

Summer workouts key for the Ducks

Oregon's Chris Vincent and Justin Phinisee plan workouts for fellow Ducks

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Among the early-morning shadows of an empty Autzen Stadium, there are Ducks that have worked all summer for a moment to shine this fall.

Oregon football players have been beating feet up and down the bleachers at Autzen Stadium at 6:30 a.m. preparing themselves for a run at a Pacific-10 Conference title.

There are no coaches to yell or fans to cheer. Just them.

Junior cornerback Justin Phinisee and sophomore running back Chris Vincent are two of the regulars at this player-organized workout routine.

"It shows a good element of our team that we can be pull guys together and be self-governed without the coaches setting something up," Phinisee said.



TIM BOBOSKY | PHOTOGRAPHER

Oregon's Justin Phinisee and Chris Vincent got a head start to this season when they ran up and down the bleachers at Autzen Stadium at 6:30 a.m. during the summer.

Phinisee and Vincent said they believe the key to success at this level and beyond is the extra work put in outside of team practices.

"My body needs a lot of running and I just can't do the stuff that

coach puts out there for us and think that will be enough," Phinisee said. "When I step out on the field I need to be a step above the rest."

The players say that every year they try to do something that gets them

prepared for the season. Last year they ran hills, particularly the one on 30th Avenue and Hilyard Street.

During workouts this year, they made their way to the swimming pool.

"We swam some laps and for everyone who doesn't think that swimming isn't conditioning they need to come pool with us," Phinisee said.

For some players, it was their first time using swimming as conditioning.

"We were pretty crazy out there and we had the lifeguards laughing at us but we had a good time," Phinisee said.

Phinisee and Vincent said staying in good shape is key to keeping the team's momentum rolling.

"The train is already moving as far as the team and we need to make sure we can hop on the train and not be behind the rest of the guys," Phinisee said.

The two are eager to show what

WORKOUTS, page 10

Kelly: Ducks look to move forward

Continued from page 3

who was under the influence of alcohol, according to reports. One month before, the wife of Dave Williford, an Assistant Athletic Director for the Oregon athletics department, died of a heart attack. Williford's wife, Susan, was 49.

Last October, the mother of senior linebacker Ramone Reed passed away. Doctors told Reed that his mother, who was 45, died of natural causes.

Other losses in Ducks families include the mother of backup quarterback Dennis Dixon, the father of defensive lineman Haloti Ngata and the grandmothers of defensive backs Parry Moore and Ryan Gilliam.

"It's definitely tough to deal with," tight end Tim Day said. "The best thing to do is try to get past it and try to turn to the people that lost a loved one. Everyone on this team wants to dedicate the season to each one of them."

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Hoosiers: Freshman corner leads IU to first victory

Continued from page 5

world, Indiana proved in its debut last week that its football team will be one to watch in the Big Ten Conference.

The Hoosiers (1-0 overall) easily beat Central Michigan 41-10 in Bloomington, Ind., last Saturday behind impressive defensive and special teams units play.

The man to watch in Indiana's secondary is cornerback Tracy Porter, who intercepted two passes in last week's game — his first collegiate match.

One of those interceptions was returned 96 yards for a touchdown in the third quarter to give Indiana a 27-3 lead. It was the fourth-longest interception return for a touchdown in Hoosier history. It was the also longest interception return for a touchdown for the Hoosiers since Alfonso Thurman went 97 yards against Miami-OH on Sept. 10, 1994.

"I was not expecting that to happen, but I was right there and I made the play," Porter said. "The whole way I kept thinking that someone was behind me, and that kept my speed up."

Porter's other interception occurred in the first quarter and led the Hoosiers to their first touchdown of the game and a 6-0 lead.

Porter, a 5-foot-10-inch freshman, said he didn't expect to play so much in his first year, but is relishing his role and making the most out of the playing time given to him.

"I was put in this position and am getting playing time, and I just want to go out there and make plays, trying to make some positive plays for us," Porter said.

Indiana head coach Gerry Dinardo said he felt Porter was immediately ready to play after consulting with assistant coach Troy Douglas during the weeks leading up to the season.

"Teams know we have a freshman corner. [Central Michigan] might not have known he was playing, but it is different once they see things on tape," Dinardo said. "But I am very happy the way he played."

Porter's two interceptions were the most by a Hoosier since Greg Yeldell intercepted three passes against Michigan on Oct. 14, 1998.

In his two interceptions, Porter totaled 98 return yards, which ties him for second most in a game in school



COURTESY INDIANA ATHLETIC DEPARTMENT

Indiana safety Will Meyers is one of the key players on Indiana's defense this weekend.

history with Tim Wilbur. Wilbur had 98 return yards against Michigan State on Oct. 10, 1978.

Other Notes

Indiana's 41 points against Central Michigan were the Hoosiers' most since they scored 56 against Northwestern on Nov. 3, 2001. ... Their 31-point victory was the biggest season opening win since a 40-6 win at Toledo in 1996. ... Indiana's kicker Adam Braucher returned to the Hoosiers lineup after missing each of the last two seasons due to a knee injury. In his first PAT in the first quarter last weekend, Braucher missed the attempt. However, Braucher recovered and successfully made his next four extra points. He did not attempt a field goal in the game.

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