

Sports

Track team works out for long season

By Dave Holmes
Editor-In-Chief

For a little over three weeks, the College's mens track team has been working out in preparation for the 1986 outdoor track season.

Mark Mohnen, a veteran of this Fall's cross country team, said of his team "We're a big thing in a small package."

Mohnen, who competes in distance events between 1500 meters and 10K, noted that there are only four members on the distance team coached by Jim Kisse. "He's really changed," said Mohnen of Kisse.

At the end of this last cross country season, some of the runners had expressed concern over the way Kisse had guided the team. Mohnen said that things were different this Spring.

"He pushed us really hard (last Fall), but his whole technique has changed. Some of us were hurt over the winter and didn't run. We're all running fresh now. He's starting us out gradually because we have a long season ahead. We just want to make sure we don't get burned out like we did in the Fall."



Bob Gulden works on his javelin throw during a recent track practice.

The long season has already started for Head Coach Buck Monroe's team. They've already competed in a special season opening meet at Linfield College and, according to Mohnen, did quite well at an All Comers meet at Mount Hood Community College.

The coaches of the other units of the team are also excited about the season.

Sprint coach John North said in a telephone interview he thought he had the best junior college sprint corp on the West Coast. "We'd probably be able to compete in the Pac-10 with the corp we've got," North said.

Weight coach Dale McGriff, while not sharing all of North's pre-season enthusiasm, has his own share.



Edward (Tuna) Brown gets some help with his starts from fellow sprinter Andy Tarvin.

Photos by Dan Wheeler

Bob Golden figures heavily into McGriff's plans for a successful season's effort. Golden, a 1985 graduate of Oregon City High School, threw the javelin over 200 feet in his prep days.

"I think we can be up there in the team standings," said Mohnen, who's also looking for some positive things from himself. "I'm going to be right up there myself," Mohnen said.

Tennis enthusiasm sparks new season

By Julie Miller
Sports Editor

The Men's tennis team will be starting their season on Tuesday, March 18 at Pacific University in Forest Grove.

Practice started March 1 and Marty Neshvad, also the head soccer coach is coaching

the team. According to Neshvad, 10 people attended the Advanced Tennis class that was intended for prospective team players. Eight of the 10 are on the team.

The team consists of six players with two being on reserve. The team consists of

Mike Booth, Rob Kamper, Keith Kuhn, Tim Marshall, John Cava, Shawn McCarthy, Jeff Hamelton and Bren Smith.

"I have no previous experience coaching Tennis, but the enthusiasm is great. They are a great group of people.

The practices are great, they work hard. I am pleased," said Coach Neshvad. Neshvad also commented on the amount of interest that people show in the sport. "There are people calling me from Vancouver Canada that want to play tennis."

This year the team will be playing against quite a few four year schools, and as far as team expectations, Neshvad says that the team will be just as good as last year, but better than average.

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