

On the Fringe of Sports

The qualities of a good coach

By Heatherle Himes
Staff Writer

Prosperous athletes possess a potent combination of smarts, speed, skill, and stamina, carefully cultivated by their own dedication and the "behind the scenes" forces of a talented coach.

A good coach is more than a vessel that delivers "do it for the Gipper" speeches. He, which in this article will be used to refer to both female and male coaches, is a person who knows sports, knows kids, and knows how to bring the two together successfully. As people, good coaches possess the patience of saints, the teaching ability of Mahatma Gandhi, the dedication of a war bride, and the nurturing instincts present in the old woman of shoe fame.

A good coach can be differentiated from a bad one with less effort than it takes to tell a baseball from a hockey puck. Coaches to avoid are obsessed with winning, show signs of insecurity, are frustrated with their own athletic ability, and live out their own sports fantasies through their players. They can be spotted by their constant grimace and growl, and their tendency to pat players on the rump with enough gusto to knock the feathers off of a chicken and somewhere into the next time zone.

Conversely, good coaches are confident in their leadership abilities, and are respected by others in coaching circles, their adult peers, the community, and their players. They set positive examples for their players by role modeling team spirit. Their programs are always ran with a sense of unity and ease. This type of coach is dependable, dedicated, a good sportsman, a good representative of his school at competitions, willing to give extra effort for the improvement of his team, and expects his players to behave the same way.

He is relaxed enough with his ability to lead the group that one he subtly trains his players in support skills, he lets them have the experience of leading each other. He also values every player regardless of their athletic skill. He concentrates on trying to help his players become not just great athletes, but great members of society.

Coaches such as described above are regrettably rare and far between in athletes' lives. They make sports a joy to participate in and watch, and should be told often how much they are valued. Praise will reinforce the wonderful ways that these people are affecting sports. Good coaches are not just good at their job of coaching - they are good people.

Lindland takes another championship... Grapplers ready for CCC Invationals



Photo by Heatherle Himes

Dave Moore attempts to gain advantage over teammate Dave Evans during practice. Their next match is this weekend.

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Although the record books may beg to differ, Cougar wrestling Coach Jim Jackson feels that his team has shown marked improvement in recent weeks. The current losing streak continues though with Friday's fall to Lower Columbia Community College 14-31 and a mediocre showing at the Pacific Lutheran University Invitational that netted only two tournament places for the team.

"We wrestled hard," said Jackson of the LCCC meet. "I was very pleased to see that at this time. I can disregard the team score because of that."

Scoring points for the team were John Mehouse with a tie at 126 pounds; David Moore (150) also with a tie; Matt Lindland (158) with a decision 9-2; and Steve Teeney (177) with a fall in 6:30.

Jackson also commends Darin Misenbach (118) who lost a decision by only two points; Brian Lemos (134) lost 4-3; and David Grieve (167) lost 9-7.

"Those three matches were lost by five points total," said

Jackson. "They could have went either way and that would have radically changed the dual meet score, needless to say."

At the PLU tournament Saturday, Lindland, who is ranked third in the nation by the National Junior College Athletic Association, brought home yet another championship at 158. In route to his first place finish he won four consecutive matches. Teeney, ranked fourth nationally, placed third at 177. The Cougars took ten wrestlers and ten redshirts to the tournament.

This Friday the team will face PLU and Northern Idaho College in a triangular dual at CCC starting at 6 p.m. and 7:30 p.m. Both teams beat the Cougars earlier in the season. Saturday is the annual CCC Invationals.

"Going into this we're looking real good," said Jackson. "We're taking a little time off here and we've got some minor injuries, but we're coming along. Everything's falling into place and we're showing the improvement we've been talking about. This is when we wanted it to happen."

PROFILE

GLEN KISER

Date of Birth: 2-7-72

High School: Roseburg

Position: Post

Major: Architecture. "Career wise I would like to get into designing houses. As far as a four year college, I am undecided. It really depends on what kinds of offers I get. I've been thinking about U of O; it's supposed to be one of the best schools for architecture

on the West Coast."

How did you become interested in BxB? "I've been playing since I was eight years old. I've just always liked it and stuck with it." What attracted you to CCC? "I really like it here. I was recruited at other schools, but I wanted to get away from home and I just fit in here the best."

Who do you see as major contenders for your team, and what are your thoughts about the team's performance? "Our biggest contenders will probably be Chemeketa and Umpqua. As far as our performance, we're definitely improving our talents. We have a great deal of talent in every category, but we're just now getting down what everyone can do and we're concentrating on getting into the playoffs."

What are your concerns looking at the Persian Gulf crisis? "I think that war is inevitable. The whole thing may take months and then again it may be over in a week. Everything may be over in a week!"



PROFILE

DAVID DANIELS

Date of Birth: 4-2-71

Position: Guard

High School: Redland

Major: Physical Education. "I want to teach P.E. in high school and

coach basketball."

How did you become interested in BxB? "My father was a high school coach so I've been playing since I could walk."

How about other interests? "I enjoy all sports. I played football and track in high school. I'm outdoorsy; I like to hunt and fish a little."

What are your feelings about the Gulf Crisis? "That's really difficult. I don't know what we should do. I have a couple of friends over there, which isn't good. I just think it's a real difficult situation."

How do you believe the team will do in league play this year? "Well, we're starting to get better. We're ironing out a few things, and I don't think we'll get anything but better. I'm optimistic."



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