

Sports

Sparky: This is our best chance at beating Clemson

BY ROB RODUSKY
Assistant Sports Editor

This is our best chance of beating Clemson, according to Head Coach Sparky Woods.

"They (Clemson) face the stiffest challenge of any South Carolina team I've been associated with," Woods said.

At Monday's final regular season press conference at Williams-Brice Stadium, Woods fielded questions on the previous game against Florida and the big upcoming game with rival Clemson.

Woods was impressed after his team's performance on Saturday in Gainesville.

"Our team made a great effort," he said. "The University of Florida made a few more plays in order to win the game."

"This is a great contest," Woods said. "It is an ongoing set of emotions. We are looking forward to going to Clemson."

This weekend's game marks the 90th meeting for one of college football's most colorful and storied series.

What would a win do for the football program for the Gamecocks?

"Our program has exceeded

expectations on the season," Woods said. "It would be a great boost going into the off-season and for recruiting. All of the state prospects will be at the game. It is exciting for any young man that wants to play college football."

Injuries have hampered the Gamecocks the whole season. Woods said this was a big concern going into the Clemson matchup.

"We have had seven surgeries and have lost seven linemen during the season," he said. "The game is always physical, and this is a concern for us."

Woods said, in order to beat Clemson, the Gamecocks must due several things.

"It would be a mistake for us to consider anything of the Maryland game," he said. "We won't see the same team that was on the field Saturday against Maryland. We must not allow the quick easy touchdowns because they are capable of doing so."

"We must be able to match up at the line of scrimmage," Woods said. "We must be able to run the ball and pass the ball. It will be a real challenge offensively."

Woods said this game is important for the seniors on the squad.

"It is a big game for the

seniors," he said. "They will try to beat Clemson in their last opportunity at USC."

The overall quickness of the Tigers' defense will pose a threat to Carolina.

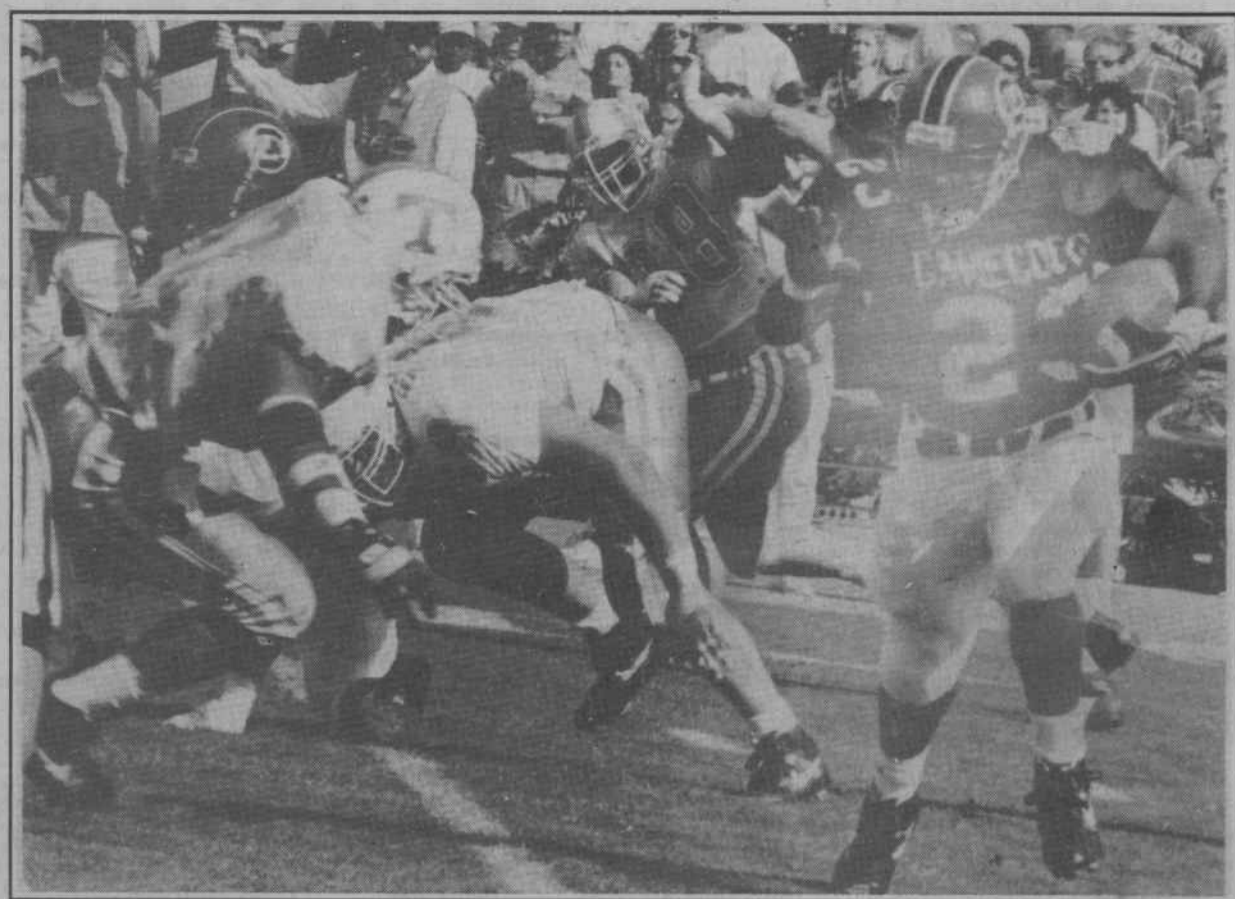
"They are a good blitzing team due to speed," Woods said. "We anticipate them to blitz. It will be a challenge to our wideouts and protection people in picking them up."

