

# Mike Reuter: 'Having a Goal Means a Lot'

By RAY MAST  
Emerald Sports Writer

If you've been to a wrestling match at Oregon in the last four years, you've probably noticed a short, balding man scribbling furiously on a piece of paper and intently watching each match.

This is Mike Reuter, wrestling coach.

REUTER HAS been at this business of coaching for 17 years and is now in his fifth season at Oregon.

The following is an informal discussion between this reporter and Reuter while Reuter was awaiting wrestling practice one day this week:

Mast—When you're trying to get a boy to come to Oregon, do you try to sell the University or the wrestling program?

Reuter—Both, but personally I feel that the University is the more important.

The first thing I ask a boy is "What are you interested in taking up?" If he's not sure, then I'm not sure of him. Having a goal

means a lot.

I may be defeating my purpose, but I never tell anyone that Oregon has a better wrestling program than OSU. They work really hard on their program. I feel that we give our fellows more study time.

Mast—The natural question to ask, then, is "Do you stress athletics before scholarship?"

Reuter—They go hand in hand. I don't encourage poor students to come to Oregon. Performance in the classroom somehow reflects performance in athletics.

It's odd, but our team has a higher GPA during winter term when we're competing.

We have some state champions on campus that won't come out for wrestling because of their studies.

Mast—All coaches have theories on wrestling. What are yours?

Reuter—Conditioning and endurance. The boys know they need it. Each boy works out for a nine minute period, with a fresh opponent every three minutes.

After the Cal match I took the boys out for a two mile run. Right now I've cut down the workouts on the mats and encouraged more running. We've had a long season and there may be a tendency for the boys to get stale.

Mast—What do you look for in a boy when you try to find a wrestler for your team?

Reuter—Aggressive state champions. Explosiveness pays off. A

boy can become a high-school champion by stalling around and out-smarting his opponents.

Mast—Do you stress conditioning or work on holds during your workouts?

Reuter—Both. At this point it's difficult to develop new holds. We try to develop the boys' confidence in their holds. They all have more confidence when they try new holds from underneath. If they're on the bottom to begin with, it's not going to hurt them to try a new hold—they have nothing to lose. A standing hold takes a little more time to develop confidence.

Mast—I've noticed that you write notes during the matches. Are these suggestions for the current match, or for the wrestling to work on the following week?

Reuter—Mostly for our next week's practices. But, coaching from the sidelines is alright in wrestling.

I've asked individuals if they want suggestions during the

matches, and many say they do. I know that I've helped some boys win matches by simply indicating what hold I want them to try next. But, some don't take my suggestions because they can feel that it won't work. This is fine, because sometimes they can see things that I can't.

Mast—How do the Pacific Coast Championships stack up?

Reuter—OSU has won the last four years. Portland State looks tough this year. We're having trouble keeping the California schools in the conference. Last year they had only one champion. Two years ago the California schools had only one of 20 finalists.

We had some last minute injuries last year that hurt us badly. The boys really want to win the coast this year.

With this, Reuter went off with a handfull of notes to drill his charges on a few things he had noted on the past road trip.

## SPORTS FOCUS Oregon Daily Emerald

### World's Championship

## Kite Flying Contest Scheduled by SOC

ASHLAND (AP) — What is billed as the "world's first intercollegiate Kite Flying Championships," has been scheduled by some students at Southern Oregon College April 27-28.

A spokesman for the students, Howard R. Gilbert, 19, Lakeview, said SOC President Elmo Stevenson and a panel of representatives from daily newspapers will judge.

GILBERT said more than 60 invitations have been sent out to such schools as Harvard, Yale, Princeton, Vassar, Radcliff and state colleges from Alaska to Tex-

as and Hawaii to Mississippi.

Six-man teams must have a grade point average of 2.5 or better to qualify, Gilbert said.

A rules committee will inspect equipment which must be a dime-store triangle-shape kite with cotton string and a tail up to, but no longer than, 40 feet.

PRELIMINARY trials will be held to determine if prospective entrants have sufficient ability to compete, Gilbert said.

Winner will be judged on distance, altitude and sportsmanship.

### Oregon Instructor Ready For Climb

BANEPA, NEPAL (AP)—The American Everest expedition, looking like one of the biggest safaris in history, set out from this Himalayan town Wednesday on its way to battle the world's highest mountain.

