Tennis Anyone?

By: Alice Griffin

The 1985 tennis team looks great! Coach Scranton feels that this year's team far outweighs the previous year's in terms of talent. This year's team boasts seven freshmen, four sophomores, and two juniors.

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Equestrians Look to Regionals

Tamberlyn Woodell Rosemary Finger

By: Laney Frick

Jocelyn Rose

Salem's equestrian team begins this semester's show season under a lot of pressure. There are only four shows this semester for team members to gain points to qualify for the regional and national shows.

The first show was February 15th at Hollins College. Most members of Salem's team were there and competed very well. The final three regular season shows are at Southern Seminary College, Virginia Intermont College, and Ferrum College—all of which are in Virginia also. Since Salem students cannot be expected to be at these shows to offer their

support, team members need encouragement in their preparations for the shows.

Catherine Penry

The Intercollegiate Regional Horse Show is scheduled for April 17th at Southern Seminary College. For a Salem rider to compete there, she must accumulate 8 points in each of her classes. Once she has made it to regionals, she must then win a first or second place ribbon to advance to the national show in Kentucky on May 4-5. Last year, Salem was represented at the regional show by six riders and the chances look very good for several Salem riders to compete at the regionals again this year.

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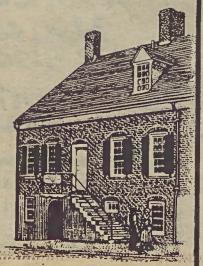
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Cross Country: Let the Races Begin!

By: Leanne Harkins

Cross country is one of the newest athletic teams to be introduced to Salem College. Salem, the only women's college in the South with a cross country team, began its running season this past fall. When observing the Salem cross country team one will see a small group of women who are interested in hard work, commitment, dedication, and personal achievement.

Initially, fifteen women went out for the team, but only seven really stuck it out. Of those seven, however, only five continued running after the first meet. Cross country coach Keith Guerin explains that the competition is very difficult. Salem's cross country team competed against university varsity teams that have been long-established. To compete as a team one needs at least seven members. Since Salem only had five members this past season, the members could not compete as a team; however, the runners competed individually with no team scores.

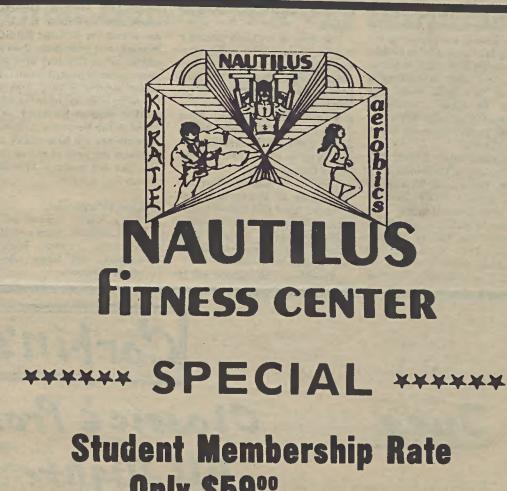
This semester the cross country team will be running in road races instead of running in meets; thus, the competition will be less intense and the season ultimately more enjoyable.

The team is currently preparing for the Salem Cup on April 20th. Returning from last season are Dorothy Harris, Ziana Wiemer, and Elizabeth Carmichael. Coach Keith Guerin feels that running road races will give the runners more exposure and will promote

Salem College to the general public.

"Everyone participating in the races will see the Salem College uniforms as they run," Guerin explained.

When asked if he sees a future in Salem cross country, Mr. Guerin added that he's "concerned that there has not been more interest. Cross country requires a lot more dedication and motivation than other sports. You have to go from start to finish. It can be very lonely. The only thing you have to push you is your personal desire. There is a sense of individual accomplishment. You are running against yourself as well as others. There is an extra motivation there called the clock which ultimately measures one's personal accomplishment."



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