

Snow unnecessary for ski training

By JEFF PETERSEN
Of the Emerald

Bob Gray, veteran ski racer with the U.S. nordic team, says most athletes train in their own activities — the runner runs, the swimmer swims and the rower rows.

Gray says that the training skier, however, gets into condition by doing almost everything but skiing. That's because the necessary ingredient for skiing — snow — isn't always available.

Sixty to 70 percent of the Club Sports ski team's training is done on dry land, says Randy Rogers, downhill racing coach. Until the ski racer has a year-round supply of snow, he will bicycle, dance, grass ski, hike, hill bound, play soccer, run, roller ski, jump on the trampoline and weight train — all trying to imitate the vigorous actions of ski racing.

To tune their bodies for the racing season which starts in January, the nordic and alpine ski teams are practicing two hours each weekday afternoon. On weekends some of the team goes skiing "whenever and wherever there's snow," says Rogers.

"Many will say our training is unstructured," Rogers says. "But we do have order. Ours is a progressive program. We shoot for a peak like any other team."

The peak the ski club is shooting toward is next spring's national collegiate competition. Roger says this is a realistic goal since the ski club, which has most of its key members returning, placed first in the Northwest last season.

Rogers is excited because

some of the new members "are as good as the people we have back from last year." For instance, Craig Poulsen, who Rogers says is a junior national caliber skier in both cross country and downhill racing, was a walk-on this fall.

The new skiers are meeting in Rogers a coach who's training is less regimented than most ski racing coaches.

"People work hard because they want to get better, not because the coach is scowling at them," Rogers says.

The coach wants his workouts to be hard, but fun. An example is a relay race workout on Skinner Butte's north face. Besides exposing the skiers to varied terrain, the relay race has the skiers working together as a team.

"Although it is a competitive situation, I don't penalize them for failure," Roger says. "I don't scream at them and they don't try to bite me afterwards."

Rogers says that although they must be in control at all times, ski racers must push to their limits. Inhibitions slough away, replaced by a measure of "reckless abandon."

Ski racers need to be challenged, and Rogers says he tries to challenge the team each day to "do something you didn't think you could." Some days the team will run five miles or bicycle 20 miles to specifically meet a challenge.

To quicken reflexes and anticipation the ski racers don't just run — they run down steep hills. They also bicycle down steep hills and through sharp curves. Both exer-

cises help the ski racer conquer fear.

"When you scare yourself you waste energy," Rogers says. The possibility of a fall increases when muscles tighten. One fall will eliminate a skier from a race, he says.

Bicycling also helps the ski racer develop the leg strength and endurance essential to winning ski races. The ski racer must be strong enough to finish with good technique.

"Most races are won in the last part," says Rogers. "The guy that is not in good shape allows himself to slip into sloppy technique. He's working against himself from that point on."

The best way to train for ski racing is to ski, Rogers says. Because Eugene is located 60 miles from the nearest ski area, club racers are increasingly utilizing the closest imitations on the market — grass and roller skis.

Rogers says downhill racers can use a pair of grass skis on "any smooth, rock-free hill." He tries to have all six pair used daily.

"Last year we didn't get much practice after New Year's," he says. "We decided there was a need to increase on-snow training opportunities, or find an alternative like grass skiing."

The roller ski, used to perfect cross country technique, looks like a ski on roller skates. Only good skiers who want to improve should use them according to Rogers. Beginners should learn good habits on snow before trying roller skis. Used over varied terrain, the roller ski can help the racer perfect his kick and glide.

It is because of this movement



Photo by Dennis Hickok

Because of lack of snow nine months of the year, the Club Sports ski team has to resort to other forms of training, including running, dancing and grass skiing.

that Rogers prefers hill bounding over running in nordic training. Hill bounding calls for movement, a delay, then movement. Running, with its continuous motion, doesn't imitate the nordic skiing motion as well, Rogers says.

Because the downhill ski racer spends "about 300 feet of a race in the air," Rogers uses the tram-

poline to teach body control.

Another unusual training tool in Rogers' inexhaustible kit is dancing. If you don't think dancing is demanding physically, think again.

"I like western swing the best," says Rogers. "Your movements have to be coordinated with your partners'."

Club Sports round-up



Ultimate Frisbee

Ultimate frisbee, a game originating in 1968, is the newest Club Sport.

Approved for partial funding last Thursday, the team practices Tuesdays and Thursdays at Howe Field at 5:30 p.m.



Bowling

Tryouts for the 12 men's and 12 women's spots on the University of Oregon bowling team are underway at the Erb Memorial Union Lanes.

Today through Friday try-

outs will begin at 4:15 p.m. Saturday and Sunday they will be from 12:30 p.m. to 5 p.m.

Men are required to bowl 24 games in six-game blocks, while women are required to bowl 16 games in four-game blocks.

For more information contact bowling coach Mal Fiese at 686-4378, or go to the EMU Lanes.



Crew

Crew has begun fall practice. The men are on Dexter Lake Tuesdays and Thursdays from 4 p.m. to 6:30 p.m., and Saturdays from 8 a.m. until noon.

Mondays, Wednesdays and Fridays the women row from 4 p.m. to 6:30 p.m.

The crew boathouse is located by Lowell Park, on the north shore of Dexter Lake.

For more information contact Mike Johnson, men's coach, at 484-2579, or Paul Schultz, women's coach, at 344-2640.

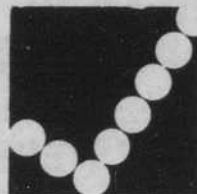


Table Tennis

Members of the table tennis club will participate in Pancho's Open Saturday and Sunday in Portland.

The tournament, sponsored by a Portland restaurant, will be held at the Paddle Palace, 614 S.W. 11th St.

Games begin Saturday at 9:30 a.m. and run to 9 p.m. with Sunday's matches starting at

9:30 a.m. and ending at 6 p.m.

The club practices Tuesdays from 6 p.m. to 9 p.m. and Saturdays from 1 p.m. to 4 p.m. in 350 Gerlinger Annex.



Sailing

The Club Sports sailing team will race in the University of Washington Regatta Saturday and Sunday on Seattle's Lake Washington.

Saturday racing is from 10 a.m. to 5 p.m. Sunday races begin at 10 a.m. but conclude at 2 p.m.

The team practices each Sunday and novices as well as experts are welcome. Meet at the Gerlinger turnaround at 12:30 p.m.



Water polo

Water polo practice is held in Leighton Pool Monday through Friday from 5:30 p.m. to 7 p.m.

For more information contact coach Jerry Newman at 746-7140.



Soccer

Plagued by injuries and inexperience, the soccer team travels to Bellingham, Washington for a 4 p.m. match with Western Washington Saturday.

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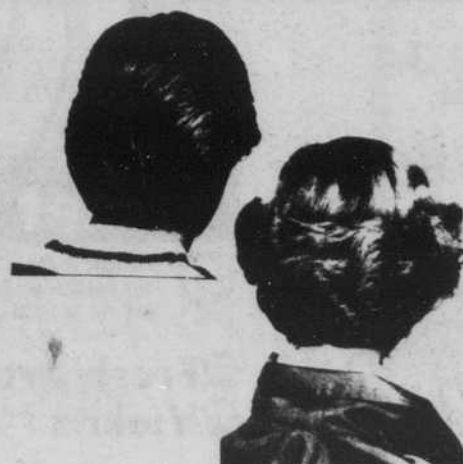
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