In a procession of more than 1,000 that began the trek were Luther G. Jersted, a speech instructor at the University of Oregon and William Unsoeld, Corvallis.

The expedition aims to scale 29,023-foot Everest and two sister peaks, and at the same time make scientific observations.

ITS FIRST destination is Pheriche, an acclimatization camp at an altitude of 13,921 feet, 15 days'

walk from Banepa on a trail winding 200 miles through the mountains.

An astrologer told the Sherpas the expedition "will definitely be crowned with success."

NEPALI MEN, women and children thronged the main street of Banepa to see the expedition. In the crowd were a number of American wellwishers, including Mrs. Norman H. Dyhrefurth, wife of the team leader, and two other members' wives.

There will be a soccer practice Thursday at 4 p.m., rain or shine. Attendance is required.

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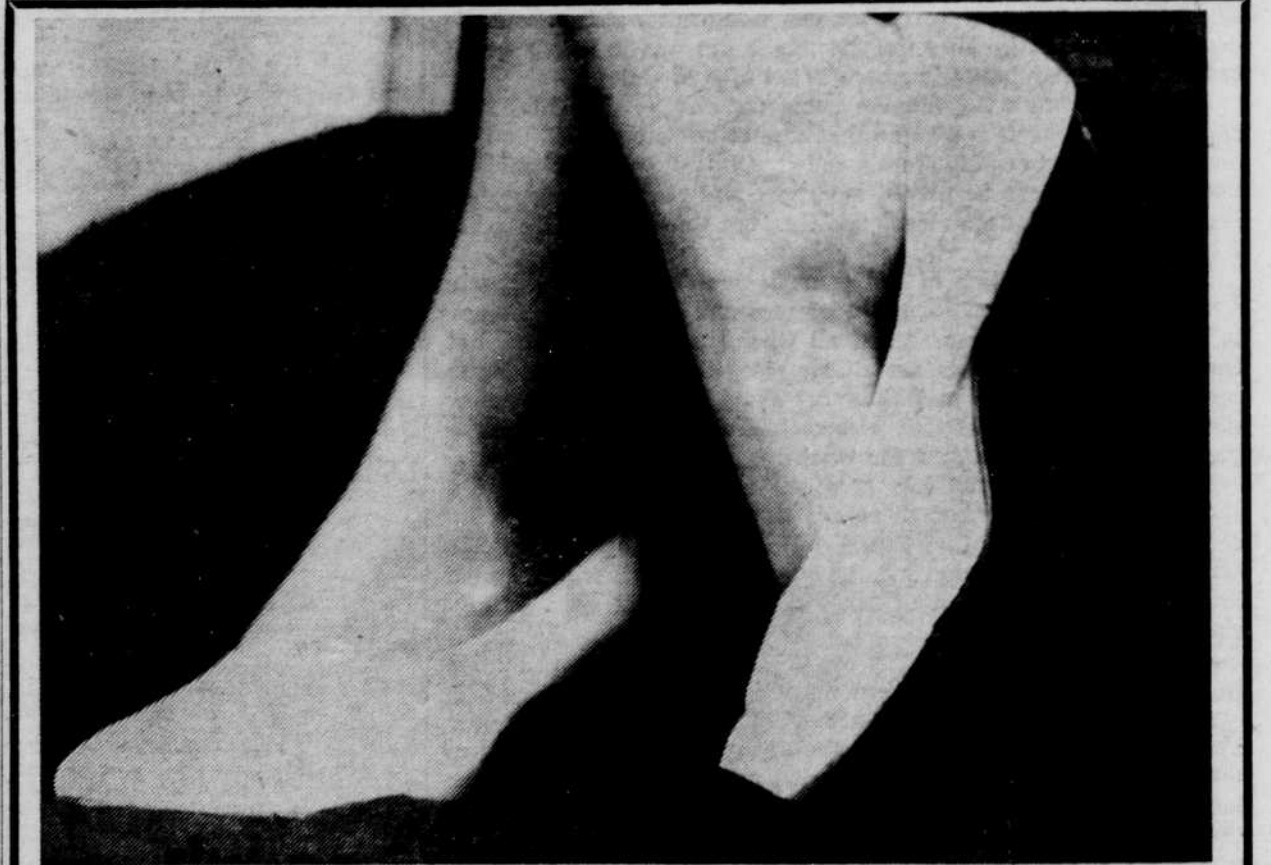
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