

Practice *bridges* old style with new

Volleyball coach Carl Ferreira keeps practice innovative by joining his players on the court

BY STEPHEN MILLER
SPORTS REPORTER

Practice is not just rehearsing plays or running laps. Practice is not just dressing down and breaking a sweat. It serves the purpose of building experience, and the Oregon volleyball coaching staff knows how vital it is to its program.

Head coach Carl Ferreira tries to implement a variety of activities to make each session seem less repetitive. However, there are always constants in each meeting. Before each practice, the team lines up shoulder-to-shoulder along the sideline and breaks in unison with a clap. The same ritual is repeated at the end of practice.

A brief warm-up, consisting of practice serves or a bump, set and spike drill between partners precludes the main workout. Once heart rates have increased, the drills begin.

At times, Ferreira has become more involved in the drills or workouts than an outsider would expect. Such was the case Wednesday. For the team's final practice before a homestand against No. 12 UCLA and No. 6 USC, Ferreira jumped into the rotation and played several games among his pupils.

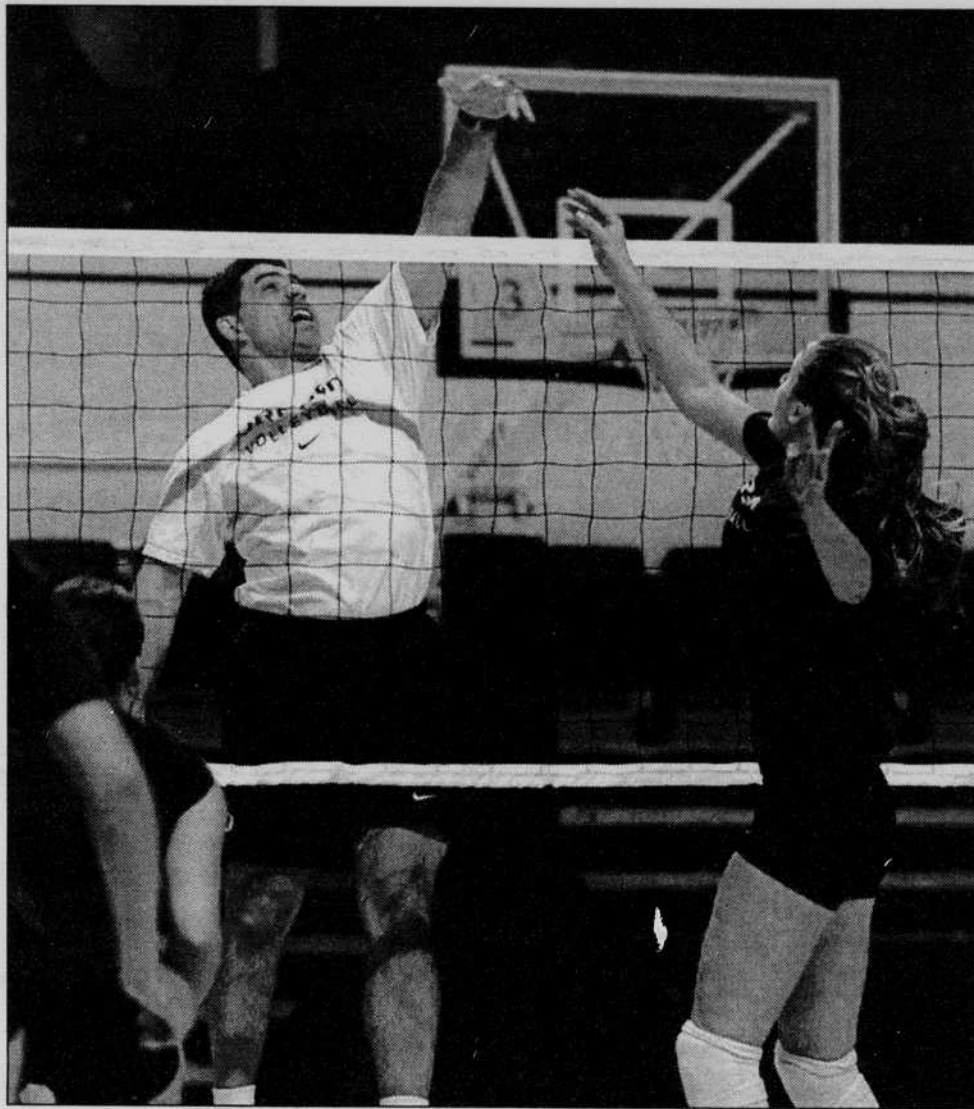
"He did it a lot last year," middle blocker Kristen Bitter said after practice. "I think it just depends on the personnel we've got on a given day. We're the same hitters, so we get used to each other, and I think that can get us into a little bit of a rut."

Senior libero Katie O'Neil agrees that this is a fairly common occurrence when the team is coping with injuries or illness. She said that it provides the team with a new perspective when Ferreira participates.

"It's fun when he comes in because he's got this charge about him," O'Neil said. "He's been a hitter his whole life so he comes in and throws in the shots that he knows the girls are going to be playing."

Ferreira believes that there are upsides and downsides to crossing over the player-coach boundary, but under the circumstances, he feels that it is appropriate and effective.

