Black and Gold Player Spotlight

The Pine Needle sits down with UNCP women’s track and field member Michelle Krivonak

By Matt Smith
Sports Editor

What are your expectations for yourself and the team this season?
Well for myself, I want to do my best and perform well at every track meet. And for my team, I want us to bond and become closer as a team and actually perform well together on and off the track.

Describe your experience as a UNCP student athlete.
I love being a college athlete. I have had a great experience here at UNCP and I wouldn’t trade it for anything. Being a student athlete is not as easy as everyone thinks. We come here to learn and grow and become not only better athletes but to learn and grow as a person.

What is your most exciting track and field moment?
I think my most exciting track and field moment was when I broke 11 meters in the shot put at my home meet in front of my parents. It was great to set a goal and achieve it. I celebrated not only with my parents, but my teammates and my throwing coach at the time, Marquita Walters.

What is it like being part of a team, but also competing individually in most events?
Being in an individual sport is hard because you can only count on yourself to get things done right. You don’t have anyone to help you win the event you’re in except for yourself. I know that I love my team, but trying to work together as a team in an individual sport is hard because some people do not always look eye to eye.

Who/what are your biggest track and field inspirations?
I think my biggest track and field inspiration is Marquita Walters, my former teammate and my coach. She always pushed us to be better even when she was just a teammate.

What do you do personally before a meet?
Before I compete in my events, I have to warm up, stretch and listen to my iPod to get my mind focused on what I have to do when it’s time for me to compete in my event. I always try to relax and think about my steps and practice my steps as well.

What was the last movie you watched?
The last movie I watched was “Twilight.”

Bio of the week
Michelle Krivonak

2008 Season
As a junior, Krivonak took home first in the discus throw with a distance of 34.92 meters while also finishing second in the shot put with a career-mark of 11.28 meters at the Carolinas Championship.

Krivonak recorded a throw of 27.52 meters in the discus to place ninth while throwing a distance of 10.78 meters to place 12th in the shot put at the Weems Baskin Relays.

Last season at the Braves Track and Field Classic, Krivonak recorded first place in the discus, third in the shot put, and fifth in the javelin.