WOMEN'S TRACK

Goode was the 'lone sister' in the javelin throw

For four years, Kimmy Goode may have been considered somewhat was always the only black thrower," jumps. of an oddity in college track and field.

Goode, a recent graduate of

Hampton University, had to be one of the very few black females competing in the javelin throw. Further, she was the only female black college performer in that

In her final collegiate campaign, Goode ended things on a positive note by finishing second (155-11) in her specialty at the NCAA Division II nationals to achieve All-America honors.

The Asbury Park, N.J., native had waited three years to get back to the nationals. She earned a trip to the prime time meet as a freshman, but a nagging knee injury prevented her from performing at maximum level. In between her freshman and senior seasons, she was never able to produce the kinds of performances she had during her first college season.

The memory of the '86 nationals haunted her until this year.

"At the start of the season, my goal was to make the nationals," Goode said. "I figured that I could do it if I just worked enough at it. The way things turned out, it all paid off."

first to admit that late May.

she was a rare breed among javelin throwers. But she never viewed it in a negative way. In fact, she made it work to her favor.

"So that helped me to concentrate

"In most meets we competed in, I

events like the hurdles, sprints, and

The more she competed, the more she liked the idea of tossing a spear Goode gravitated to the javelin as for distance. However, she almost a teenage performer at Monmouth didn't meet the qualifying standards

> necessary to go to the '89 nationals. Actually, she wasn't sure that she'd make the cut at all. On her final throw in the CIAA Outdoor Track & Field Championships, Goode came up with a throw of 157-2, exceeded the qualifying standard.

"My last year was very satisfying," said Goode, "because I really had to do most of the work all on my own. Since we didn't have a coach who knew much about the event, I had to work out all the details concerning technique."

Technique, Goode explained, is the essence of what doing well in the javelin is all about. Strength is vital, but strength by itself doesn't guarantee success.

"There's much more to it than brute strength," she continued. "There's a lot more technique involved than believe. You don't have to be big and powerful. When you look at this year's national (Durell champ Schimek of Cal-Poly Pamona won the title with an effort of 166-9 1/2), that's all the proof you need. She's Photo by Max Dunhill muscular, but not

She just gets the most out of her technique and she gets maximum



Goode is the Goode enjoyed her most productive season ever by placing second in the NCAA Division II nationals in excessively large.

more because I didn't have a lot of Regional High School. She despised people to talk to like most of my the running events, so she took to the results." teammates who competed in other javelin so she wouldn't have to run.

- Roderick Hardison

SIAC

Porter's raring to go at Fort Valley State

For the past two football seasons, the duced sub-par seasons. Sub-par because the to return, even after being out for a year." proud Wildcats have always been a top contender in the SIAC and the NCAA Division II under head coach Doug Porter.

and the same of the same of

There are more than a few colleges that wouldn't minding having .500 seasons like Ft. Valley has had. During Porter's nine year Then 30-year coaching veteran Alphonso into it. I still had thoughts about the heart in folks that are members of the playoff selectenure, folks around the Georgia town have come to expect the best. The Wildcats are

"During my first two years back as a coach, I couldn't completely immerse myself into it. I still had thoughts about the heart in the back of my mind. But this year, things are going well and I'll be totally involved again."

-- Doug Porter

63-27-2 in the Porter era.

Only three years ago, Ft. Valley was the terror of the league. They took no prisoners and played the kind of give no ground defense that had opponents cringing before the opening kickoff.

In '85, the Wildcats were ranked as high as No. 2 in Division II. Their only loss being a seven point defeat at the hands of No. 1 ranked Central State.

Valley State's "Blue Death" defense led the nation in a wagon load of categories and that unit helped the team to make the NCAA playoffs. No other SIAC team has received a bid to post-season play since then.

But then something nearly catastrophic

Porter suffered a heart attack and was forced to take an extended leave of absence in order to recuperate sufficiently. He was gone for a year.

In the meantime, assistant coach Gerald Walker took over and Ft. Valley finished at 7-3. Still, Wildcats football was not the same without Porter's presence.

At one point, it wasn't clear when or if Porter would ever return to coaching. Physiapproach, while carefully monitoring his

The time off was not easy for Porter. He had always been involved in football both as player as coach. Removing himself from the on defense," Porter added. "We didn't uphold game, though very necessary, was still not our tradition for defense. We couldn't stop an easy adjustment to make.

"It was a tremendous adjustment for me to make," Porter said. "It was my first time as hurt us." an adult that I hadn't been associatated with a Saturdays during the season were particularly difficult for me. Things worked out for me being the head coach for a football program during my recuperation period and I was able to come back. If the doctors had told me that it wouldn't be wise for me to come back, I would have taken their advice.

"In looking back on it now, I can see sive people are more comfortable in what

Porter returned to his passion in '87, but the results for his teams weren't the same as Wildcats' fans had come to expect. To begin with, Ft. Valley had more youthful faces on both sides of the ball, especially on defense.

Ft. Valley State football program has pro- where being out only emphasized my desire they're supposed to do and that should make a big difference for us." Porter confessed that his health was

always a lingering thought when he returned even though he had full medical clearance.

coach, I couldn't completely immerse myself

aren't already doing that," he said. "But, in order to make the playoffs, you have to do more of that. For this conference, that means playing teams in the Gulf South and the CIAA, for instance."

The Wildcats' coach points out that "During my first two years back as a playing the better schools in other conferences serves as a reference point for the



Photo by Craig T. Greenlee

Varner was the architect of the "Blue Death" defense, the units that year after year, pounded opponents into submission with fierce and relentless abandon. His departure created a void that was difficult to compen-

At that point, Walker was called on to take over. And it was transition all the way. Walker, well-schooled in offensive strategies, had to take charge and become familar with his personnel and vice versa.

"We had a lot of inexperienced people people in crucial situations during games -especially against the good teams -- and that

But after two years, Walker has become more comfortable in his role. Porter has also become more at ease in his ability to handle that is expected to win year in and year out.

"We should be a better this team this season," Porter said. "We're more experienced, particularly on defense. Our defen-

the back of my mind. But this year, things are going well and I'll be totally involved

Being totally involved, he explains, means doing more of the things that he is accustomed to doing as the team's head mentor. Visits to the players' dormitories and more time spent in breaking down and analyzing game films are a major part of that.

In addition, he's reduced his teaching load and some of his responsibilities as the school's athletic director. There's also more authority being delegated among the members of the Ft. Valley coaching staff and the you out all the more." coach feels very much at ease with that

As the last SIAC coach to take his team team made the playoffs three seasons ago.

Porter asserts that teams have to increase their efforts to schedule inter-conference games in order to enhance their chances to play in post-season contests.

"It's not that teams in our conference

tion committees. People tend to choose teams they already know about it. So even if a team is 9-1 and hasn't played any team that committee members aren't familiar with, that team's chances of making the playoffs are

"People on those committees use that as a measuring stick," he continued. "You have don't always have to win to guarantee yourself a playoff spot. The team may lose, but if that team is competitive against a good team that committee people know about, it helps

Porter uses the year his team made the playoffs as a prime example. The Wildcats played No. 1 Central State, but lost by seven to the NCAA playoffs, Porter has some solid points. Because the Marauders are a known insights into why his home conference has commodity and Valley played them tough, been nixed of playoff appearances since his playoff committee members felt they were a team of high caliber that deserved to be in

They got the bid.

Doug Porter is back and he's raring to

-Darryl Zimmerman