

Breather Continued from Page 7

"Things are going fairly well, but I always have higher expectations," he said. "That's just my nature. I can't complain because my technique is coming along. You do something wrong and you're back starting trying to develop something new. I was happy with last week's throws because I had a bad week of practice working on my technique."

McGee, a graduate of Springfield's Thurston High School, was the Class AAA shot put champion his senior season and then sat out his first year as a Duck to learn and develop the hammer under coach Stewart Togher. Sitting out that first year was important according to McGee.

"It would have been difficult to compete right away under a pressure situation," he said.

"It was a difficult transition at first," McGee added. "It was a lot more fun and something new which I liked. I liked that Stewart let me experiment and develop at first."

Togher, who coached Ken Flax (collegiate and school record holder while at Oregon), now coaches Olympian Lance Deal and is recognized as one of the foremost hammer authorities in the world. According to McGee, Togher has been very instrumental in his development as a hammer thrower.

"I knew Stewart was a good coach," he said, "but I didn't realize how good of a coach he was until I started learning the hammer techniques."

Last season McGee had a "mentally, down year" while fighting a stress fracture in his lower back and trying to compete at the same time.

"I wasn't able to lift weights and my strength was way down," he said. "I was just throwing and working on my technique. I learned that technique was more important than strength. Last year let me know I could throw far and it helped me to focus on what was important."

Although McGee didn't come

into this season with any distances set in mind as a goal, there were other, important things for him.

"I want to stay healthy and be able to complete a season," he said, "and not pushing too hard too soon. I want to improve my technique so I can compete better in the bigger meets and be among the top finishers. If I can get my technique down I should be able to compete really well at the NCAA's."

Although McGee is unbeaten against teammate Eric Finch, last year's third place finisher, this season, he downplays the

notion that there is any rivalry among them.

"There is no rivalry," McGee said. "What I like about practice is that we're developing our throwing and developing our own technique. Too many people get hung up with winning and forget what to work on in practice. I don't like to lose to anybody in competition but practice is for developing yourself for competition."

McGee hopes to compete internationally after using up his collegiate eligibility, and once his throwing days are over, hopes to stay involved with the hammer in some capacity.

"I'm not just going to stop throwing the hammer," he said. "I'm going to carry through and hopefully do well internationally. When it gets to the point where I'm not developing anymore and not gaining any more, then I'll stop throwing."

"I want to help develop the hammer in this country," McGee added. "There's not enough coaching for the hammer here and there isn't a lot of quality coaching. I know I'll be involved with it some way because sports is what I like. If that leads into coaching that would be great."

McGee

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after going hitless in 13 at-bats against Portland State and California. The Churchill High School grad said she hopes her problems, and the teams', are over with.

"I think last weekend's games really helped," Scott said. "We need to keep our bats going now, so when someone isn't hitting well, there's someone else who picks up the slack. We have to work on the mechanics and fundamentals, and make our weaknesses our strong points."

"We had a letdown in the second game with Portland State," she said, the reason being the lack of clutch hits. "I think we had the highest left-on-base percentage in the league. It was just terrible."

Something that may ease the problem of leaving runners on base is a more aggressive base-running style used last week.

The Ducks stole 11 bases over the weekend, and even pulled off a few double steals against Pacific. Kim Manning became the first Oregon player to steal three bases in a game this season, and is now tied at 12 (a new team record) with Jeanna King for the team lead in thefts.

Another positive, and something the Ducks are all grateful for, is the return to the cozy confines of Howe Field.

"Talk about burnout," Scott said. "After 45 games on the road, it was nice to finally play at home. It gives us something to defend now, and it's really nice to have that bottom half of the inning at the end. We needed it against Arizona."

As for Oregon State, Beaver coach Vickie Dugan has had a rough go of it in her first year as a coach in the Pac-10, with the win over the Wildcats being the highlight of the year thus far.

"I was so proud of the way the kids played," Dugan said. "We played excellent defense. The girls were hungry for a win and they finally got one."

Plenty satisfied with their win over the Wildcats, the Beavers promptly went out and dropped a pair of games to Western Oregon on Saturday, 4-3 and 3-1.

"We were so emotionally high after beating Arizona we took Western Oregon too lightly," Dugan said. "They went all out to beat us and we were not ready to play. We didn't have the same kind of enthusiasm we had in Friday's win."

Wilson said her Ducks will be ready, but her main concern?

"I just hope it doesn't rain."

Friday, April 21, 1989

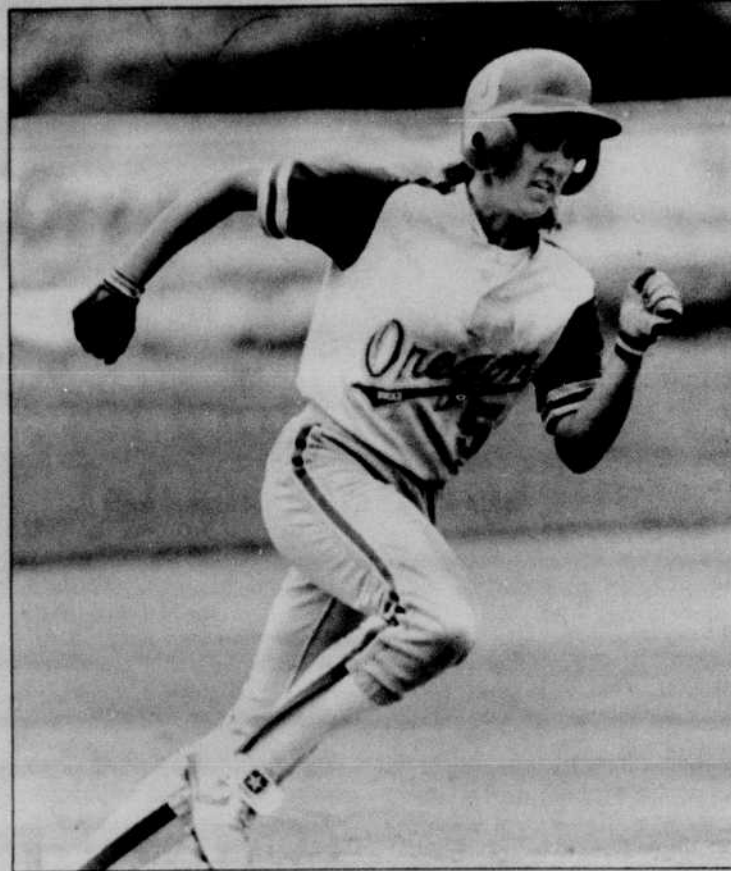


Photo by Mark Ylen

Oregon's Jeanna King can fly around the base paths, having already established a team record for thefts along with teammate Kim Manning.

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