

Sports Editor Mike Gunderson

Heading south with ACC

We start our trip by picking up everyone at East Campus at 6:30 a.m. on the Greyhound. We then go and pick up Head Coach Frank McCourt in Ossineke. This is when the trip starts to get interesting. We all know Coach McCourt as a serious type of guy, who always has his game face on. He doesn't really like his players to be giggling and laughing because he feels it's not the proper way to get ready for a game. Assistant Coach Bobby Allen tries to loosen up the big guy by ragging on him or putting him in a headlock. Women's Head Coach Mike Kollien and Assistant Coach Tracy Gribble take the more calm, cool, and collected approach and let the girls get ready how they want to get ready.

The proper attire for the bus trip is to dress casual. The coaches bring their dress clothes with them and change at the game. The coaches sit up front and talk about strategies for the game and how big of a game it is for their respective teams.

The players and coaches all have a good bond with one another. The girls will come up and talk to Coach Kollien and Coach Gribble about a certain play or plays that they need to go over again. Also, the girls just come up to talk to the coaches. That's one of the good things about being able to talk to your coaches about practically anything. The guys take a little different approach, they usually talk to Assistant Coach Bobby Allen about things because he has a better understanding of what we are talking about. Not only is he our coach, but he is just like one of us, a player. Coach McCourt we talk to about the game plan. He talks to us about what we have to do to win. McCourt gets us ready by asking us if we are ready to play.

There is a very good attitude on the bus between the coaches and players. The coaches and players try to keep a loose and positive atmosphere on the bus. We usually watch a movie on the bus to keep it a relaxed setting, while others choose to listen to their headphones, and others choose to sleep.

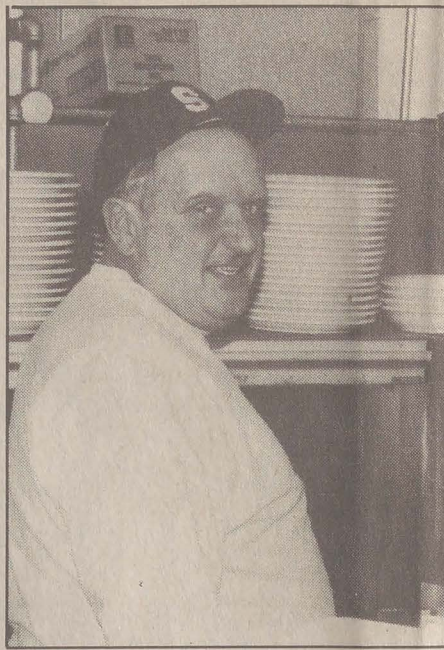
The other major topic on the bus is usually brought up by the girls: When are we going to eat? And where are we eating? The coaches talk it over among themselves and make a decision based on how much time do we have? How many hours will we have to digest? And what is the best thing to eat? These are all things the coaches must think about. Of course, the guys want to know how much they are allowed to eat with the amount of money they get. It is usually a \$5 to \$6 limit on food, anything else the players must repay the coach.

After eating a good breakfast, we load back on the bus and start to prepare for the game. The girls will either go to sleep or listen to their headphones to prepare. The guys on the other hand will listen to a song that pumps them up, or they will just look out the window and focus on what they need to do to be successful. Of course, everyone focuses differently for a game. Antonio "T-Nasty" Robinson gets ready for a game by listening to "Top Authority", a rap group from Flint. Chris Leeseberg gets ready by listening to "Metallica", a heavy metal rock group. Some of the girls like to get ready by doing their hair before the game, others listen to their headsets to focus and to get pumped. Both the guys and the girls support one another when it's time to get off the bus by wishing each other good luck. This is great to see a good relationship between the two teams. A lot of schools ride in separate buses, and they don't have the togetherness like we do at ACC.

After playing the game, we load back on the bus and get ready to head back. Of course, both of the teams are hungry and want to eat. Where we stop depends on whether we win or lose. If we lose, then Coach McCourt gives us the money and tells us to get it to go. But if we win, depending on what time it is, we might go in and sit down at a nice restaurant.

On the way home after a loss, it seems like the longest road trip of our lives. Sure we watch a movie and all, but it's not the same as if we were to win. When we win it is a great feeling, everyone on the bus is in a good mood, and it makes the trip that much better. But when we lose, not only do we feel bad but Coach McCourt is miserable and wants no one to talk to him. If the girls lose, the coaches are disappointed because they feel it was a game they should have won. A lot of the time the girls come up to the coaches and talk about the game and look at the stat sheet. So as you can see we have had our share of both worlds, but Coach McCourt's favorite saying after a loss is: "Will K-Mart open up in the morning?" Yes it will.

ACC Boosters serve breakfast



(Left) Head Coach Frank McCourt supervises activities in the kitchen.



(Above) Jason Gribble prepares some scrambled eggs at the ACC Lumberjack Booster breakfast.

