

Soccer

by Gaither Smoot

Salem's 1990 spring soccer team began its season with a scrimmage on Sunday February 17. Salem took on the Winston-Salem Wildcards in a practice game, but will play them seriously on February 24 (Winter Formal Weekend).

The team only has six returning players: Strat Newitt, Ashley Townsend, Jennifer Callahan, Jean Williams, Laura Franklin, and Gaither Smoot. The remaining players are either new to Salem, new to soccer, or new to both. There are ten games tentatively scheduled including a tournament at Furman.

The team has been working hard and emphasizing basic technique. Coach Cathy Mahaffey is very optimistic about the season. The team captains are Gaither Smoot and Jennifer Callahan.

Tennis

by Galen Miller

The tennis team has been enjoying the warm weather tremendously. The girls have been doing conditioning drills and working on getting their timing back. The team is looking very strong and everyone is enthusiastic for the season to begin. The team's first match is March 8th, so take advantage of this gorgeous weather and support your tennis team!

CONTEST

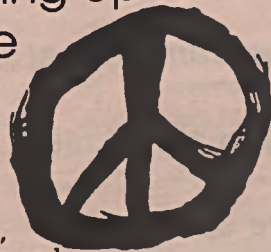
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To enter, send for the Standing Up for Peace Contest booklet, Fellowship of Reconciliation, Box 271, Nyack, NY 10960 (914) 358-4601.

\$500 PRIZES \$100



Coach for a Month

by Galen Miller

During January Term, I had the opportunity to act as an assistant coach for my high school tennis team. Not only did I get to bask in the Florida sun, but I was also able to teach the fundamentals of tennis to an eager and enthusiastic group of girls. This January term was also a great learning experience for me as well. I soon found that coaching is much more demanding than I had anticipated. These basic concepts pertain to any coach of any sort.

For one, an effective coach should have a lesson plan for each practice, fluctuating drills from day to day to keep the players' interest level high. In addition, the coach must decide the team ladder or starting line-up which can be very tricky. A good coach must possess a keen sense of a player's ability and potential to become the best they can be. To underestimate a player's ability can be dangerous to your respectability as a coach, and it can discourage a player from excelling.

Another part of coaching that I found exasperating was calling all the area schools to set up a playing schedule. The coach has to keep in mind exam time, spring break, and student holidays. On top of that, trying to get fifteen girls together to try on uniforms was a feat in itself!

In conclusion, I would like to say my coaching experience was an invaluable one. I was part of the development of these fine young adults which was very exhilarating. Most of all, I found after my coaching experience that I appreciate every coach I have ever been associated with. The effort and time they put into driving us to our away games and channeling all their energy into producing a winning team is very commendable. A coach, for whatever the sport, is a very special person; take it from me, I was called coach for a month. I know the duties and responsibilities that are on the shoulders of these dedicated people. Have you hugged your coach today?

Swimmers Improve

by Sally Lemmon

The Salem College Swim Team returned the 10th of February after competing against Radford and Hollins. Both meets were losses, but overall team times were greatly improved.

Thursday, February 15, Salem trekked to Randolph Macon and again was defeated. Suffering from a shoulder problem, Kristi Royal returned to the pool on the 10th

after a week out. The only first at the Randolph Macon meet, as well as at the Hollins meet, was taken by Sally Lemmon in the 100 meter back stroke.

Practice will continue through February, as there are two meets remaining. Queens will travel to Salem for the meet on February 20 at 5:00. Salem will in turn travel to Queens on the 28th. Come out and support the team!

A Dream Come True

contributed by Ellen McEwen

Every coach dreams of a "dream team" or "dream season." The 1990 Salem Tennis team would be placed in that category for me. I have been very fortunate here at Salem to be able to coach two great sports, volleyball and tennis. I have absolutely loved coaching both groups. Of the two, tennis has been the most successful, and this is primarily due to six seniors who have played on the team all four years of their college career.

Ashley Neill has one of the best "tennis attitudes" I've seen in a player. No matter what she may be feeling on the inside, Ashley never lets it show, and this has attributed much to her success. Virginia Edmundson has been one of those wonderful workhorses you can always rely on. She has steadily improved her game over the past four years through practice and determination, and it has really paid off for the team. Valerie Steinier has juggled her Pre-med studies and tennis career for four years, and unfortunately has not been able to see much playing time due to her schedule. But we will rectify that this spring, and with her doubles partner, Katherine Livermon, and her outstanding ability as a doubles player, they will surely add to our success as a team. Katherine Livermon, known as "Liver" to most of you and "Topper" to me, is one of the most gifted athletes I've ever had the pleasure of coaching. It is unfortunate that she has been plagued by injuries over the four years as I know she would have seen more success as a player, but I feel very confident that this year it will all come together for her. Leigh Cubitt's tenacity and great mental game along with her skill has made her one of the top players for Salem College. I've called upon her to play #1, #2, and #3 and she has always come through for us with flying colors. If every player had Leigh's determination on the court, we would've been undefeated all four years. She and her doubles partner, Galen Miller, have not lost a match in regular season play since they began playing together. Watching them play together is a marvelous piece of teamwork perfection. The team will sorely miss them next year. The sixth senior, Galen Miller, except for a short stint her Freshman year caused by a dislocated shoulder, has played the #1 Singles position all four years at Salem. Galen has been the true inspiration of the Salem Tennis team. Watching her perform is like watching poetry in motion. She has

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