

SPORTS

Sports Editor:
Peter Hockaday
peterhockaday@dailymerald.com

Best bet
English soccer:
Liverpool at West Ham United
Noon, Fox Sports

Tuesday, November 5, 2002

UO volleyball looks for more after overdue Pac-10 victory

The Ducks are still hungry for another Pac-10 victory after defeating Oregon State

Volleyball notes

Hank Hager
Sports Reporter

The Oregon volleyball team's 3-1 victory over Oregon State on Friday night in Corvallis not only supplied the Ducks with their first Pacific-10 Conference victory of the 2002 season, it also provided a shot of confidence.

Not to say the Ducks don't have confidence when they enter each match, but only wins can truly provide redemption on a regular basis, the Ducks say.

"I can't imagine a sweeter victory and I can't imagine it coming at a better time," sophomore Lauren Westendorf said. "We've been working so hard for so long and it's been frustrating, but we bounced back and pushed every day and this is awesome. This really is amazing."

The win also afforded Oregon its first 11-win season since the 1996 campaign, when former head coach Cathy Nelson was in her second season at the helm.

Add another victory to the table this season and the Ducks will have won at least 12 matches for the first time since 1991, when they were 14-16 under Gerry Gregory.

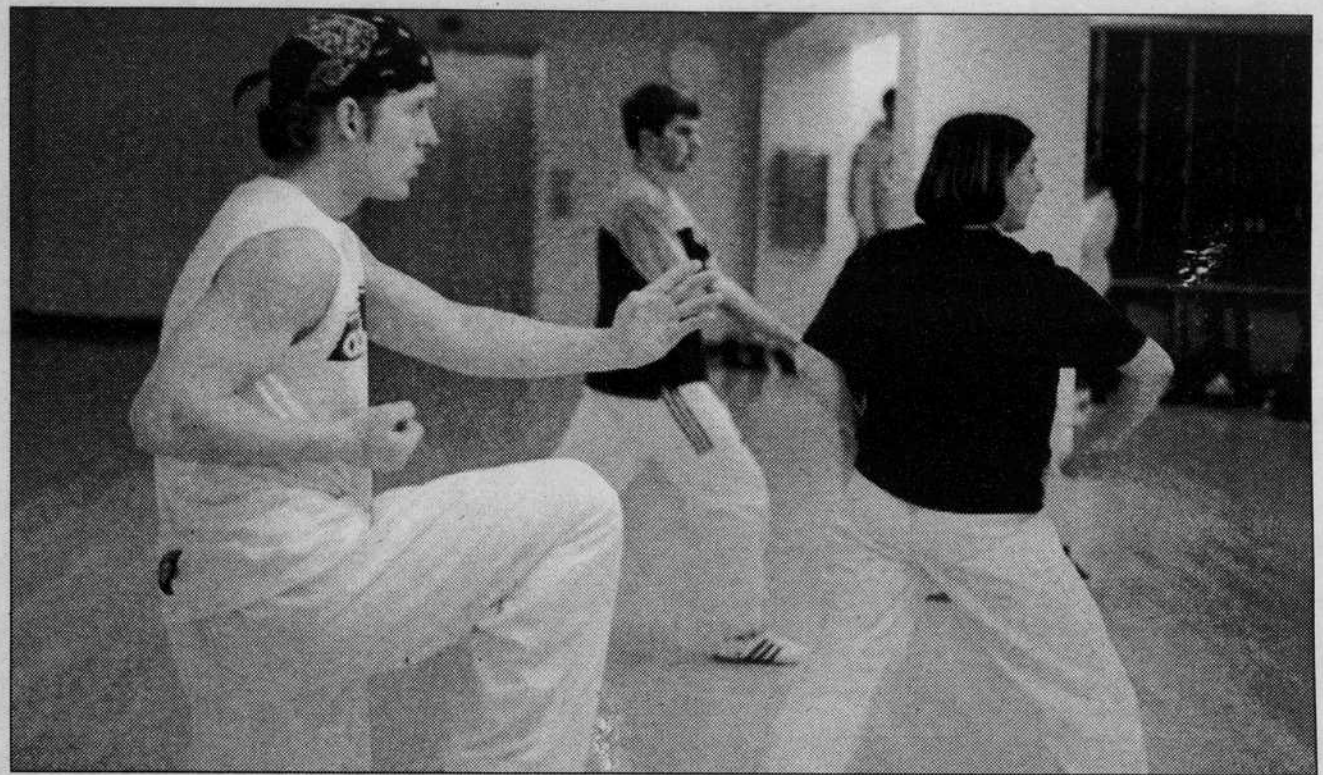
The win is also sweet for current head coach Carl Ferreira. It is the most wins in a single season for the former Idaho head coach since coming to Oregon in 2000, and is win No. 30 in his short tenure with the Ducks.

Now comes the time to focus on the final six matches of the season, Ferreira said.

"We've got a legitimate chance of winning five of our last six matches," Ferreira said. "USC is the one that is the trump card in the process, because they're so phenomenal, but we're in there with every other team and I think we have a chance to beat all of them."

"There's nothing that your philosophy and motivational tactics can do that winning doesn't solve. With that being said, that's where I'm just so proud of how they've allowed themselves to stay mentally tough week in and week out and believe in the things we've been talking about."

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Emerald

Members of the Club Sports Tae Kwon Do team, seen here practicing last year, compete throughout Oregon against other clubs.

Fight club

The Oregon Tae Kwon Do team is quickly converting believers in the martial arts

Scott Archer
Freelance Sports Reporter

Watching people dressed in robes at the Rec Center can be amusing.

But don't laugh too hard. They are members of the Oregon Club Tae Kwon Do team, and they can turn that snicker around faster than you can say Bruce Lee.