Asked about having one of the toughest schedules in the country will help them going into the game, Woods said, "It will be beneficial. The experience in dealing with crowd noise (at Florida) will help."

Woods reminds people that Clemson's record is not indicative of their play.

"Clemson has had some unfortunate losses," he said. "Anyone who faces them has a great respect for them."

When asked if this game has a major importance in the state, Woods replied, "This game will be between the lines and between the 22 players that are out there. It is an emotional game. It is an ongoing thing that is not over by the weekend. It lasts until the next contest. It will be a very good test."



USC runningbacks, including Terry Wilburn shown here against Tennessee, have rushed for more than 1,400 yards this season.

Seasonal injuries can be avoided

From Staff Reports

Injuries associated with seasonal sports such as snow skiing or water skiing often can be avoided with specific muscular conditioning, an exercise scientist at USC said.

"Many people get into trouble because they spend more money and time on their sportswear and gear than they do exercising and strengthening the specific muscles they'll need to master a specific sport," said Dr. Larry Durstine, a USC associate professor of exercise science who is a proficient snow and water skier.

Many studies indicate that injuries to the knees and ankles of snow skiers peak beginning with the holiday season through February, the busiest time on the slopes, Durstine said.

Many injuries — pulled muscles and tendons, fractured and broken bones — result because the victims are not strong or flexible enough, do not exercise regularly or have a false sense of security about their ability because they consider themselves physically fit, he said.

"Just because you do aerobics everyday doesn't mean you could bench press a couple of hundred pounds on your first try," Durstine said. "You'd have to build up to it. So you can't put on a pair of skis and expect your quadriceps to provide you with the kind of strength you need to ski if you haven't specifically trained those muscles."

Ideally, a person would maintain a conditioning program year round to strengthen quadriceps, or the large upper leg muscles, calves, and ankles used in snow skiing, and include upper body and shoulder muscles for a sport like water skiing.

The more one conditions, the more one lessens his chance of injury and increase his enjoyment of any sport, Durstine said. Realistically speaking, it is never too late to start conditioning for a strength-intensive sport.

An exercise recommended by Durstine and does himself to prepare for the slopes requires a person to hunch down into a three-quarter squat with the back and heels straight against the wall.

Begin working quadriceps by sliding both feet about one foot from the wall and hold for about 30 seconds. Rest and repeat two or three more times. Try this every day for at least three weeks prior to a ski trip, increasing the number of repetitions as you are able.

"This is not an easy exercise, and once you try it you'll really begin to understand what's required to get your body ski ready," he said, noting that a person needs to add at least 10-15 minutes to their daily exercise program to condition muscles to become ski ready.

If you are not a regular exerciser but are planning a ski trip, Durstine said now is a good time to get involved in an aerobics program, start jogging, walking or anything to start toning muscles and increasing flexibility.

Keep in mind that no matter how much you prepare, you will experience some soreness after participating in an intensive sport like water or snow skiing, he said. "But the more you condition your body before your ski trip, the less likely you'll have to use crutches to return home."

Lady Gamecocks finish 7th in tournament

By ANDREW BORGERT
Staff Writer

The USC Women's Golf team placed seventh in the 15-team Carolyn Cudone Intercollegiate Golf Tournament. The tournament was held at the par 72, 5,895-yard Dunes Golf and Beach Club in Myrtle Beach.

The University of Texas won the tournament by posting a three-round score of 943, four strokes ahead of second-place University of North Carolina.

