

May 3, 1990

# SPORTS

## Dixon Execls In Martial Arts

### From the Bleachers

### The Road to Lewiston

Lewiston, Idaho is a long way from Laurinburg, N.C. Actually, many of the students at St. Andrews have never heard of it. There are, however, 27 "boys of summer" who have been looking forward to a visit there since last year.

Lewiston is the sight of the 1990 NAIA College World Series, and these people make up the St. Andrews baseball team.

An education at this college emphasizes rationalization and asking questions. One may then ask, "Does this team deserve to to play in Idaho?" Let the facts answer this question:

-The 1990 Knights are the Carolinas conference champions.

-The Knights have a record of 42-12 as of April 29.

-The Knights own the NAIA national stolen base record.

-The team is ranked 9th in the nation.

-S.A. leads the Carolinas Conference in hitting. The answer is a resounding "yes."

One could proceed with more stats, but baseball teams are only as good as their last game. Coach Swanson knows this fact well. The Knights came one game shy of last year's playoffs.

The Knights, under third-year coach Gary Swanson (97-39), face a tough road to

Idaho. They must win the District Tournament in Burlington, N.C. (May 10-12) to advance to the Area

Tournament, also in Burlington. The Winner of the Area tournament advances to the World Series in Idaho. There is one at-large bid extended.

The 1990 season has been successful for the Knights, and Swanson's "get dirty" aggressive style of play has paid huge dividends. Another key factor is the depth. Junior

Todd Rodriguez and Freshman Cory Larsen, who were leading District 26 in batting, are out for the

remainder of the year. But team depth has carried this team, and the Knights will have to dig deep as the competition gets better.

The stars have been many: Katz, Williams, Bell, Larsen, Swatsky, Lindaman, Balke, Roy, Pederson, Glasgow, and many others.

A tough setback in the conference tournament, held at Atlantic Christian, placed the Knights in third. But the team has the tools to reach Lewiston.

Regardless of what the next three weeks hold, the 1990 Knights are the best St. Andrews club to put on spikes

at this college. And with a little help from the great umpire in the sky, the men in blue and white will make that trip to Lewiston.

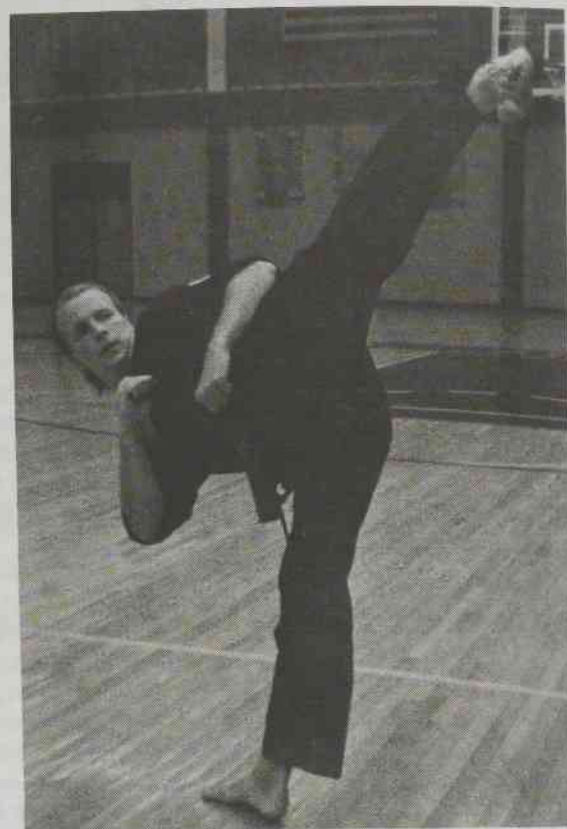
By Michael Roberts  
Editor-in-Chief

Cary knows tae-kwon-do. In only his first year of competition, St. Andrews senior Cary Dixon has won five tournaments, three since October.

Tae-kwon-do is a form of martial arts that requires mental and physical conditioning, as well as self-discipline, according to Dixon. Tournaments consist of a technique phase and a contact or fighting phase. The contact phase consists of as many as six fights, and competitors are grouped according to their stage of development, not weight. At 5 ft. 8 in., Dixon often finds himself at a physical disadvantage. "I think I have an advantage with my speed," said Dixon, "but I've still suffered a broken nose, broken ribs, and broken thumbs." Points are acquired by landing blows to an opponent's head, face, or body. There are three judges at each contest.

Dixon has learned his technique through St. Andrews alumnus Darryl "PJ" McEachin. McEachin is a first-degree black belt.

Dixon says that what



Cary Dixon

appeals to him about tae-kwon-do is "the self-discipline it takes in order to execute

and be successful." He added that he hopes to continue to increase his level of competition, and advance in phases, the next being green. His immediate goal is to be successful in more

of his black belt status. "After I graduate, I want to continue to work out and compete," said Dixon, who works out tournaments, and his long range hope is the attainment three hours per day, three days per week. "There's no limit to how far you can go in this sport," he said. "There's always someone better."

## Champions



The St. Andrews Softball team won the conference title for the first time in school history, going 3-0 in the tournament, and advancing to the District Playoffs. Kristin Mosher, Megan Kleinbauer, and Kim Costello were named all tournament. Mosher and Kleinbauer were also named All-Conference.