Of course, not many people are laughing. The Tae Kwon Do team is growing so much in popularity that the idea has been proposed to have

tryouts to represent Oregon in competitive tournaments.

One can learn, practice and craft abilities in tae kwon do within the club team, but competition is reserved for those with the right qualifications.

"You can come work out with no previous experience," first-year coordinator Samantha Cowan said. "No

real experience is necessary to come out to learn and practice. A lot of people really like that."

Some members of the team never compete. It may seem

smart, because tae kwon do appears to be dangerous, but Cowan said that's just a common misconception people have.

"Injuries rarely happen," Cowan said. "The worst injury I have ever seen was a few bruises on someone's arm. We wear protective gear on the chest, head and shins."

"I probably had more injuries playing high school soccer and track."

Cowan said the team is starting competition soon.

"The first event of the year is the 29th-annual Northwest Open Martial Arts Championships, being held at Mt. Hood Community College in Gresham on Nov. 9," Cowan said.

Down the road, the team hopes to bring a competition to Oregon, and a tentative seminar is scheduled for March 8 at McArthur Court.

In the meantime, the team is preparing to confirm competitions outside

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Club Sports Tuesday

UW stumbles to 1-4 in Pac, could fall to losing record

The Huskies are struggling and have an 8-9 record in the past 17 games

Pac-10 notes

Peter Hockaday
Sports Editor

The waters of Lake Washington are frigid these days.

There is no joy in Seattle, for the mighty Huskies could finish with a losing record.

Washington, with a 4-5 overall record this season, needs to take two of three from its Northwest rivals — Oregon State, Oregon and Washington State, who the Huskies will face in that order to finish the season — to avoid its first losing campaign in 26 years.

Not since 1976 have the Huskies finished under .500. They finished the 1998 season with a 6-6 overall record, but then Rick Neuheisel took over and turned the program around, going 7-5 in 1999 and 11-1 in 2000.

Since then, Washington has struggled. In their past 17 games, the Huskies are 8-9 overall.

"We just have not made the plays that we've

made over the years in the times when we need to make them," Neuheisel told the Seattle Times. "It's a difficult pill to swallow."

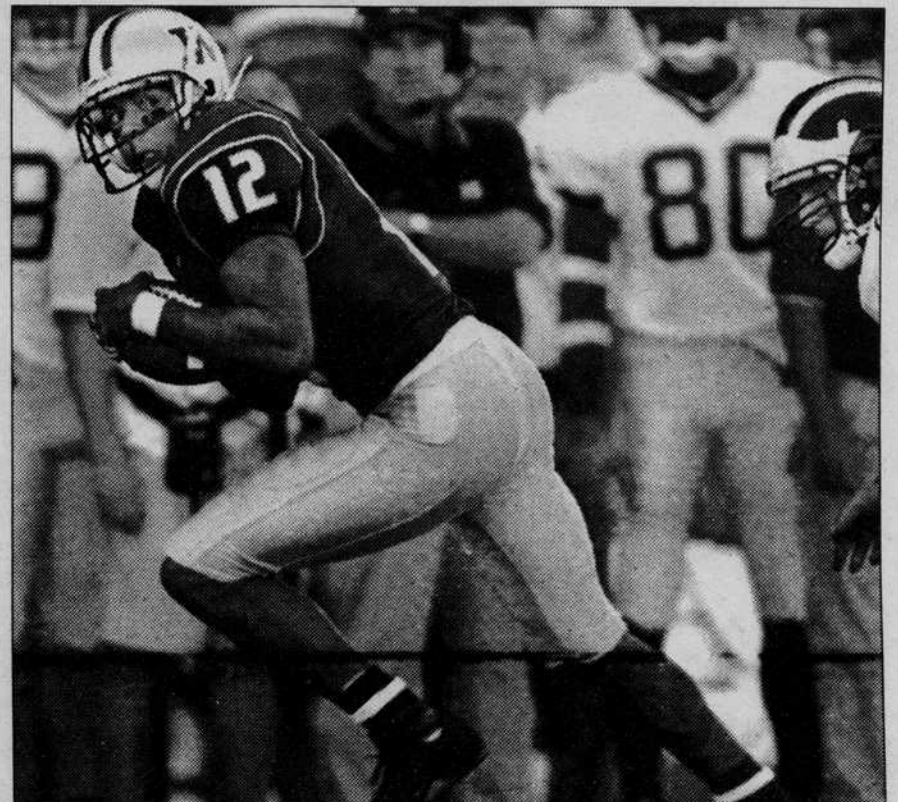
Washington's 1-4 Pacific-10 Conference record this season isn't a fault of its passing game. Junior quarterback Cody Pickett is fourth in the nation in passing and, with 398 more yards this season, he will pass former Washington State quarterback Ryan Leaf for the conference single-season passing-yards record.

But perhaps Pickett is the problem, indirectly. The Huskies passed 60 times against UCLA last week, and passed 65 times in a game against USC earlier this season. Washington had almost as many passing attempts against the Bruins as they had rushing yards — 69.

The one-dimensional attack is caused, in part, by the rushing woes of junior tailback Rich Alexis. Alexis was a nice complement to starter Willie Hurst in 2001, but as the starter this season he has rushed for only 64 yards per game.

Alexis is back from a rib injury this week, but Neuheisel told the Times he will start Chris Singleton instead against Oregon State.

The Huskies play the Beavers in Seattle on Sat-
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Steve Ringman Seattle Times (KRT)

Omar Lowe and the Huskies are chasing the rest of the Pac-10, as Washington is 8-9 in its last 17 games and could finish with a losing record for the first time in 26 seasons.