

## sports

# Cole's weightroom struggles pay off in performance

By Shelley Smith

Nebraska defensive end Lawrence Cole said he used to be scared to lift weights with the rest of the team.

"When I first came here I weighed 179 pounds and I couldn't even bench press 135 pounds. So I'd come in early to lift weights and then leave before the rest of the team came in," he said.

"I didn't want them to see me struggling at 135 (pounds)," he added with a smile.

Lately, he's had a lot to smile about.

Cole, the Huskers' senior defensive captain, has racked up 31 total tackles, nine of which were sacks for a total loss of 38 yards.

And the little skinny kid in the weight room is now 6 feet, 2 inches, 206-pounds, and bench presses 325 pounds.

"I guess I've worked out a little bit since I came here," Cole said.

"I'm much smarter with the game. I've got my fundamentals and my plays down. I worked pretty hard this summer studying plays and working out to get ready for this season," Cole said.

**THE WORK MUST** have paid off because Cole leads the defense in tackles for losses, and is second to Derrie Nelson in linemen total tackles.

However, Cole said football has not always been this bright for him.

"When I was a sophomore I weighed 190 pounds and there were a lot of more experienced seniors ahead of me. I knew I had to wait my turn, but it was really discouraging," he said.

What discouraged him most, he said, was playing so well in high school (he was All-American in football his senior year at Dunbar High School in Dayton, Ohio) and then being shot to the bottom of the chart his first game out of his redshirt year.

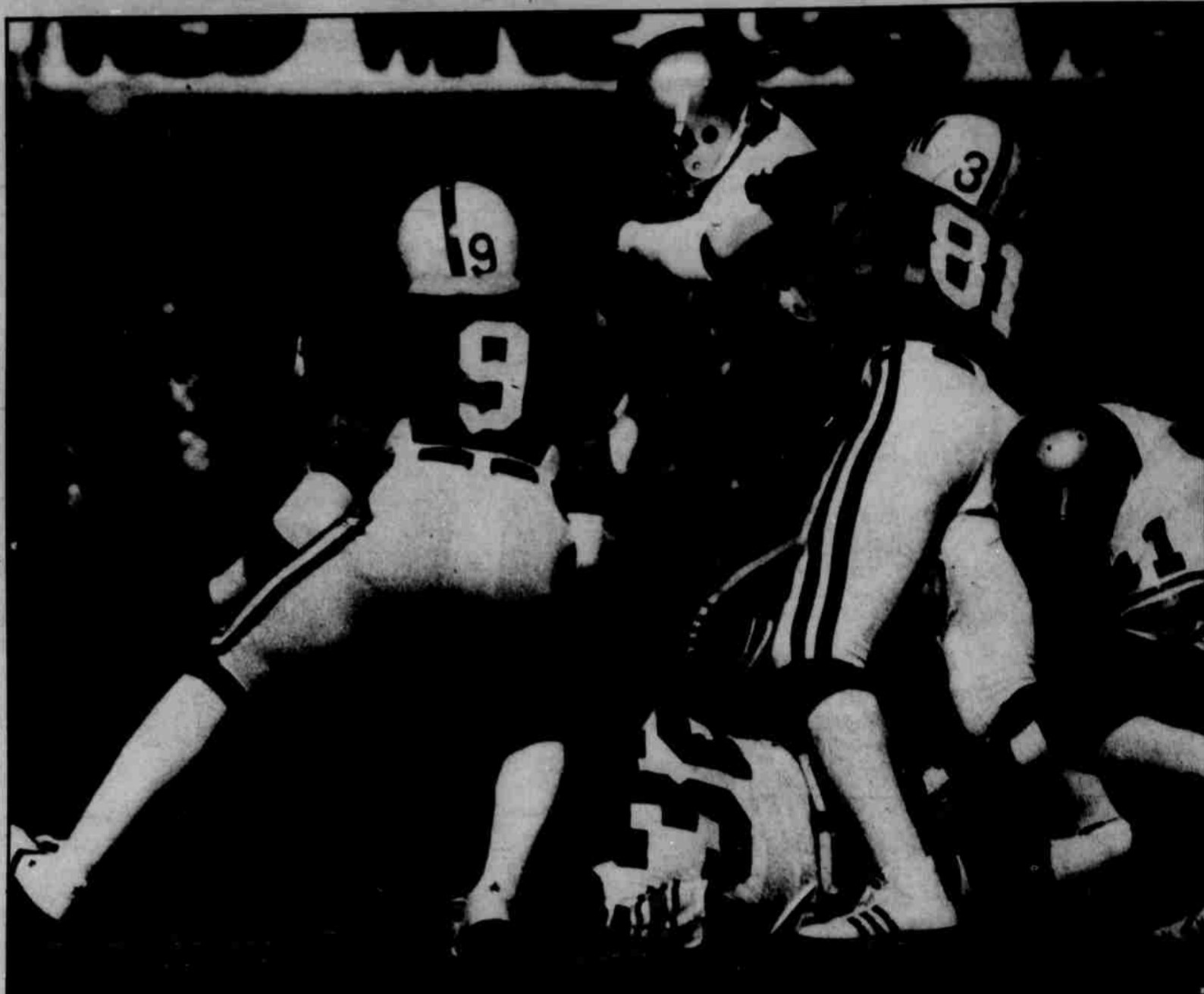
"I talked a lot with a coach named Glenn Potter who told me to let all that high school stuff go and build a new foundation," Cole said.

