

SA Men Eliminated Early in Tournament

Mary Griggs

St. Andrews hosted the 2nd Annual Men's Indoor Soccer Tournament on January 28. Twelve teams from colleges and communities in the surrounding area competed in 3 games a piece, each game lasting 20 minutes.

The top eight teams competed in play-off games. The St. Andrews men's team was initially ranked #1, but they were eliminated early on by Coker College. Guilford College came in first place, Averret College came in second, while Coker College took third place. The first three teams received trophies that were supplied by Coleman Sports.

The St. Andrews women's soccer team ran the concessions stand and also served as time and score keepers for the matches.

Women's Basketball Dropped for Season

The women's basketball program for the rest of the 1988-89 was dropped after the team was left with five players after the Christmas Break.

"Our women's basketball team was put in a situation where injuries and initial low numbers of players have forced us to drop the program for the rest of the season," said Director of Athletics Mark Simons. "We apologize to the Carolinas Conference and District 26 for our inability to complete this year's season."

First-year coach Ray Lytle said, "St. Andrews will have a full and complete roster for the 1989-90 season. I have already contacted over 200 prospective players."

St. Andrews had won one game in this season, that a 63-61 victory over Methodist College. The Lady Knights had seven losses.

This is St. Andrews' first year in the Carolinas Conference of the NAIA. Last year the Lady Knights competed in the Dixie Conference of the NCAA Division III and finished with a record of 7-16.

The Lady Knights had 17 regular season games left.

Bowling Classic Results

- 1st: The Atrocities
- 2nd: Mother Load
- 3rd: People's Liberation Team

Lady Knights To Play in Tournament

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The women's soccer team travels to Warren-Wilson College in Swannanoa, N.C. for a tournament on the 3 and 4 of February. There will be ten other teams competing including Methodist College, Lees-McRae, Coker College, Maryville College, and UNC-Asheville.

"I am confident in the women's ability to compete at a higher level than they did in the fall," says Lady Knights coach David Ladwig. "This will be a test for the program, to see if we can be successful at the varsity level."

The Lady Knights were 1-9 in the fall.

Junior Mary Griggs is hopeful about the upcoming tournament. "The biggest problem we faced in the fall was a lack of

substitutes. Indoor soccer only has six players on the field at a time. I think this tournament will be the showcase we need to strut our stuff."

Freshwoman Cathy Feeley agrees. "We have a chance to win some games if we work together as a team," she says.

"During the fall we were learning to work together," says freshman Adrienne Atkins. "Now we are attuned to each other's abilities and I think we can accomplish our goals."

Because of the dearth of funds for the women's soccer program, the entrance fee and the cost of hotel rooms will have to come out of the players own pockets.

Women's Tennis Team To Carry on Tradition

Mary Griggs

This year's women's tennis team is very young, but their lack of experience is not viewed as a drawback. Every member on the 12 woman squad is well up to par, according to Dawn Langley, the Assistant Tennis Coach.

"We have a fantastic group of ladies. While I can't compete with Jo Ann Williams' coaching style, I will try to continue with what she had established. It takes a lot of pressure off me that there are only 2 returning players," says Ms. Langley.

Junior Dawn Guthrie is looked for to

exert positive influence and leadership. She says, "Basically, we are a new team and we can make a fresh start. With only two returning players, all members are afforded opportunities to do the best that they can."

The Lady Knights will have to do a lot of travelling for this season, they only have five home matches. Their season also promises to be tough, as they are scheduled to play opponents like St Mary's College and Elon, which is ranked in the Top 5 in the nation.

Softball Has Diverse Schedule

Mary Griggs

The St. Andrews women's softball team is the only fast pitch team in NAIA District 26. They are considered to be an independent team, but this does not mean that they will have an easy season.

The Lady Knights will be playing teams from NCAA Division I and II like GA Tech, UNC-Charlotte and UNC-Wilmington. They will also play the NCAA Division III teams that they competed against last year. Included in this years season are games against NAIA Division I teams like Francis-Marion College, which is consistently ranked in the Top Ten in the nation.

"We have come a long way during the five years that I have been here," says coach Marcy Maurer. "This year's team has more depth than any other team in the history of softball at this institution. All of the players can contribute to the success of this program."

Senior Tanya Olson added, "Despite the fact that the administration refuses to budget women's sports, I believe that we will have a prosperous season. Ultimately, we hope to end up in Michigan for the Nationals."

"I am very optimistic about the upcoming season. Our team seems to be coming together as a single unit," says sophomore Rinni Dumire. "Our goal is to play the best we can enroute to a successful season."

The team believes that they can win at least 20 of their 34 games that they will play. Their first home game is on March 3 against Assumption. The team would appreciate support during the season.

NUTRITION AND THE COLLEGE STUDENT

Mary Griggs

Nutrition is not considered to be a major issue by the average student. Most people seem more concerned about grades or appearance than they are about what they eat. However, what you eat contributes to how you feel, how you respond to others, and how you act. Stress, lack of time to prepare meals, and the convenience of fast pre-packaged foods all encourage the establishment of poor eating habits. Habits that will be tough to break later in life.

Beginning in the next issue of The Lance, a series of articles on Nutrition and the College Student will be printed. Joanne Smith, a nutritionist, will cover a variety of topics that are of interest to the students. Eating disorders, healthy snacks, and eating well (even at SAGA) are just a few that will be covered.

Mrs. Smith received her B.S. in Home Economics and Dietetics from the University of Saskatchewan in Canada. She currently resides with her husband in the Winston-Salem Residence Hall.

**Chapbook and Cairn
Deadline:
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