

Sports

Wrestling team hopes to repeat record

By Rita Miles
STAFF REPORTER

Last year's hard work paid off for the wrestling team, sending them to the CIAA tournament and bringing home the CIAA gold plaque.

This year's wrestling team is singing that victory tune again by working hard towards another successful year. Each day from 4 to 8 p.m. the wrestlers do their strenuous workouts, which includes exercising push-ups, running laps, sit-ups, and the most important -- weighing in.

"A lot of the guys hate to weigh in because sometimes they overweigh or underweigh and that could cause problems during a match. But they know when it's time to get serious and start getting in shape for the season," said James McLinnaham, a two-year veteran. And

that time is right now.

The season began Nov. 1, and the wrestlers hope that early preparation will be one of the keys to their success.

Many of the wrestlers feel that this year the wrestling team will be a lot stronger since many

"If you want to be better than anyone else, you must work harder."

of the veteran wrestlers are returning. Some of the veteran wrestlers that are expected to show promising contributions are: Benny Carver, 118 pounds; James McLinnaham, 126 pounds;

Andrew Flagger, 134 pounds; Jimmie Hester, 134 pounds; Juan Smith, 142 pounds; Danny Bolton, 250 pounds; Reggie Douglass, 177 pounds; Willie Mouzon, 158 pounds; Shawn Williams, 190 pounds; and Darren Pebbles, 270 pounds.

Wrestling coach, Melvin Fair says his goals for this year's wrestling team is to obtain the 1989 CIAA championship, qualify in the national tournament and to have members of the wrestling team qualify as All-American wrestlers.

"Last year we finished No. 1 in the CIAA tournament. We had an excellent season, and I'm sure we will have a good season this year. There is some advice that I always instill in the kids and that is: If you want to be better than anyone else, you must work harder."



Junior varsity cheerleading squad.

JV cheerleaders on the move

By Candi Smallwood
STAFF REPORTER

There will be some fresh new faces cheering on the court at WSSU's girls' basketball games this year. These faces will belong to the junior varsity cheerleading squad.

Some colleges do not have a JV squad because there are not enough girls interested in cheering or because the quality of the girls is not good enough.

Since 1982, the JV cheerleaders have been practicing hard at cheering and have to be in good shape in order to perform the various jumps, pyramids and stunts.

Varsity cheerleader Frostina Spruell feels that "the JV cheerleading squad, for the most

part, gives girls as well as guys a chance to adjust to new cheerleading techniques, and being that the JV starts cheering second semester, it gives the JV cheerleaders a chance to do other things."

This year's JV squad consists of Monique Mitchell, Cheryl Relford, Kisha Galloway, Jessica Jackson, Twanjua White, Tracie Brown, Tara Preston, Evette Edwards, Angela Little, Kimaka Shute, Stephanie Davidson, Candi Smallwood and Teresa Costin.

Head cheerleading Coach Deborah Rivers said, "Coaching two squads (the JV and varsity) is really a challenge. Taking 24 girls and molding them into a unit takes a lot of time and patience, but as an alumna and former cheerleader at WSSU it's well worth the effort."

GET YOUR TUITION PAID AND A SALARY OF \$13,000/YEAR WHILE COMPLETING YOUR DEGREE!

If you're a sophomore or junior at Winston-Salem State, the U.S. Coast Guard has a program that will pay your college tuition and pay you nearly \$1100 per month until you graduate! In addition you will have the opportunity to compete for a commission in the Coast Guard following graduation.

HOW OUR PROGRAM WORKS:

Apply during your sophomore or junior year. If you are selected you will enlist in the U.S. Coast Guard, attend basic training for 8 weeks during your summer break and return to school in the fall. You will draw full pay and allowances from the time you enlist. In addition to your full military pay, the Coast Guard picks up the cost of your tuition when you return to college in the fall. Although enlisted in the regular Coast Guard, you will be assigned to duty at your college.

Your duties are to complete your degree requirements and to work at a nearby Coast Guard unit 3 hours a week during the school year. Again, you will receive full military pay, full military benefits (medical care, exchange privileges, etc.) and your entire tuition will be paid for as long as you remain in the program.

ABOUT OFFICER CANDIDATE SCHOOL:

Following graduation from college and the completion of all program requirements, you are on your way to Officer Candidate School. The 17-week school is conducted

at Yorktown, Virginia. Upon graduation from OCS, you receive your commission as an ensign in the U.S. Coast Guard and begin a three-year active duty assignment, with a starting salary of at least \$21,000 annually.

The challenges and pride of leadership are yours. You're part of the Coast Guard team that performs some of the most exciting & important missions in the world:

- *Saving of lives during disasters
- *Protecting our nation's waterways and environment
- *Defending our nation
- *Stopping illegal drug smuggling

HOW TO APPLY:

If you're a sophomore or junior and wish to see if you qualify, call (collect) or write your local Coast Guard representative below. Ask about the "M.O.R.E." program. M.O.R.E. is the Coast Guard's Minority Officer Recruiting Effort at Historically Black Colleges and Universities. Again, if you would like to know more, call:

USCG RECRUITING OFFICE
324 W. Market St.,
Federal Bldg.
P.O. Box 179
Greensboro, NC 27402-0179
(919) 275-4951

