

Kraayeveld

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After a game in which her shooting was not up to par, Kraayeveld can be seen taking extra shots after practice, quietly intense and working to improve. She has a dedication about her that is unmatched by few and wanted by many.

"When I'm shooting, I just make sure I'm doing it the same way every time," she said. "It's kind of like muscle memory. If I'm consistently shooting the same way every time, it will help."

Growing up in Kirkland, Kraayeveld was introduced to the sporting life early on. Her father, Dave, played on the defensive line for the NFL's Seattle Seahawks in 1978, and although she wasn't born until 1981, that athletic spirit never really left the household.

Kraayeveld's mother, Cindy, also played an important role in her upbringing, and her parents made sure she had her priorities straight. Kraayeveld said her father worked hard to help her improve, but also knew at times he was overdoing it. Nevertheless, she said she appreciates what her parents have done for her.

To this day, Kraayeveld's parents are her biggest fans. Dave is in attendance at every Oregon home game, and even manages to attend a few selected contests on the road as well.

"It definitely helps to see your parents there and knowing that they are supporting you whether you have a bad game, win or lose," Kraayeveld said. "There are those people who say 'good job, it's all right,' but it's not the same because they really don't know you as a person or know what you're going through."

"My parents can really relate to me and since they raised me, they really know what I'm feeling and going through."

Kraayeveld's parents played a large role in Kraayeveld's psyche last season. After being the go-to player for Lake Washington, Kraayeveld came to the Ducks as a wide-eyed freshman, the only new face on a senior-laden squad. Often, she didn't know what to expect and was caught up in the turmoil that plagued the team and its coach, Jody Runge.

"It was tough for her last year because she was the only freshman and last year, everything that was wrong was Kat's fault in practice,"

junior Shaquala Williams said. "I'd imagine that was pretty tough on her in practice, but I saw that she was really mentally strong and never let it get to her too much. No matter what was said, she just kept on playing."

Runge, who was known as an aggressive tactician, did not find much room on the court for the freshman. Kraayeveld averaged only 2.1 points per game, playing for a little more than eight minutes per game.

"At times, I really did get frustrated, but I just tried to stay focused and know that it is just a game, and I am doing things right, but also making mistakes," she said. "Through those hard times, I just try to stay calm, and know that I will do things wrong, but just do things hard and I'll come through."

Kraayeveld's confidence and mental stability allowed her to stay focused and positive through the tough times of last season, and her ability to take things as they come helps give her a positive spin on the game.

These qualities have begun to rub off on her teammates as well.

"Nothing seems to bother Kat," Williams said. "Everything is ho-

hum, oh well. She's really low maintenance, so she's the kind of person you love to have on your team. She's not going to complain, she's not going to cause any problems. She's going to come in every day, work hard and do her job."

With more playing time this year, Kraayeveld has become a focal point of the Oregon offense. Smith, since taking over the Ducks' head coaching spot, has been confident in the sophomore. Kraayeveld has played 35 minutes in a game twice this season, and has yet to play under 10 in any contest.

"I think everybody has been happy with her progress and I think everyone thinks she is a huge part of this team," Williams said. "She's probably one of the top two or three offensive options and she's taken that role and done wonders with it."

In her second year at Oregon, Kraayeveld has opened up and allowed the rest of the Pac-10 to learn her secrets. They now know her ability to shoot from beyond the three-point arc in one possession, and then come down the floor and bang on the boards. But the one thing they don't know is that her jumping ability allows her to dunk a volleyball.

Fredrick doesn't believe it, but Kraayeveld says it's true.

"I did it my senior year (in high school)," she said. "I was playing in an all-star game and we were having a practice for it and I did it after practice. I have a witness; my dad's seen me do it."

With two years remaining in her collegiate career after this season, Kraayeveld is in the perfect position. She has begun to show flashes of brilliance as a sophomore, and is maturing at the right time. With this season's young squad, Kraayeveld has the chance to be the leader and go-to player of the future.

At least that's what Smith thinks of her young-but-seasoned forward.

"The scary thing about Cathrine Kraayeveld is that she can get better. She can still get better," Smith said. "She's still got a lot of room to grow, as well as her understanding of the game, and just her ability to know that she is a competitor."

"Her mental toughness is getting better day-by-day, and when she gets a little bit greedier, she will be a top Pac-10 player."

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Horoscope by Linda C. Black

TODAY'S BIRTHDAY (Jan. 18). New information shatters old assumptions. Old fears dissolve as if by magic. All of a sudden, you emerge as a warm, cuddly cutie with a heart of gold. Of course, many people already know that's what you are. Now, everybody will. Also, an old source of income starts producing again.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

ARIES (March 21-April 19) - Today is a 7 - A lot of the big decisions are being made in private, by you as well as others. This gives you more freedom to change your mind without having to explain everything to everybody.

TAURUS (April 20-May 20) - Today is a 7 - Slow down, and go through your list of pros and cons. Eventually you'll get sick of reviewing things and will simply choose. You can make corrections later.

GEMINI (May 21-June 21) - Today is a 7 - A friend can clue you in on the latest scoop. You were missing pieces of the puzzle and couldn't figure it all out. Meet privately with a person who's in the know. It'll all start to make sense.

CANCER (June 22-July 22) - Today is a 7 - Don't worry if things seem to be stalled. All in due time. For some of the stuff on your list, the time isn't right yet. Besides, your focus might change. Listen to a person with strong opinions.

LEO (July 23-Aug. 22) - Today is a 5 - Keep shopping till you find the right thing at a price you can afford. You hate pinching pennies, but you can when you have to.

VIRGO (Aug. 23-Sept. 22) - Today is a 7 - Mercury, your ruling planet, is going retrograde. From our vantage point here on Earth, it appears to go backward. It's in the area of your chart that indicates you may encounter technical difficulties at work over the next two weeks. Be pre-

pared.

LIBRA (Sept. 23-Oct 22) - Today is a 6 - Postpone your date for tonight. This weekend will be much better. Besides, you don't have time. You need every minute to keep a promise you've made. Let somebody know they can pamper you tomorrow.

SCORPIO (Oct. 23-Nov. 21) - Today is a 6 - Mercury's going retrograde. For you, that signals technical difficulties at home for the next two weeks - small appliances, computers, anything with an engine. Better get your car serviced and pick up batteries for the flashlights.

SAGITTARIUS (Nov. 22-Dec. 21) - Today is a 6 - Take your time, and read the instructions again. It's not cheating to get a more experienced person's help. Going through your own notes isn't a bad idea. You may already be able to think of something you forgot.

CAPRICORN (Dec. 22-Jan. 19) - Today is a 7 - It's a good thing you're feeling inquisitive, because you'll be running into more problems. Most of them have to do with money. You'll get what's coming, but it may take longer than expected.

AQUARIUS (Jan. 20-Feb. 18) - Today is a 7 - As you know, the only thing that's constant is change. Mercury, the planet symbolizing the mind, is in your sign, and it's going retrograde, so you may experience some confusion for the next couple of weeks. Use this time to sort, file and fix things.

PISCES (Feb. 19-March 20) - Today is a 7 - You're a nice person, but you don't have to be a pushover. You don't need permission to say what's on your mind. Don't be embarrassed if you feel nervous or stumble over the words. People get the point.

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