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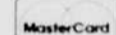
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## In Touch with Club Sports

# Flexible and Independent

Club Sports members say freedom is important in exercise

There are advantages and disadvantages to not being in the public eye the way some collegiate athletes are.

"We don't have a coach and don't have as much money as collegiate sports," Mark Landree says. "But we can train when we want and only have to do it when we want. We have a lot more freedom."

Landree, student coordinator for the Club Sports cycling team, says members spend about 20 hours a week on their bikes. "Our workouts vary every day," he says, "and range from interval and hill training on Wednesdays to endurance or mock races on Thursdays."

Team members meet at 3 p.m. Monday through Friday to practice. They usually head out of town, often toward Lorane, where there are "lots of hills and not much traffic," Landree says.

Although the team practices all year, most of the competition takes place twice a weekend from April to September. The team spends a lot of time trying to raise money by cleaning up after and selling pop at the football games.

"A lot of people complain about having to do the fund-raisers," Landree says.

Cycling is an expensive sport, and

incidental fees can usually only pay race entry fees. Landree says each member had to buy his or her own jersey this year for \$150-\$175 each.

He says about 60 people turn out each fall to participate, but the number dwindles to about 25 by spring. Anyone can participate, but Landree says he chooses six people to make up an "A" team to represent the team at the national competition. This year's competition will be May 18th and 19th in Cheney, Wash.

The team is, however, looking for more women. "We can send up to five women to nationals and right now we only have one," he says.

For the first time in Club Sports history, there has been a duplication of a collegiate sport.

Chris Wells, coordinator of the newly-formed women's volleyball team, says demand for the sport is incredible and he isn't worried about the duplication.

"We don't have any affiliation with the collegiate team," he says. "At the fall tryout, we were only going to have one team, but 60 women showed up and we decided we had to have two."

Wells says a typical workout com-



The Club Sports cycling team races by the EMU Courtyard on a Saturday morning.

Photo by Andre Barrios

bines stretching, passing and high-intensity aerobic drills. The two teams scrimmage with one another at the end of each practice.

Although there are Club Sports teams at other colleges, the teams usually compete against privately sponsored teams.

The Incidental Fee Committee gave the teams \$300 this year, which Wells says covers registration fees with the United States Volleyball Association. The team also participates in clean-ups and has held volleyball tournaments.

"The tournaments have been good for us," Wells says. "In spite of their efforts, members still had to pay for

their own uniforms."

This year has been a positive one, Wells says. One team placed second in a tournament last weekend.

"We lost in the finals to the top-seeded team in the state," he says. "We plateau sometimes but the tournament was a good experience for us to get ready for regionals."

The regional tournament will be held later this spring.

Wells stressed that volleyball is a year-round sport with tryouts in the fall.

"I've had about 30 calls this spring Turn to CLUBS, Page 4B



Photo by Brian Kelly  
Skip Weintraub makes a heads-up pass.

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