

3-SHELF UNIT

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(UNASSEMBLED)

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WORK BENCH

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MONDAY-SATURDAY
8 to 6
SUNDAY 9 to 4

Dunes

Continued from page 17

does everything have to be 'Dunes'?"

Everything is dunes for the Ducks as they pull into the parking lot of the state park. Through the tall fir trees to the right, the massive tips of the dunes peak through.

The women quietly pack in water and ice as well as equipment, past a small inlet of water to a dune that rises farthest into the slowly blueing sky. The wind sends sand swirling past bare ankles and shins as the players drop equipment on a sandy ridge.

As the team stretches with the trainer, Gerri Mattia, the three coaches hold an impromptu staff meeting. Voelz runs through the time charts the assistant coaches will keep and then once through pulse charts.

The Ducks do their training interval style. Voelz explains it via pulse rates and the pulse charts. A drill will raise the pulse to its peak, Voelz says and then an exercise, or some "game" follows, after the pulse rate drops. The exercises are designed, at intervals, to break the tedium of the drills and to keep the rise and fall of the pulse on target. Sporadically during the day Voelz yells "pulse" and the team automatically responds with a few fingers on the appropriate artery.

As the team finishes stretching, Voelz instructs them in a game of follow the leader on the run. Single file, the team runs about the dunes while the woman in the back sprints to the front. At the sound of Lopez'

duck call, the team either sprints, jogs or walks.

The morning session, judging by the expression on most of the faces, is nothing less than a killer. Towards the end of one grueling session, broad jumps up a steep and sandy slope, tears mix with grit on Sue Harbour's face. Some encour-



Coach Chris Voelz has a heart-to-heart talk with freshman Sue Harbour.

agement from teammates brings a quick semi-smile, but Voelz crow-hops down the hill to talk with Harbour as the rest of the team finishes.

After Harbour and Voelz' heart-to-heart, the rookie sophomore smiles and attacks the next drill with 110 percent effort.

So it goes with the Ducks and "PMA," an acronym for positive mental attitude. It's the basis for the Voelz program at the University. It is evident even in the strenuous workouts and the heart-to-hearts, such as Harbour and Voelz' exchange.

The morning is peppered by breaks in the workouts that illustrate one facet of PMA. The team huddles, talks quietly and breaks with a loud chant of "We enjoy and look forward to challenges," or "Ducks; quack - quack." It's what Voelz calls an affirmation, making vocal and reinforcing what is in the Duck's mind, or at least what should be there.

Right before a break for lunch, the diving Ducks find out how quick on their feet they really are. Voelz takes the end of a tether-ball rope, swinging it in a circle over her head. The players dive over the ball, scramble to their feet and on the next pass try to jump over the ball. Several Ducks make it, several end up tangled in the rope.

The exercise, tough by itself, is just a break from the tedium and exhaustion of the hill jumping and sprints that have passed

most of the morning.

As the players start the trek up the hill for lunch, they pass McFarlane with a number from 1 to 10, rating the physical difficulty of the work out. They must also give two percentage numbers, one is how much they put out that morning, the other is how much they have left.

Tambe, the die-hard freshman on the ride over, reports the work out as an eight, her effort: 90 percent. Tambe also tells McFarlane she has only 50 percent left for the afternoon.

At the top of the dune, the players stretch again and grab a sack lunch, most slide to halfway down the dune trying to find shelter from a steady gust of wind that has crept up. The sand blows down the hill and across the backs of players gulping down juice and a few bights of mostly gritty sandwiches. The rest of lunch is spent lying on their backs. One group of three, the only three willing to hike the half-mile, head back to the parking lot to refill the empty water bottles which were drained half-way through the morning.

After lunch, another warm-up and another run, the group returns to workouts. Sprints, line drills and a circuit course fill the afternoon.

Between drills, Voelz sets up an informal wrist wrestling tourney. Hill, whose legs are weak with injury, proves her arm isn't hurting at all. No one on the team can beat her.

After wrist wrestling is an aggressiveness drill. Lines are dug in the sand, about 20 feet square. An old sweatshirt is tossed into the center. Players, according to numbers Voelz calls, lunge for the sweatshirt from one of two sidelines. The first to drag the sweatshirt across the end lines "wins." The final contest is a pile up of the whole team battling for the sweatshirt while falling down laughing.

The wind picks up and the team starts into a circuit drill. There is no protection from the wind that whips across the dunes. Tiny grains of sand pelt any unprotected skin. The sand blows directly into the players face during the drill.

The circuit is a sprint to a figure eight obstacle, a sprint to a chinese jump-rope, which the players dive under and over, a sprint to four pylons, which the players jump over — on one leg and a sprint to the finish line. The women are given a plus or a minus for technique over the pylons.

After several times through the drill, Voelz rounds her players up. Another affirmation

Continued on page 20

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