

# CAROLINA

2013-14 Tar Heel Women's Golf



senior  
Katherine Perry



senior  
Jackie Chang





# 2014 Preview

The North Carolina women's golf team began the 2013-14 season on a high note and ready to work after its successful 2012-13 campaign which included two wins and a 10th-place finish at the NCAA East Regional.

The 2013 fall season proved to be a challenge for the Tar Heels, but nonetheless the women golfers fought hard throughout. The highlight of the season was a sixth-place finish at the Mason Rudolph Championship in Franklin, Tenn.

"We didn't play up to our expectations; however, I certainly feel strongly that we have a very good team and one that can perform at a top level," stated head coach Jan Mann when commenting on the various outcomes of the fall season. "We had tournaments that as individuals and as a team, we focused too much on the outcome of the events and did not stay within the process of the moment, thus letting some things get out of control."

Looking to the leadership of seniors Katherine Perry and Jackie Chang, Mann sees great potential in the upcoming spring season.

"Our team is very interesting in that we have a very good balance," said Mann. "We have some young ladies who are always our leaders, and they continue to be. Certainly our seniors, Katherine and Jackie, did very well and with their leadership in the spring, we'll see some good improvement."

Mann's major focus for the spring is the mentality of the team. "I am encouraging our team to be less focused on the outcome, less focused on results and simply focus on being the absolute best we can be each day, and if we do that, then winning will take care of itself." Mann is teaming up with a sports psychologist, Dick Coop, to make major changes in the golfers' mental side of the game.

"From a mechanical standpoint in the game itself, they are very proficient," said Mann. "However, Dr. Coop and I see there could be a tremendous amount of growth in the mental part of things. As their coach, I need to do a better job of preparing them mentally. We talk about it a lot, we talk about what a great mental attitude is on the golf course and what they need to do, but we really don't spend much time on a daily basis practicing what we need to do. It's difficult to practice the mental game, but we are going to implement exercises and various things throughout our practices that will truly give them the tools to enable them to be better prepared mentally."

Mann believes a large part of a better mentality for the team begins with the natural leaders of the team, seniors Chang and Perry. Chang, from Scottsdale, Ariz., was recently awarded the honor of Tar Heel Leader of Distinction from the Carolina Leadership Academy. Chang's stroke average is 74.58, and her highest finish came in the final tournament of the fall campaign, The Landfall Tradition, where she came in 21st place.

"One of Jackie's true strengths, in my opinion, is that golf does not define her," said Mann. "The sport doesn't make Jackie Chang. She loves golf, she's committed to golf, and probably from a standpoint of her mental attitude, she has a very strong one. I want to see her grow and get better each day."

Perry, a native of Cary, N.C., is also a leader for the team with a stroke average of 75.00. "Katherine is one of our hardest workers – definitely in the off season as she's out practicing no matter what the weather and I commend her for that," commented Mann.

Perry, a starter in each of the fall tournaments, had her best performance at the Mason Rudolph Championship where she placed 22nd to lead the Tar Heels that weekend. "One of the things that Katherine needs to work on is her mental game," stated Mann. "Katherine puts a lot of pressure on herself to perform, and sometimes that pressure can be a negative for her. We want to work with Katherine to channel the pressure in a positive way. She has definitely gotten better."

Maia Schechter, from Takoma Park, Md., is the lone junior on the squad. She competed as a starter and as an individual during the fall campaign and carded a 78.44 stroke average. Her top performance came

at the Mason Rudolph Championship when she competed as an individual and finished in 32nd place.

"Maia would be a leader by example," commented Mann. "I have full confidence that she can do it if she focuses on the things she can control. Any member of our team can be in the lineup at any given time. For Maia, she can't focus on just trying to get in the lineup. She has to focus on giving it 100 percent every day and really embracing getting better each day."

The team features two sophomores, Elizabeth Mallett and Samantha Marks. Mallett, from Sutton Coldfield, England, participated in each of last fall's tournaments and led the Tar Heels with a 74.00 stroke average. "Elizabeth is one of the team's hardest workers and is always practicing regardless of the weather. She is going to always give 100 percent from fall to spring," Mann stated.

Mallett's best performance last fall came in the season opener, the Dale McNamara NCAA Fall Preview, where she finished 17th. "I anticipate Elizabeth doing extremely well. She has come to an understanding that if she takes it one step at a time, the end result will take care of itself," said Mann. "She is in a very good place mentally, and certainly can get better, but I think she's going to enjoy it."

