

Hughes—

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This is the first year she has really been coached, Hughes says. Her high school coach only encouraged her natural talents, and her Florida coach had never thrown the javelin. Irving, however, is a qualified instructor.

"At first, Scott broke our throw into little segments, saying the exaggerated (choppiness) will ingrain itself into our subconsciousness. If you repeat over and over, it will get in there a little bit. That's all it takes. He broke our approach up into the first crossover, the second crossover, the last crossover, the plant, and the drive," Hughes says.

"It seems like it would be jerky, but it flows now. I learn things fast. I'm the type of person who can play it in my mind and then do it with my body."

Since high school, Hughes' attitude has matured as much as her physical skills. "It bothers me when people are really negative about themselves because I used to be. I used to put myself down all the time. If I have a bad day now, I know there's a good one out there."

"When I go out and throw, if I think I can, I will," she says in a tone that leaves no room for doubt. "If I don't get it this time, I know it's later. I never think I can't do it."

"It's always in my range, I don't ever let it out of my reach."



Hughes has surpassed the efforts of last year's AIAW champion Sally Harmon. "Competition has brought us much closer," says Hughes.

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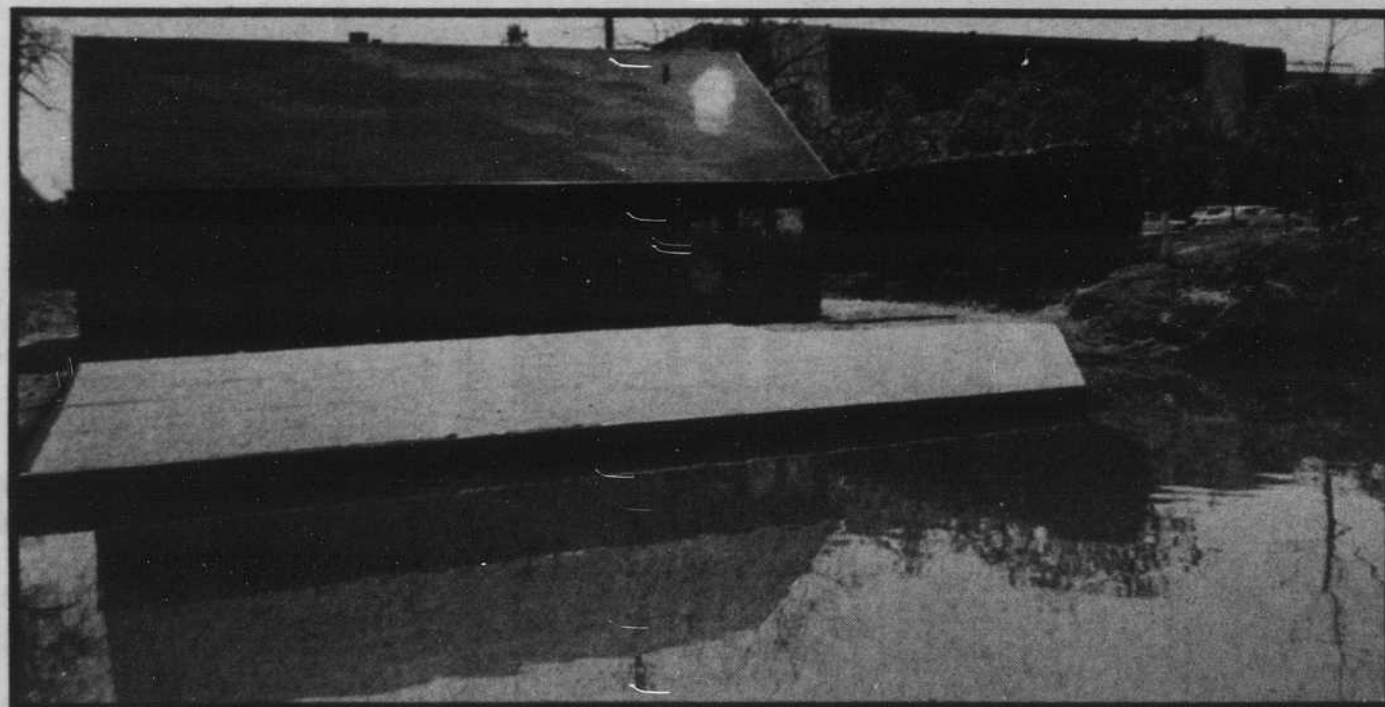
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