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Mind Continued from Page 1B

his tools of imagery, focusing and various other relaxation techniques.

Although he is trying to develop a higher state of awareness in people, Eiring says he is not necessarily trying to take them to a higher state of consciousness.

Instead, he tries to remind athletes what they have been able to accomplish in the past and what they are capable of accomplishing in the future —

their peak performance.

In the literature Eiring gives to clients, he says, "Recent reports from the Soviet Union and East Block nations indicate that athletes in those countries devote up to 75 percent of their program to mental training, including imaging, relaxation and goal setting. Unfortunately, such training is sadly absent among Western athletes."

By Allan Lazo

Ultimate teams to host tourney

By Craig Harris

Of the Emerald

The University of Oregon men's and women's Club Sports ultimate frisbee teams will be kicking off their seasons this weekend with their annual Henry O' Callahan tournament.

More commonly known as the Mud Bowl, the tournament will feature ultimate frisbee teams from up and down the West Coast. Expected participants for the men's division include teams from Seattle, Evergreen, Salem, Corvallis, Ashland, Chico State, Humboldt State, and last year's Mud Bowl champions from Portland.

The Oregon men's team has high hopes of taking this year's tournament crown, as team member Jay Janin confidently states, "we expect to win the tournament." As for the women? "We expect to win that one, too," Janin adds.

The women's division isn't quite as large with only four other teams having been invited. The women's collegiate division has just started to get going, although there have been club women's divisions for quite some time, Janin says, adding, "the club division has a much higher standard than collegiate (both men and women) and quite a lot better."

This weekend, the tournament will start at 10 a.m. Saturday and Sunday, and will conclude between 4 and 5 p.m.

The games will be held on both of the intramural fields, the lacrosse field (18th and

Agate), and the West Bank field, located near the Autzen footbridge.

Also located near the intramural fields will be "Frisbee Central" where frisbees and t-shirts will be sold.

Ultimate frisbee consists of seven players on a side, and it is a cross between soccer and football. There is no physical contact, and the game is very fast moving.

Since there are no referees, teams call their own fouls. Janin says this keeps the game going and it is kept in line without referees by what he calls the "the spirit of the game."

The object of the sport is to move the frisbee up and down the field and then throw it into the opponent's goal. Each goal is worth one point, and games are usually played to either 13 or 15, with halftime coming at seven points.

After this weekend, both ultimate teams will be participating in tournaments every two to three weeks to gear up for the Pacific Northwest Collegiate Conference Championships which will be held in early April.

Janin also encourages others to join the team. "We're just starting the collegiate season, and now is the time for both men and women to come out and practice. The skills needed are good quicks, speed, and a co-ordination of passing and catching a frisbee."

Practice is held Tuesdays and Thursdays at 3:30 p.m. on the intramural field.

Fencers place at individual championships

The Oregon Club Sports men's fencing team took four of the top eight places in the Collegiate Individual Championships Saturday at Clatsop Community College in Astoria.

Freshman Jeff Hill led the way as he captured second place in men's foil. Teammate Andrew Berdine followed in third place while Josh Dale finished in fourth. Otto Kelton brought home the other spot for the men as he finished in eighth place.

For the women's team, Elizabeth Kelton finished in fourth, and although the event was an individual tournament, team scores were tallied

by virtue of individual performances.

The men's team finished in first while the women's team, by virtue of another fifth-place individual victory by a beginning fencer, took second in the tournament.

Tae-Kwon-Do club brings home wins

The Oregon Club Sports Tae-Kwon-Do club traveled to Mount Hood Community College in Portland Feb. 15 to compete in a tournament.

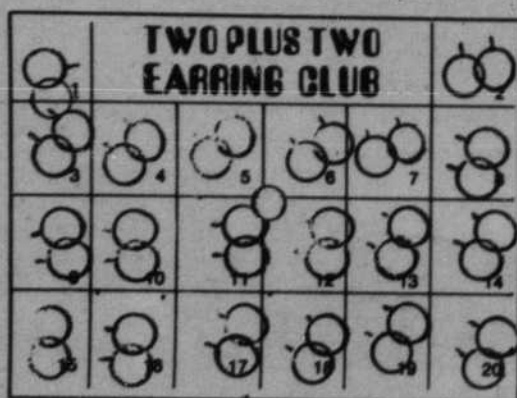
John Heijmans took second in the black-belt heavyweight division, Bob Danzer won the colored-belt middleweight division, and Dave Yoshimura captured first in the colored-belt heavyweight division.

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Wednesday, February 26, 1986

Take note of the music news in **The Friday Edition**