Marks, a starter in all four of Carolina's tournaments, concluded the fall campaign with a 75.00 stroke average. Her strongest performance came at the Dale McNamara NCAA Fall Preview where she finished in 28th place. Mann pointed out that Marks, from Maitland, Fla., had the ability to play and practice over the winter break, which she thinks will benefit her performance this spring.

"I'm very pleased with how Samantha did in the fall," commented Mann. "There is always room for improvement, always room to get better, but I'm seeing Samantha grow not only as a golfer, but as an individual, and that's really nice to see."

Another strong addition to the team are two active freshmen, Leslie Cloots and Anne Bennett Osteen. Cloots, from Antwerp, Belgium, was a starter in two tournaments and competed as an individual in one. "Leslie is a very talented player," says Mann. "She has adapted very well to our team and to the academic piece of it. She always has a smile on her face and it's fun coaching her."

Cloots concluded the fall with a 75.67 stroke average and her top performance came at the Mason Rudolph Championship where she finished 41st. "Leslie is definitely going to be a great addition this spring," said Mann. "She brings a lot to the table. Mechanically, she's very strong. Mentally, she has some room for improvement so we'll work hard on that."

Mann also feels Osteen is a great contributor to the team even though she didn't play last fall. "Anne Bennett is an unbelievable addition to the team," said Mann. "She is a force on our team that every coach would love to have. Talk about a compelled individual – not only is she compelled academically, but from a golf standpoint, she understands if she works hard each day that will add up. Hopefully she will get the outcome she wants."

Mann feels that Osteen, from Greensboro, N.C., has a bright future on the team. "She's used to working hard," said Mann. "She understands what it takes to get to the level where she would like to be. She's patient, she's committed, and there's little doubt in my mind that she'll reach where she wants to go."

Mann is optimistic about the upcoming spring season. With focus on the mental part of the game, she believes her team is prepared mechanically and will be an even greater force with continued developments. The team will compete in four regular season tournaments this spring prior to the ACC Championships in April.

"I am looking forward to really focusing on getting better each day," concluded Mann. "Let's get better one day at a time. If we can see a little improvement each day, then when we look back we will have improved a great deal."

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Strength & Conditioning



**Scott Oliaro**  
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**Kelly Waicus**  
Team Physician



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### Athletic Department Switchboard

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**Web Address:** [www.GoHeels.com](http://www.GoHeels.com)

## Athletic Communications



**Jeffrey Camarati**  
Staff Photographer



**Lee Snyder**  
Athletic Communications  
Golf Contact



**Brittany Mayes**  
Student Assistant

### Sports Medicine

The Tar Heels receive excellent care from one of the country's best sports medicine staffs. Dr. Mario Ciocca, Director of Sports Medicine, oversees a comprehensive program designed to keep student-athletes healthy and to rehabilitate any injuries quickly and successfully. Dr. Kelly Waicus is the physician who works directly with the women's golf team while Tim Taft is the orthopaedic surgeon and Scott Oliaro serves as the team's trainer.

### Strength and Conditioning

Under the direction of the UNC Olympic sports strength and conditioning staff, Tar Heel student-athletes get outstanding coaching intended to help maximize their physical potential. The staff evaluates Carolina student-athletes in a variety of ways, including the use of specialized software for lifting and running video analysis, to encourage steady progress toward reaching optimum preparation for competition.

Steve Gisselman is the Assistant Director of Strength and Conditioning and works with the women's golf team.



## 2014 Spring Schedule

**Feb. 9-11: Northrop Grumman Challenge**  
*Palos Verdes, Calif.*

**March 7-9: Darius Rucker Invitational**  
*Hilton Head, S.C.*

**March 28-30: Bryan National Collegiate**  
*Greensboro, N.C.*

**April 4-6: SMU Invitational**  
*Dallas, Texas*

**April 18-20: ACC Championships**  
*Greensboro, N.C.*

**May 8-10: NCAA Regionals**  
*Site TBA*

**May 20-23: NCAA Championships**  
*Tulsa, Okla.*

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Maia  
Schechter



Rachel  
Jones



Anne Bennett  
Osteen



Leslie  
Cloots



Samantha  
Marks



Elizabeth  
Mallett

