

Seramer To Sign Monday

Written by Mike Kelly
Sunday, 16 March 2014 16:50

Watauga High senior Alison Seramer will make it official on Monday by signing her national letter of intent with Queens University, a Division II school in Charlotte, N.C., and a member of Conference Carolinas.

Seramer, who had a second-place finish at the state indoor track meet in February and finished second on Friday at an outdoor meet at Asheville-Reynolds, was a guest on Saturday's Dug Out Show before the WHS baseball broadcast at Charlotte-Providence on AM 1450, WATA and GoBlueridge.net.

Seramer was originally going to sign on Friday, but a freak winter storm cancelled school and pushed her signing date to Monday afternoon at 3:30 p.m., in the WHS Media Center.

"The fear factor is always there," Seramer said. "This is a very demanding sport. Technique is so important, and so is muscle memory. You have to do things just right, or your attempt will fail. I've been fortunate. I got the chance to work with Taylor Drummonds (currently a freshman at East Carolina University), and I attended a pole vaulting camp at (Appalachian State) last summer. And they really perfected what I was trying to do."

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And Seramer took that knowledge and nearly won a state title in February. But she finished just one foot short of the title. Seramer cleared the bar with a jump of 11 feet; Anna Eaton of Apex won the title with a jump of 12 feet.

"I was real nervous the morning of the meet," Seramer said. "But I just cleared my head, relaxed, and I had one of my better days. Pole vaulting is so mental. It's really based on routine, preparation, confidence, and overcoming any fears you might have about it. It's certainly a challenge, but I love it."

And Seramer, who is looking for similar success at the state outdoor meet later this year, is excited about going to Queens College next fall.

"I want to continue to get better," Seramer said. "That's why I worked so hard at it last summer and during the indoor season. And coach (Randy) McDonough is great. He's my biggest cheerleader out there. It's a relaxing atmosphere, and this team is extremely close. That makes things a lot easier.

"And Queens is a great school academically. That's what I really looked at. I want to major in physical therapy, and they have a great exercise science program. And it's a smaller school. That's what really drew me there."

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Seramer also liked the track coach, Jim Vahrenkamp. After meeting Seramer, Vahrenkamp made sure Seramer wasn't going to change her mind.

"He called me all the time," Seramer said. "He consistently kept in touch with me and kept promoting the program. I feel comfortable going there. It's an easy fit. I'm very happy with my decision. It's going to be a great experience for me."

Seramer and her WHS teammates travel to Newton, N.C., Wednesday for a Northwestern 3A/4A Conference meet. Fred T. Foard will host; St. Stephens and Hibernian round out the four-team field.