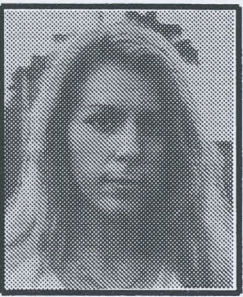
D.J. Farawell 5'6" Freshman Roselle Park, New Jersey

D.J. hopes to help the tennis team continue to improve like it has over the past few seasons. She is a veteran tennis player with a winning high school record at Park High School in New Jersey. Her major at NSU is Marine Biology. She chose to attend NSU because she likes the low student to professor ratio and the low freshman dropout rate. The professional athlete that she admires most is former NBA player Michael Jordan. "He is always striving for greater success and the improvement of his game," said Farawell.



Rashida Frazier 5'4" Junior Philadelphia, Pennsylvania

Rashida hopes to play as well as she ever has on the court. She is also a member of NSU's women's volleyball team. Her major at NSU is Life Sciences/Pre-Med. She chose to attend NSU because it has a small, specialized student-body, along with a great athletic program. The professional athlete she admires most is Greg Norman. "In a difficult sport he overcomes difficult situations with great concentration and tenacious intensity," said Frazier.



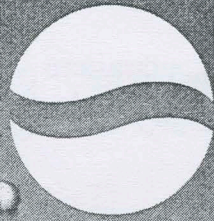
Shirley Slapak 5'8" Senior Mississauga, Ontario

Shirley wants the team and herself to win as many matches as possible. She also would like to continue to improve her overall tennis game. She attended Palomar Junior College and received an award for playing tennis. Her major at NSU is Psychology. She chose to attend NSU because it is known for the quality of the Psychology Program as well as a strong athletic program. When talking of professional athletes, Shirley admires many athletes and enjoys watching professional tennis matches.

Nova Southeastern University
Spring 1994 Women's Tennis Schedule

| <u>Day</u> | <u>Date</u> | <u>Opponent</u> | <u>W-L</u> | <u>Score</u> | <u>Rec</u> | <u>FSC</u> |
|------------|-------------|--------------------------------|------------|---------------|------------|------------|
| Sat. | 2/5 | Tampa University | L | 4-5 | 0-1 | 0-0 |
| Tues. | 2/8 | at Barry University | L | 0-9 | 0-2 | 0-0 |
| Fri. | 2/11 | at Saint Leo College | W | 9-0 | 1-2 | 0-0 |
| Sat. | 2/12 | at Webber College | L | 1-8 | 1-3 | 0-1 |
| Sun. | 2/13 | at Webber College | L | 2-7 | 1-4 | 0-0 |
| Sat. | 2/26 | at Palm Beach Atlantic College | W | 7-0 | 2-4 | 1-1 |
| Thur. | 3/3 | Miami Dade-North | Exh | Exh | 2-4 | 1-1 |
| Tues. | 3/8 | Findlay University | W | 5-4 | 3-4 | 1-1 |
| Thur. | 3/10 | Miami Dade-Wolfson | Exh | Exh | 3-4 | 1-1 |
| Mon. | 3/14 | at Broward C.C. | Exh | Exh | 3-4 | 1-1 |
| Thur. | 3/18 | at Miami Dade-Wolfson | Exh | Exh | 3-4 | 1-1 |
| Sat. | 3/19 | Palm Beach Atlantic College | W | 9-0 | 4-4 | 1-1 |
| Tues. | 3/22 | Miami Dade-North | Exh | Exh | 4-4 | 1-1 |
| Fri. | 3/25 | at Eckerd College | L | 3-6 | 4-5 | 1-1 |
| Sat. | 3/26 | at Tampa University | W | 6-3 | 5-5 | 1-1 |
| Sat. | 4/9 | at Flagler College(at Lynn) | L | 0-9 | 5-6 | 1-2 |
| Thur. | 4/14 | at St. Thomas University | W | 5-2 | 6-6 | 2-2 |
| Mon. | 4/18 | Barry University | L | 0-9 | 6-7 | 2-2 |
| Thur. | 4/21 | St. Thomas University | W | 5-2 | 7-7 | 3-2 |
| Mon.-Wed. | 5/2-4 | District Tournament-Flagler | | St. Augustine | | |

Head Coach: Hal Henderson



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