

## Athletes...some just work harder...

by Melissa Collins

A few years ago, Reebok came up with an ad campaign about training. The slogan was, "All men are created equal, some just work harder in the offseason." The campaign has evolved and is still around to some degree. The ad's success was partly due to the truth behind the message. Many coaches and athletes follow Reebok's adage, viewing a year 'round approach to training as a way of helping a team's on-field performance. Some coaches view the preseason as a time for team bonding, while others see it as a way to prepare for the season. Most coaches at St. Andrews see it both ways.

The cross country team had a combined pre-season of two days. Coach Rob Perron viewed this situation as "conditioning by fire." Despite this rushed official preseason, the team has come together. The group has continued to train together in what is sort of an extended pre-season.

The team trains very hard, rising well before most of the campus to begin the day with running. Daily workouts at 5:30 a.m. vary in their intensity. The team's week begins with a run on Monday. The first Monday, they ran six

miles, and the distance will increase every week until they are running ten miles every Monday morning.

Tuesdays are spent on speed work, Wednesdays on intervals. Thursdays are more long distance running, with three mile shuffles on Fridays. The schedule also occasionally changes to include two-a-day workouts and minitriathlon and circuit training. Perron believes the key to conditioning in this sport is to vary it between speed and distance type training.

Cross country is in season, but several sports that aren't are working hard anyway. Everyone has seen members of the basketball and baseball teams running, doing drills, and practicing. Well, both teams are doing a bit of physical conditioning to prepare for the season, but there's a lot more than that going on. The physical side is not the focus, as basketball coach Mark Peeler says. He "doesn't want the team to peak in October," when the season is months away. The team's training now includes lots of weights and cardiovascular work. However, the primary objective at this point is for team bonding to take place in the team sessions.

The basketball team's goal is similar to what baseball Coach Gary Swanson has in mind for his team. The current conditioning program includes conditioning, fundamentals, drills and scrimmages. The point of fall training is for the players to "learn the program and get to know each other," Swanson said. This year has seen the addition of several new players and new coach Pat Dolan. These new

additions are the focus of the conditioning program. A "study table" is held four nights a week for players, to help them adjust to the St. Andrews way of life.

Maybe Reebok stumbled on to something with that ad campaign years ago. The preseason is a very important time for athletes and coaches to get ready for the season. The work is just done on more levels than Reebok had in mind.

## Volleyball slams Mt. Olive

by Melissa Collins

Our SAPC volleyball team has continued its winning ways. On Wed., Sept. 25, they defeated Mt. Olive in three straight games. Jamie Barone was on her game that night, providing a spark for the team at key moments in the match. After being called for a carry, Barone came back to block a shot and make a diving save on the next volley. Andrea Cinanni helped by stopping a Mt. Olive rally which had tied the first game at 12. Cinanni also served the game winning point.

Game two saw SAPC jump out to a 4-0 and never relinquish it. The final score was 15-6. Jenn Switzer managed to make up for the SAPC deficit in the third game at 2-0. Mt. Olive was up 3-2 by the time SAPC put their hearts and heads into the game. After that, the closest that Mt. Olive got was three points when SAPC was ahead 9-6. Yasuko Wada served the final game and match point for SAPC, with the final game score being 15-6.

## Sports Briefs

By Melissa Collins

The rugby team suffered a difficult loss on Sept. 28. The 15-0 loss was the first game for many of the players and served as a positive experience. They faced a major size disadvantage and several players suffered injuries.

The cross country team has done reasonably well thus far this season. The men's team has had to overcome adversity as their best runner transferred two days before classes began. However, several veteran runners have taken it upon themselves to replace him. The effort has paid off as the team finished 4th out of 7 at the UNC-Pembroke meet and beat two Division One schools in the process. The women are also revamping their team and have been recruiting new runners. Coach Perron is greatly impressed by the improvement which he has seen in his returning runners and by the dedication displayed by the newcomers.

Current plans have Oct. 18 as the first "Fun Night" organized by the baseball team. The team runs a sort of

baby-sitting service for the community, entertaining children from 7-10:30 on Friday nights. This program continues after several years of success.

The baseball team is also continuing its quest to have lights installed on the baseball field. Coach Swanson wants the students of SAPC to know that every little bit helps toward this goal. Several fund raisers will be held, including the annual Airband contest later in the term.

On a final note, I wish to expand on the opinion piece by Denis Hilton contained in this edition. When I talked to Coach Swanson, he expressed the positive feelings his players got from having students watch their scrimmages and cheer them on. I believe this feeling is a common one among the athletes at SA. Swanson also feels that "home games should mean a home field advantage." So, please come out and support the teams during their games. It's worth it for everyone.