Lady Jacks scored a win

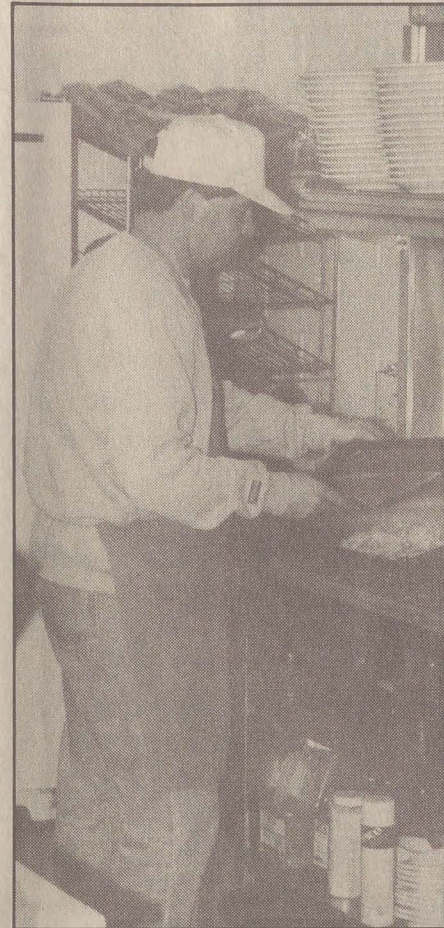
By NATHAN TUORI
STAFF WRITER

The ACC Lady Lumberjacks ended a four game losing streak with a 62-41 win over Michigan Christian on Saturday, January 27. This non-league win was a "confidence builder," says head coach Mike Kollien. "We have lost a lot of close games and we need to build on this win if we want to make a run for the playoffs."

Marisa Stoppa led Alpena (4-11, 1-6) with 13 points and 13 rebounds. Bohdi Watts also was one of the leaders with 13 points, and Kristi Whaley added 12 points.

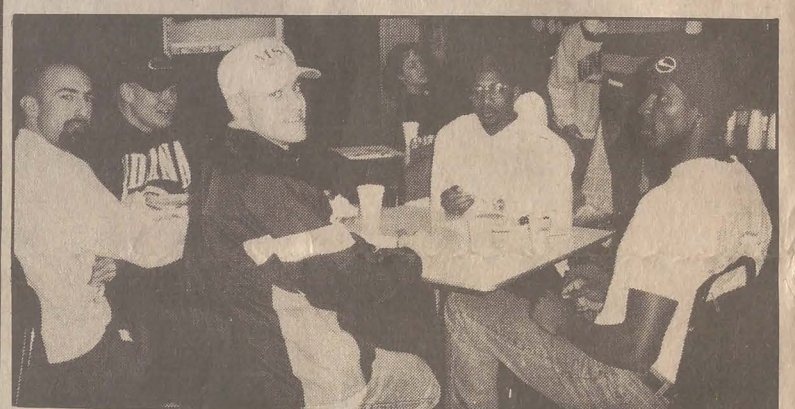
ACC led at halftime 21-19 and had a solid second half to help pull away from Michigan Christian.

Coach Mike Kollien said he is not happy with where they are yet, and knows they still have a lot of work to do, but is confident they will be right in there when the tournament rolls around.



(Left) Athletic Director Max Lindsay keeps the hash browns in bounds.

(Pictured right) Trustees Florence Stibitz (left) and Roger Bauer (center) sample the breakfast fare.



(Above) A group of hungry Lumberjacks rest after a mighty workout at the breakfast buffet.

(Left) Cross Country Coach Dr. Richard Lessard keeps the team empowered by manning the dish washer.

Lumberjack men sink Macomb

By NATHAN TUORI
STAFF WRITER

The Lumberjack men got a huge road win over Macomb 87-80 on Saturday, January 27. They came out a little shaky, and got down early in the first half by ten.

After a quick 20 second time out, called by coach Frank McCourt, they soon took the lead for good.

Macomb (5-13, 0-7) has been struggling this season having lost key players due to injury and eligibility. Alpena (8-9, 4-4) took advantage of

this to get back on the winning track.

There were a lot of key players to step up for the Lumberjacks. A big three-pointer by Mike Fenlon and another one by Kevin Green at the halftime buzzer gave Alpena a four-point lead at the half (38-34). They really needed players to step up, since losing Demerious Flowers to a knee injury. Scott

Groesser was also injured, but stepped up and played some key but limited minutes.

The Lumberjacks came out slow again to start out the second half, but then relaxed and started to have some fun taking a comfortable 13-point lead. They had another drought halfway through the half when Macomb pulled within three, but ACC came back with an answer and ended up winning by seven.

Lumberjacks game leaders were Nate Tuori with 34 points and 9 rebounds, Chris Leesberg with 16 points, and Scott Groesser added 12. Mike Gunderson was also a big factor in the game, adding 9 points, 7 rebounds and an outstanding 16 assists.

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