And things started to pick up.

In 1978, as a junior part-time starter, Cole had 61 total tackles, including 31 unassisted, and four tackles behind the line for a loss of 13 yards. He recovered a fumble, intercepted a pass, broke up a pass and blocked a punt which led to a score.

**COMING OUT OF** football practice last spring, Cole was a sure starter for the Cornhuskers this fall.

And, although he has started each of Nebraska's seven games, one day during practice Cole pulled on a yellow jersey instead of the familiar blackshirt symbolizing a first



A Colorado lineman hooks the leg of Nebraska defender L.C. Cole (81) in an illegal block, but it wasn't enough to keep the defensive end from reaching the ballcarrier. Safety Russell Gary (9) also defends.

Daily Nebraskan Photo

team defender.

"I didn't have a good practice that day and my coach told me that I would share the number one spot. I didn't think I deserved it," he said.

"When we were playing those passing teams (Utah State and Iowa) with all of those formations, I was kind of confused," he said.

Cole said he was tense and nervous about the first game this year, and being captain didn't make it any easier.

"When you're a captain you always have to be on the job and setting the example for the younger players," he said.

But Cole overcame his first couple of game jitters, he said, by realizing that he wanted to leave Nebraska with a good feeling about himself.

Now, he said he worries about the team becoming too overconfident because of the praise it's been receiving lately.

"There's a lot of newspapers and people praising us and saying we're going to the Orange Bowl, but talk is cheap, he said. "It scares me a little bit because we can't overlook one game. Sure a national championship is in the back of my mind but I've got to try to keep the team based to one week at a time."

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## Soccer team goal is defense

By Paul Martin

The Cornhusker football team is not the only team on campus that has displayed a strong defensive unit this fall.

When defending Big Eight conference champion Colorado nipped the UNL soccer team 1-0 last Saturday, it marked the first time in four games that the club has been scored upon.

The Huskers have yielded an average of 1.1 points per game to their opponents while compiling a 3-2-2 record.

Soccer club president Phil Strevey, who plays forward on the team, attributes the defensive stability to two factors.

"We have an excellent goalie in Paul Hornby," Strevey said. "And we have four strong, aggressive fullbacks."

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Photo by Jerry McBride

Nebraska's Jim Sanders, left, appears to boogie as he attempts to steal the ball from Colorado's Mike Gerst in a Saturday soccer match in Memorial Stadium. Colorado, however, got the last dance, winning 1-0.

## Nation's top teams await volleyball squad in L.A.

By Ron Powell

Nebraska assistant volleyball coach Lynn Luedke might be more excited about the team's trip to Los Angeles for the National Invitational this weekend than the team members.

Luedke will be returning to where she played collegiate volleyball at the University of Southern California.

"I can't wait to get back," Luedke said. "It's going to be great to see some sunshine and warm weather again."

Luedke was an All-American on the 1976 USC team that won the national championship. She also has competed on the Junior National team and on the U.S. Olympic volleyball team.

Luedke said the National Invitational will be the toughest meet to date for the Huskers, and will feature the top 24 teams in the country.

"All the teams that will play in the national (championship) meet will have played in this meet," Luedke said.

The tournament will begin with pool play on Friday and Saturday. The top two teams from each of the four pools will advance to the quarterfinals.

In pool play Friday, the Huskers, 36-4, will play the University of Pacific and Florida Central.

Although official college volleyball rankings have not been compiled this year, Luedke said volleyball experts label Pacific as one of the top ten teams in the nation. Florida Central is the defending AIAW (Association for Intercollegiate Athletics for Women) Division II national

champions last year with a 59-0 record.

On Saturday, the Huskers will face Utah, Big Ten champion Michigan State and host school UCLA in pool play. The Huskers defeated Michigan State earlier this season and UCLA is one of the top four teams in the nation, Luedke said.

"We are to the point we can play with the top competition," Luedke said. "Last year, we couldn't play with them. If we play well, we can win, but it's going to take team play."

"I've tried to engrave in their minds since the beginning of the season that they can play with the best teams in California," Luedke added.

Last weekend, the Huskers won their fourth consecutive Big Eight title, and Luedke said the Huskers played their best volleyball of the season.

"I think they played very well as a team which is what we'll need this weekend," Luedke said. "You could tell they really wanted that fourth title."

Luedke said the team is preparing a little differently for this meet than others.

"We're working on some new defensive moves and some new plays to try this weekend that should help us," Luedke said.

She said she feels the Huskers can improve their 17th place finish at last year's national meet, but added she can't predict the team's finish.

The invitational "won't tell us exactly where we'll end up nationally. It will just let us know what it will take to finish highly there," she said.