

sports

Cross country off to good start

By Kelly Laughlin
Of The Print

With early victories at the Nevada-Reno Invitational, and Linfield College, the men's and women's cross country teams took to Lane Community College Saturday, for the Barrie Franklin Memorial in Eugene.

The women's team runs 10,000 meters at 11 a.m. while the men's squad journeys 10,000 meters at noon.

The Cougars will have a slight edge over many of their counterparts Saturday, which will consist of nearly every university and junior college in the state.

"It will be a good workout for all the teams that show up," said Buck Monroe, men's coach.

The edge for the men's team is their first slated victory against Lane Community College, which has dominated the male track scene for close to seven

years. The men left the Invitational with a 57-84 nab over Lane. The University of Nevada's J.V. squad snagged second, with 79 and Idaho Community College placed fourth.

Lane's top man, David Magness, was absent for the Sept. 16 run, and according to Monroe, the number one man means so much to the team's overall success.

"If everything goes well this season, and we beat Lane with Magnes at full strength, we have the potential to win the title," he said.

In his 10-year reign as chief of the men's team, "this has to be the best yet," he said.

The turnout for cross country was also the largest, 14 is compared to a dismal seven last year. Monroe cites depth in this year's team as the main ingredient to their early boom.

"Between the first and five top men, is a slight 45 second separation," he said. "To add to that, there are about three or

four men who come very close to the top five in potential."

For the women, the edge of course is their national title. While it might seem a slight disadvantage, for most teams to uphold that prestige, Cougar coach Roger Smith seems surely confident that his girls can come on equally, if not stronger this season.

"By my estimation, there's been a 30 to 40 percent improvement over last year's team," he said. "And while the other teams will have refined too, we still have our eyes set at regional and state."

"Everyone must stay healthy," Smith said.

By the results of their last victory, at the hands of Linfield, they're doing just that. Though the 25-32 route doesn't exactly move one, before the victory the girls were running daily

doubles for two weeks solid, and also altitude running, which, "accomplishes twice as much," Smith said.

"We are one of the few teams on the west coast that incorporate it into our training program," he said.

At the Linfield meet, the standout was freshman Leandra Barinaga, who "ran away from the entire pack, minutes in front of the number two girl," Smith said. "It wasn't even really a race."

Coming in third was sophomore Lisa Nickel. The team also brought home a fifth, seventh and ninth place standing.

Though the season is in its early form, Smith expects to maintain the teams national standing.

"We're not really training for tomorrow," he said, "we're

headed for state."

The elements that make this year's team so strong, seems to be the freshman lineup in Barinaga, another standout, Mary Hanson from Reedspoint, and many of the women are unassuming about their real talents and potentiality, according to Smith.

Men's coach Buck Monroe is hopeful for the choicest season in his coaching career at the College. On the top, he expects plenty of solid performances from Doug Oberst, a sophomore from Milwaukie, who led the squad in Nevada with a third place time, AA freshman state champ Dave Ellison, and freshmen Mark Allen and Mark Travis, who placed ninth and twelfth respectively. Both coaches are looking forward to a exciting and competitive seasons.

Women's V-ball optimistic

By Mark McNeary
Of The Print

The Clackamas women's volleyball team is optimistic of the 1978-79 season. They have a lot to shoot for. Last year the team not only captured state and regional titles, but also a berth in the nationals.

"Yes, I'm definitely expecting a lot out of this team," Coach Mary Rubright said. "We're much stronger as far as volleyball knowledge is concerned and we have more talent than last year's team. Because of this, we will be able to play a more sophisticated type of game."

If a weakness can be found in last years' team it would have to be in the spiking department. But, that will not be the case with this seasons' team, according to Rubright.

"Our attack will be stronger this year because we have a much taller team and this will help our spiking tremendously," Rubright said.

Tammy Hinds, last years' all-region, all-state, all-America player, will be missed. The aquisition of two strong hitters, Nancy Perkins of Sandy and Kelly Kosik of Franklin, should more than fill the void left

behind by Hinds.

"Of course we'll miss Tammy but Nancy and Kelly are fine players and I'm sure that with a little development and experience they will come through," Rubright said. "Tracey Shelton, Mary Manley and Sue Shirley will also help immensely, as they are all very talented all-around players with great potential."

Only one player returns from last years' team, that being Tami White. With the addition of six players to last years' roster of eight, Coach Rubright finds herself in the enviable position of choosing from a crop of high school stars with much volleyball experience.

Denise McGregor, Day Bradley, Jeri Trosko, Lisa Laurent, Monica Reed, Karra Kruse, Carrie Browning and Terri Epidendio are all new players with good ability.

With such an abundance of young talent from different backgrounds, one might question the team's attitude, but Coach Rubright sees no problem here.

"The team has a very open attitude and the communication is there," she said. "The mixture of talent and attitude is rare and if we can mix that with the gutsiness of last

years' team, who knows?"

Although Rubright declines to make any predictions, the team has set some realizable goals.

"Right now the team has three goals which we would like to accomplish," Rubright said. "First, work harder that we ever have before, at anything. Second, play as a team. I know that's old cliché but in volleyball, probably more than any other sport, playing as a team means winning. And third, be number one in our league."

"From there we'll set new goals," she said.

The team, however, must face a new problem this year as Clackamas has moved from being an independent into the eight-team Oregon Community College Athletic Association where they must finish number one or two in order to reach the regionals. Whether or not they will have the guts to pull it off is impossible to predict but the future certainly looks promising.

Clackamas begins it's season at home against Clark on Oct. 3 and from there will travel to Pendleton to face Chemeketa before returning home to play Lane and the Oregon J.V.'s.



Photo by Doug Roberts

Kelly Kosik spikes the ball over the net against opposition in recent match.

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