The Lady Gamecocks finished with a team score of 976. Sophomore Lea Bagwell led the individual scores for the team, ending up with a three-round total of 241, good for 23rd place. Close behind Bagwell were fellow teammates Tara Joy and Rachel Bates, who both posted scores of 244, tying them for 28th place. Siew Ai Lim's score of 249 put her in 41st place. Rounding out the Carolina golfers was Kerry Zebick, whose score of 259 put her in 52nd place.

The tournament was the last of the fall season for the Lady Gamecocks.

Carolyn Cudone Golf Tournament Results:

Team	Day 1	Day 2	Day 3	Total
1. Texas	321	306	316	943
2. North Carolina	324	309	314	947
3. Georgia	309	321	319	949
4. Kentucky	324	319	310	953
5. Tennessee	328	314	315	957
(tie) Arizona	322	322	313	957
7. South Carolina	326	325	325	976
8. Louisiana State	327	323	327	977
9. Florida	325	331	324	980
10. Minnesota	335	328	324	987
11. Auburn	336	341	333	1010
12. Alabama	331	334	336	1011
13. Central Florida	341	345	330	1016
14. Coastal Carolina	343	347	342	1032
15. Mississippi	349	347	360	1066

USC Individual Results

Lea Bagwell	83	78	80	241
Tara Joy	78	85	81	244
Rachel Bates	82	79	83	244
Siew Ai Lim	83	85	81	249
Kerry Zebick	90	83	86	259

Source: USC Athletic Department

Kristin Buehlman/The Gamecock

Crimson tide rolls to Western Division crown

By TIM THORSEN
Sports Editor

While the Southeastern Conference's Eastern Division race is a neck and neck struggle between Florida and Georgia, the Western Division race has proven to be a cake walk for the Crimson Tide of Alabama.

Sporting an unblemished 10-0 record and a national ranking of second, the Tide has already wrapped up the SEC's first-ever Western Division crown. With only their collision with Auburn to play, the Tide has a whopping three-game lead on the rest of the division.

While the Alabama/Auburn game is always a slugfest, Alabama has extra incentive in the form of the University of Miami Hurricanes.

Alabama won the West due to superior talent everywhere. From offense to defense to special teams, the Tide has proven to be unstoppable. The main man for the Tide is sophomore flanker/specialist David Palmer. Using blazing speed and an ability to avoid tacklers, Palmer is rewriting all SEC total yardage records.

The real heart of the team, though, is the suffocating defense. 'Bama has been ranked first in every defensive category virtually all season. They sport a defense with three legitimate All-America candidates: free safety George Teague, outside linebacker Antonio London and defensive end Eric Curry.

The rest of the division is the state of Mississippi's battle for second place. Ole Miss and Mississippi each have 7-3 overall records, and they both sport 4-3

SEC Standings

West	Conf. WLT	All WLT
Alabama	7 0 0	10 0 0
Miss. State	4 3 0	7 3 0
Ole Miss	4 3 0	7 3 0
Auburn	2 4 1	5 4 1
Arkansas	2 4 1	2 6 1
LSU	1 6 0	1 8 0

SEC marks. This year, the battle for the Golden Egg will take on added importance as Mississippi State is playing to gain the attention of the all-important bowl scouts. Ole Miss has already accepted a berth to the Liberty Bowl.

Mississippi State is coming off a heartbreaking loss to Alabama. The Bulldogs were swept by the Tide 30-21 on the strength of 10 Alabama fourth-quarter points. The Bulldogs were held scoreless during the last period of play.

Mississippi State has had a tough time recovering from the loss of star quarterback "Sleepy" Robinson.

Robinson's season ended during the Bulldogs' 30-6 pummeling of Florida. Since then, the offense has been an enigma.

Ole Miss has been a pleasant surprise this year. No one expected them to finish in the upper division of the SEC, much less to battle for second place in the West. The Rebels were looked upon as the second-best SEC team

in Mississippi and nowhere near the caliber of Mississippi State.

They have done it with a solid defense and an offense that does not make mistakes. In their 13-6 victory over SEC-whipping team Louisiana Tech, the Rebel defense sacked Tech quarterbacks four times and allowed Tech into Ole Miss territory but five times, while the offense rushed for 163 yards on 53 carries.

Auburn is coming off a most painful loss to Georgia, 14-10. The Tigers' season, as a whole, was epitomized on one series of plays late in the game. With second and goal inside the Bulldog one-yard line and 19 seconds left in the game, Auburn runningback James Bostic attempted to dive over the top of the defense for the touchdown. He fumbled the ball on the play, and there was a scramble for the ball near the goal line. The Tigers appeared to have recovered the ball, but time ran out before they could get off another play.

