

Stiegeler

continued from page 7

kicker. It's something I still have as an option. But I really missed track and now I'm where God wants me."

...

What has been the key to Stiegeler's success?

"Technique. Technique and timing," Stiegeler said. "It's all about physics and transferring momentum, so if something's out of sequence or if you're not in the right position then you're losing power so the javelin just doesn't go as far."

During the off-season, when most throwers were in the weight room, Stiegeler spent time honing small technical skills involved in throwing the javelin.

"It's kind of like cutting a diamond," Stiegeler said. "You use a nice fine microscope and you cut off a little piece here and little piece there but you really don't know what it looks like until you back up. So that's kind of like how my training has been."

"I've been working on the little things. I really didn't know what to expect until I went out there and did it."

With the nation's top mark, Stiegeler is Oregon's best chance for an NCAA Champion since Art Skipper, the 1992 javelin king. An added bonus will be that the NCAA's will take place at Hayward Field from May 30-June 2.

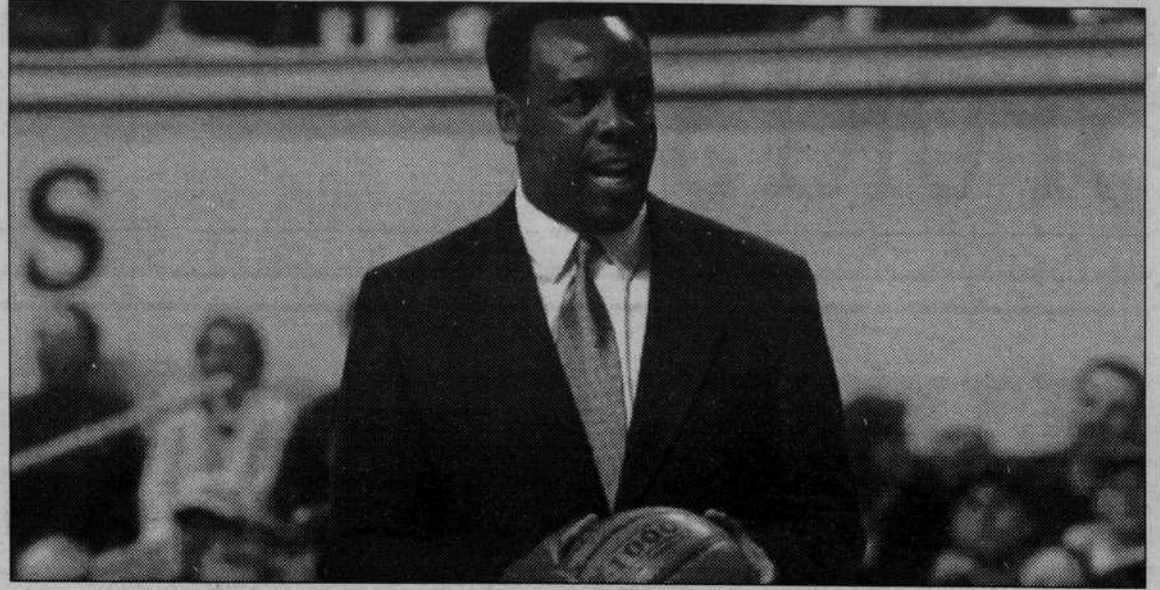
"A lot of factors go into winning an NCAA title," Steele said. "John will have to be sound technically, he'll have to deal with 10,000 screaming Oregon fans, and he'll have to be there emotionally in order to be in it. I think he could do it. I'd love to see him do it. It would be good for him and good for the program. It's my job to get him ready in all of those areas and I think he's in good position."

Stiegeler is 100 percent focused on this season, but his ultimate career aspirations extend beyond his collegiate career.

"This year, obviously I'd like to win an NCAA title," Stiegeler said. "After I get done here I'll train for the 2004 Olympics."

"The sky's the limit," Steele said. "He's just now making the transition from good collegiate thrower to the great thrower nationally. He's on the verge of really stepping up and becoming the best thrower in the country."

With an automatic NCAA qualifying mark already under his belt, Stiegeler is assured of a trip to nationals in his own backyard at Hayward.



Coach Ernie Kent, who was once labled as a "giant in this profession" by an assistant coach, was selected to a prestigious board.

Kent

continued from page 7

tremendous dedication to basketball and their student-athletes throughout their careers in this sport," Williams said. "As guardians of this game, the NABC and its members see coaches as mentors who exhibit four core values: leadership, advocacy, service and education. Both these gentlemen have exemplified these values and we are proud to name them to our board of directors."

Kent said the NABC board has influence over college basketball rules. He said the major rules the NABC will consider in the near future involve abolishing pre-season tournaments and expanding the current limit of eight scholarships per school every two years.

Kent said his appointment to the NABC board reflects well on Ore-

gon basketball, and could help with recruiting in the future.

"It is an honor and a tribute to our program," Kent said. "We're always looking for creative ways to sell our program. This is a way to do that, because it says a lot about [Oregon]."

The Ducks coach will spend most of his summer with the U.S. junior team. Syracuse's Jim Boeheim — also a member of the NABC board — appointed Kent as one of his assistants. The team will travel to Saitama, Japan, for the FIBA World Championship in August. The U.S. finished fifth at the same tournament in 1997, and first in 1993.

This season, the junior team has Croatia, South Korea, Argentina, Japan and Israel in its pool, with the championship game taking place August 12.

Kent said the coaching position may lead to recruiting opportuni-

ties as well.

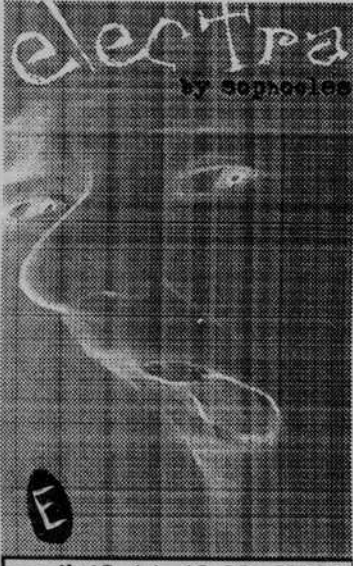
"Obviously I'll be seeing a lot of recruits," Kent said.

He doesn't think the NABC board will require much time, but said the coaching job with the U.S. junior team may eat into valuable summer recruiting.

"[The NABC] has two major meetings this summer and one at the Final Four," Kent said. "With USA basketball, there's a little more time involved with that. We don't want to let that influence our summer recruiting."

Kent said he is looking forward to the opportunity to sit down with the game's best coaches.

"I hear it's a great group, that they have a lot of fun and do a lot of good when they come together," Kent said. "When I look at it, it gives me a chance to give something back to the game of basketball. This is a wonderful opportunity."



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