"It's amazing what five feet on the court means compared to being five feet off the court," Ferreira said, "and when you're on the court with



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Oregon head coach Carl Ferreira elevates for a block attempt against freshman Justine Petry during a practice drill on Wednesday at McArthur Court.

them, between the sidelines, you get a whole different feeling - as a teammate. Even as a coach on the sidelines, you don't get that. It's fun to have the opportunity...to be embraced for a brief moment as part of the internal team.

"I don't like to do it myself because when you play, it takes a little bit away from coaching, but we were down a few players at the outside hitting position so that is all I was doing; I was substituting for the position," he said.

The Ducks give less respect to their coach when he is inside the lines. If he is guilty of a miss-hit, or positions himself wrong, then he hears about it from players on both sides of the net.

"It's kind of fun to have them hold me accountable to the things that we hold them accountable to," Ferreira said, "and then when you're not doing what you ask of them, they let

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Yankees choke, Red Sox win series

Boston comes back from a 0-3 deficit in a seven-game series for the first time in MLB history

BY RONALD BLUM
THE ASSOCIATED PRESS

NEW YORK — Boston blew away decades of defeat with four sweet swings.

Believe it, New England, the Red Sox are in the World Series. And they got there with the most unbelievable comeback of all, shaming the New York Yankees, the evil empire to the south.

David Ortiz, Johnny Damon and Derek Lowe made sure of that.

Just three days out from getting swept out of the AL championship series three nights earlier, the Red Sox finally humbled the dreaded Yankees, winning Game 7 in a 10-3 shocker Wednesday night to become the first major league team to overcome a 3-0 postseason series deficit.

Cursed for 86 years, these Red Sox just might be charmed.

There is no torture this time, no hour of humiliation. Better yet, to Boston fans, it's the Yankees turn to suffer the memory of a historic collapse.

Boston didn't need any of the late-inning dramatics that marked the last three games, leading 6-0 after two innings.

Ortiz, the series MVP, started it with a two-run homer in the first off broken-down Kevin Brown, and Damon quieted Yankee Stadium in the second inning with a grand slam on Javier Vazquez's first pitch.

After Derek Jeter sparked hope of a comeback with a run-scoring single in the third, Damon put a two-run homer into the upper deck for an 8-1 lead in the fourth.

Lowe, pitching on just two days' rest, silenced the Yankees' bats and their boasting fans, who just last weekend assumed New York's seventh pennant in nine years was all but a lock. He allowed one hit in six innings then Pedro Martinez started the seventh, his first relief appearance in five years, sparking chants of "Who's your daddy?"

Three hits and two runs got the crowd going, but the rally stopped there, and Mark Bellhorn added a solo homer in the eighth for a 9-3 Boston lead.

Cheering of Red Sox fans could be heard in the ninth, and when pinch-hitter Ruben Sierra grounded to second baseman Pokey Reese for the final out, Boston players ran on the field and jumped together in a mass huddle to the first-base side of the mound.

Yankees players slowly walked off, eliminated on their home field for the second straight season.

On a cool, crisp night in the Bronx, the historical pattern was broken, and the World Series will start at Fenway Park on Saturday night against St. Louis or Houston.

Now that the Babe's team has been beaten, Boston can try to reverse The Curse, win the Series for the first time since 1918 and bring happiness to the Hub which can scarcely believe the tumultuous turn of events.

From Fenway Park to Faneuil Hall, from Boston Common to Beacon Hill, the 11th pennant for the Red Sox, the first since 1918, will perhaps be remembered as the sweetest.

Just because they won it over New York, in Yankee Stadium, site of the Game 7 meltdown when the Red Sox were five outs from winning last year.

■ Women's soccer

Women's soccer seeks first Pac-10 win

Oregon has never won more than three games in Pac-10 play, and so far this is not shaping up to be the turn-around season

BY BRIAN SMITH
SPORTS REPORTER

Three weeks in, and the women's soccer Pacific-10 Conference season has produced an unlikely first-place team, five nationally ranked clubs and a sorting out of the contenders and pretenders in the conference.

Top forward to sit out against WSU

Oregon came into the season with expectations of exceeding its school-record number of Pac-10 wins, set last year at three. A number of key injuries, including the loss of Oregon's biggest offensive weapon, junior Nicole Garbin, during the spring, have hurt the Ducks. The Ducks have been held scoreless in their first three conference matches and rank ninth in shots (140) and last in the Pac-10 in goals (10).

The Ducks' anemic offense took another hit last Friday when junior forward Mele French was issued a red card against Oregon State. French leads the team in points (5), is tied for the team lead in goals (2) and is third on the team in shots (17).

She will sit out Friday against Washington

State, leaving scoring duties to freshman Kami Kapaku and sophomore Andrea Valadez, who have two and one goals, respectively.

Hultin wins second Pac-10 honor

Washington State's junior goalkeeper Katie Hultin was named Pac-10 women's soccer Player of the Week for Oct. 12-18.

Hultin also received the honor earlier this year, for Sept. 14-20, making her the only Cougar soccer player to earn the award twice in the same season.

The native of Denver, Colo., recorded her fifth and sixth shutout of the season in the Cougar's upsets last week against No. 8 UCLA and No. 22 USC. Hultin recorded 14 saves in both victories — including nine in the 1-0 defeat over the Bruins.

The victories marked the first time the Cougars have defeated both USC and UCLA in the same season.

Hultin has allowed 13 goals in 13 games this season, giving her a 1.00 goals against average. Her six shutouts this year ties her for fourth on the Cougars single-season list.

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Oregon forward Mele French will sit out Friday's game against Washington State due to a red card last week.

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