Arkansas did not lose last week. Of course, that is because they did not play. Since their 45-7 drubbing of South Carolina, the Razorbacks have been unable to score or stop anyone else from scoring. They have remaining games with Southern Methodist and Louisiana State, however, each golden opportunities to notch a win.

Poor Louisiana State. First, Shaquille goes pro, and then they have to play their SEC football slate. Predictably, they are 1-6 in the SEC and a miserable 1-8 overall. Basketball season starts soon, though.

College basketball season tips off tonight

TONY SANTORI

NCAA BASKETBALL PREVIEW



As Dick Vitale would say, "It's Awesome, Babe, with a capital 'A'!"

Yes, I know it is hard to believe, but the time has come once again. Put away the helmets and cleats, and dust off the high-tops because college basketball has arrived.

Come with me, if you will, on this journey into time. We will go back to the beginning of April 1992 to Minneapolis for the Final Four.

Look. There is Christian Laettner cutting down the nets with Bart Simpson. OOPS! That is Bobby Hurley, not Bart. And Coach K is smiling from ear to ear as the Duke Blue Devils capture their second straight NCAA championship. Poor Chris Webber of Michigan! There he is over in the corner crying. Cheer up, Chris. You have three more years to try to take home the trophy.

O.K., we are back, and now it is 1993 (almost). A different year and maybe a different ending to a different story.

Then again, maybe not! Duke returns three of the five starters from last year's squad: Hurley, Thomas Hill and the best college player in the country, Grant Hill.

I am now going to repeat that for those of you who think that you know your hoops: Best College Player = Grant Hill.

So, the question is, "Can Duke three-peat?"

In a word, "No."

Last year's team handled the pressure situations better than any

other team in recent memory, but last season's leader was Brian Davis, who steadied the ship at crucial times and did wonders for the young players' psyche. Bobby Hurley is not capable of doing that. Coach K will take the Devils to the Final Four once again, but they will stumble there.

"So what about Michigan then?" you may ask.

Coach Steve Fischer's Wolverines have more potential than any other team on the planet. Unfortunately, the talent is still in the heads and bodies of underclassmen such as Webber, Jimmy King, Jalen Rose, Juwaan Howard and Ray Jackson. You do remember the "Fab Five", don't you? Now they are the "Sensational Sophomores"! But there is always a catch...they are still a year away. 1994 champs, not '93.

Another of the Final Four teams from last year, Indiana, is able to match up with anyone as far as talent goes with the likes of guard Damon "Boy Wonder" Bailey and forward Calbert Chaney controlling things for "General" Bobby Knight. Bailey will truly blossom this season into the star he was tabbed to be coming out of high school. Chaney is simply the most graceful collegiate today. Besides, Knight could take the national five-foot-and-under-no-armed team and still beat about anyone. Indiana will be there at the end of the "Big Dance" in New Orleans.

"Rock, Chalk, Jayhawk!" Kansas has probably the most balanced attack in the country, and Roy "I Am a Better Coach Than Dean Ever Dreamed of Being" Williams

is another super bench coach. Point guard Adonis (Great name!) Jordan and shooting guard Rex Walters combine to give Kansas an effective one-two punch. The Jayhawks will travel down the Mississippi to New Orleans also.

So that leaves one spot open in the Final Four.

Surprise! Break out the tomahawks! (No, Braves fans. You can sit down now!) I am speaking of the 'Noles from Florida State. Pat Kennedy's team has something like 64 players returning from last year. Included is FSU's best two-sport star... I said, sit down, Deion!...Charlie Ward. After Ward will lead the Seminoles' football team to a bowl victory on New Year's Day, he will take over as point guard for three-plus months, and lead the B-ball squad to the Final Four.

Should one of my predictions fall flat on its face (O.K., now everyone in Atlanta should stand up!), there are other teams who could play in April.

Kentucky: Rick Pitino and Jamal Mashburn have the 'Cats showing their claws in the SEC.

Seton Hall: Always tough at tourney time. Must be the Italian coach Carlisimo.

Louisville: Tremendous athletes. Denny Crum is anxious to get back to the Final Four.

North Carolina: Only if Dean Smith lets his team play.

So, we have got Duke, Kansas, Indiana and Florida State dancing on Bourbon Street come April.

And the winner will be...the Indiana Hoosiers! The pre-season NIT starts on Wednesday night.

It is the tip-off of the best five-and-a-half months of the year.