



## Upcoming Sports Schedule

### Men's Cross Country:

Oct. 29th CVAC Championships  
Anderson, SC Time TBA  
Nov. 4th NCAA Southeast Regionals  
Wingate, NC 9:30 AM

### Women's Cross Country:

Oct. 29th CVAC Championships  
Anderson, SC Time TBA  
Nov. 4th NCAA Southeast Regionals  
Wingate, NC 10:15 AM

### Men's Soccer:

Oct. 23 Lees-Mcrae  
Laurinburg, NC 3:30 PM  
Oct. 27 Belmont Abbey  
Laurinburg, NC 2:00 PM  
Oct. 30 Limestone  
Gaffney, SC 4:00 PM  
Nov. 3 CVAC Quarterfinals  
@ Higher Seed TBA

### Women's Soccer:

Oct. 23 Lees-Mcrae  
Laurinburg, NC 1:30 PM  
Oct. 27 Belmont Abbey  
Laurinburg, NC 4:00 PM  
Oct. 30 Limestone  
Gaffney, SC 2:00 PM  
Nov. 4 CVAC Quarterfinals  
@ Higher Seed TBA

### Volleyball:

Oct. 26 Mt. Olive  
Mt. Olive, NC 6:30 PM  
Oct. 28 Limestone  
Laurinburg, NC 6:30 PM  
Oct. 29 Coker  
Laurinburg, NC 6:30 PM  
Nov. 2 UNC Pembroke  
Pembroke, NC 7:00 PM  
Nov. 4 Belmont Abbey  
Laurinburg, NC 6:30 PM  
Nov. 9 Newberry  
Laurinburg, NC 6:30 PM  
Nov. 12 CVAC Quarterfinals  
Laurinburg, NC TBA

## Mike Heneghan Visits St. Andrews for Clinic

Danielle Heider  
Staff Writer

Mike Heneghan a nationally known horseman and judge from California came to St. Andrews with a strong message to all of those who participated in his three day clinic. Within the three day span he used different exercises to reiterate the basics of riding. Every class that he taught within the clinic had a different focus some classes focused more on doing flat work, where other classes was focusing on jumps.

He focused on getting the riders to ride their horse's hindquarters (the motor) and teaching them to use their natural aids. In his exercises he relied on cavalliti poles and jumps to reiterate what he was teaching. Different exercises included going over a number of cavalitti poles and also jumps that were put in a circle or were big enough for two riders to jump through. Another exercise that he used was getting the riders to put their reins in one hand and really using their leg and their heads to steer rather than relying on the reins to

steer the horse. Most importantly though getting the rider to readjust when something isn't working for the horse. He would try to get the riders to get their horses forward, so the horse was more even going over the cavalitti poles and other obstacles. Through out the exercises you would hear him say, "Take your time through the exercises, don't rush it."

Mike Heneghan really pushed for the rider's position and making sure that the rider's body is over their leg so they will keep their balance. He strived to get the riders to keep a consistent leg and tapping once and letting go rather than tapping the horse constantly. He also talked about getting the riders to look where they are going and keeping their heads up rather than looking at the ground or an obstacle that they might be going over. However the most important message though that he came to St. Andrews with is being able to think on your own and having the determination to get something done and not just doing a sloppy job on a exercise or with anything in your life.

Have something to say?

The Lance wants YOU!

Contact Emily ext. 5042, Matt ext. 3947, or  
Mike ext 2030

Want to make a mark that will last long  
beyond graduation?

Want to make sure the year is remembered the way it  
really happened?

Join the Yearbook Staff!

Tuesday Nights at 8:30pm in Granville Main Lounge.