

Both the alpine and nordic teams compete in the southern division, which includes five other collegiate teams throughout the state.

The alpine team roster is not as empty as the nordic roster, but the team is in need of expansion, Rogers says.

'We're unique as a club sport in this respect because we give everyone a chance to participate.'

—Barbie Rogers

The alpine team will concentrate on "coordinating speed and technique" as they practice maneuvering downhill through the race gates during training, says Scott Ware, new head coach of the nordic and alpine teams.

Ware is a certified ski technician and has had several years of racing and coaching experience. He also will be a racer on the alpine team and a student at the University starting next fall.

Ware is hoping for a large turnout at the organizational meeting. "We want to get people to come to the meeting so they will be on the ball to knowing that a ski club exists and what kind of training we have to offer," he says.

Skiers who are not interested in competitive racing but would like the opportunity to train and improve their techniques also are welcome to come to the meeting and join the club, Ware adds.

Most club sports teams do not offer non-competitive athletes this opportunity, Rogers says. "We're unique as a club sport in this respect because we give everyone a chance to participate."

Non-competitive members of the club can ski at Willamette Pass with the team for reduced rates and also train in this summer's "dry land" program with Dexter Simmons, the team's new developmental coach.

Club members who join the team on a non-competitive basis

are given the option of trying out for the alpine or nordic teams in the fall before the winter season begins, Rogers says.

Many new members don't want to join the racing teams because they feel intimidated about competing, but once they

another and point out good techniques, as well as bad, Simmons says. In addition, practices will be videotaped to allow the skiers to observe their own strengths and weaknesses.

Conditioning exercises such as running, bicycling and "mountain-type" trail work, like jogging up and down wilderness trails, also will be part of the training program, Simmons adds.

A new addition to the "dry land" program this summer will be a race-training camp at Mt. Hood's Palmer Snowfield, which is also the training area for the U.S. Ski Team, Rogers says.

The camp will be three days of "intense training, eight hours a day," Simmons says, adding that there will be a lot of "mental work" in addition to the physical training.

"It's a matter of good conditioning at the outset (and) a dedicated effort to improve," Simmons says.

go through the summer training program, they gain more confidence in their skills and change their minds by fall, she adds.

The program includes a rigorous routine of aerobics, soccer, weight training and other activities to keep club members in top condition during the summer months.

The club will "critique" one

Outdoor Program

•This Monday's **Nooner** scheduled for 12:30 p.m. in the Outdoor Program Room 23 EMU, will be featuring a mountain climbing movie titled **Eiger** about the solo ascent of the North Face by Eric Jones.

•The second two-day clinic for **Raft Trip Initiators** will be held Monday, May 13 and Wednesday, May 15.

The clinic is required for all trip initiators planning a raft co-

op trip. The clinic will cover trip organizing, safety, repair, equipment and environmental protection.

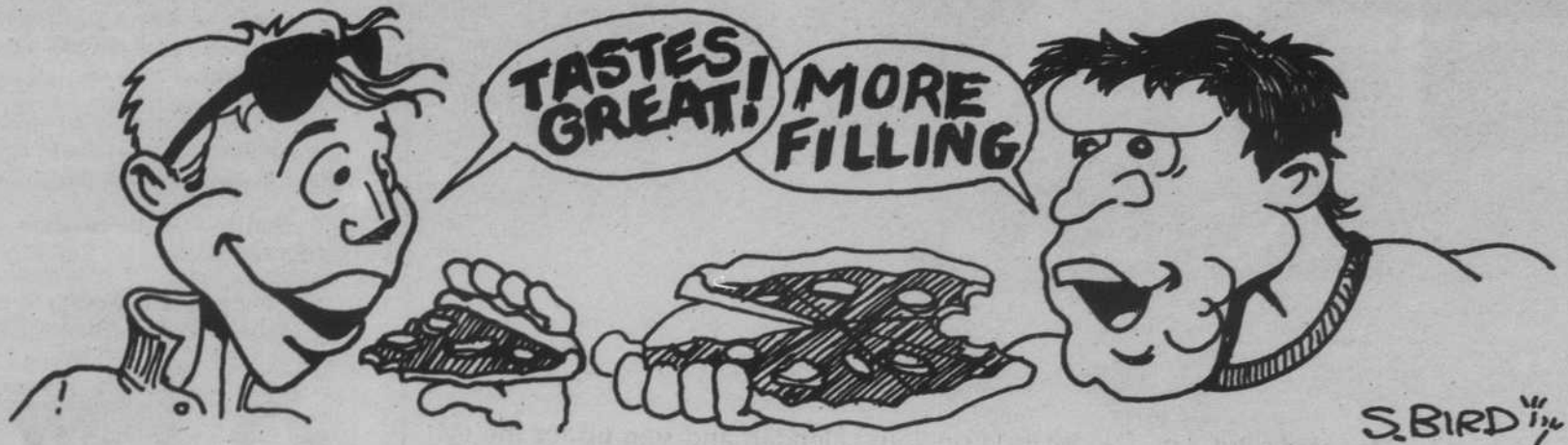
The clinic is open to any river runner. Attendance at both evening sessions is required for initiators. Both sessions are scheduled for 7:30 p.m. in the Outdoor Program.

For more information, contact the Outdoor Program at 686-4365.

Staff

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