

Education comes in many disguises. I think you'll find that Rush, while it does not count for credit (not even P.E.), is a class worth taking.

Water polo provides spectators with fast-paced interesting sport

By Jay Plotkin
Sports Editor

Freshmen. Going through a new period in your life, trying to make the adjustment from high school life to college life. You probably expected a few new things, but most of you probably didn't expect a new sport.

Unless you got a quick look at it during the 1988 Olympics, the Goodwill Games or are from a few select geographic regions, in all probability, you don't know very much about one of Washington and Lee's more successful teams, the "Polo" team, as it is affectionately called on campus.

No, this isn't the sport played with clubs and horses, this is water polo.

Coached by Page Remillard, one of the most respected coaches in the game, the water polo team has year in and year out posted one of the best records of any team on campus. Last year, the team finished eighth in the East Region. Remillard conducted a special clinic in association with the Goodwill Games. The team has never had a losing season (a .675 career winning percentage) and has had a stranglehold on the state title.

The team hosts several annual tournaments, which are an adventure to watch, especially if you are unfamiliar with the rules. When you go to one of these games, the Generals will be the team in the blue swimming caps cheered on by the reserves in yellow rain coats.

Crowds for home polo games are large and raucous, and watching the game is an adventure. If possible, listen to what someone who has seen a game before is shouting down towards the pool. Then try to understand just what it is that he is shouting about.

Remillard described the game in terms of basketball. "The offense is trying to put pressure on the defense to take advantage of ordinary fouls, which are part of the game. The fouls create dead time, which occurs when an offensive player is fouled with the ball. He gets three seconds of dead time to put the ball back in

play. During dead time, the defense cannot foul, or the foul results in a 35-second ejection. The offense creates scoring opportunities by keeping pressure on the defense and making them commit fouls."

One key to remember: the whistle means go.

For the first-time spectator, water polo seems nothing more than a series of frequent whistles stopping play. But there is more to the game than just frequent stoppages of play. The game is four quarters seven minutes each. Unlike hockey, there are no substitutions on the fly. Changes may be made only after a goal or between periods. Like football, teams get three timeouts.

The regulation pool is 30 meters by 20 meters. However, the Cy Twombly Pool, where the Generals play, is 25 yards by 15 yards. The game takes a great deal of endurance. Players must tread water for the entire game. They are not allowed to touch the bottom of the pool.

There are several rules. In a four meter area in front of the goal, any foul committed results in a 35-second penalty. A foul in this area is called a major foul. Major fouls include kicking an opponent, deliberate splashing, unsportsmanlike conduct, and holding an opponent off the ball. Three major fouls will result in a disqualification from the game. The penalty for a major penalty on the defense committed against an offensive player with the ball is a penalty shot from four meters in front of the goal. Only the goalie may defend.

There are also ordinary fouls. These are touching the ball with two hands, taking the ball under water, and failing to shoot the ball before the 35-second shot clock expires. The penalty for an ordinary foul is loss of the ball at the point of infraction.

Offensively and defensively, the strategy resembles that of basketball to a degree. Teams play six to a side. Obviously there is no walking with the ball or no double-dribble, but there are set plays and lots of motion by the offensive players, cutting to and from the goal. Defensively, man-to-man is the most frequent defense, but zones are also employed, mostly in man-



Point man

W&L junior Stu Towns looks to pass the ball on offense in a game last year played in Cy Twombly Pool. The main point on offense is to get the ball into the four meter "hole" to try to draw a foul or get an easy shot. The 1990 Generals will be ranked eighth in the East.

down situations.

"If I had to give advice to first time spectators, when the whistle blows, don't watch the ball. Look for the action off the ball. That is where the finesse takes place," said Remillard.

"Water polo is an artistically physical game, depending on the quality of officials," he continued

"The official is like an orchestra director. He creates a rhythm, and the players try to adjust to his rhythm."

The polo season begins September 15, but Generals will not host an event until October 27 in the W&L Fall Classic. The Generals' will also host the Southern Championships the following weekend, which is Parents' Weekend.

SPORTS NOTEBOOK

From Staff Reports

Intramurals

Washington and Lee offers an intramural program for both residence hall and fraternities.

Residence hall intramural teams are broken down into by halls. Teams will compete in football in the fall, three-on-three basketball and volleyball in the winter and softball in the spring among other events.

Fraternities compete in the fall in football, tennis, golf, soccer and the 3.1-mile Turkey Trot run. In the winter, wrestling, basketball, volleyball and swimming highlight the schedule. In the spring, softball and track headline the schedule.

Freshmen who pledge fraternities are allowed to represent their house in all sports starting after football.

Athletics

All athletic events on campus are free of charge. Washington and Lee competes athletically on the Division III level, offering 19 varsity sports and an extensive club sports program.

W&L is a member of the Old Dominion Athletic Conference, which was founded in 1976.

Football games are played on Wilson Field. Water polo is played in Cy Twombly Pool. Men's and women's soccer games are played on the Liberty Hall fields, adjacent to the Freshman parking lot. Cross country begins its races from the Law School Field. Volleyball games are held in Warner Center.



Coming Attractions

The W&L football team is joined by two new coaches and a graduate assistant coach. The new additions to the staff make for one of the most experienced staffs in Division III and a staff that head coach Gary Fallon calls his best ever.



Jim Stagnitta (foreground)

Head lacrosse coach Jim Stagnitta, who led the Generals to a 9-4 record last season and a No. 11 ranking, was nearly gone as quickly as he came.

A University of Pennsylvania grad and a former assistant coach for the Quakers was a finalist for the Quakers' head coaching job, which opened up when the Quakers' former head coach took the top job at Johns Hopkins.

Stagnitta guided the Generals to their first winning season since 1987 and the total of nine wins was more than the Generals tallied in the previous two seasons.

Attention freshmen: The Ring-tum Phi needs you!

Wanted: reporters, ad salesmen Benefits: looks great on a resume

Sign up at the Student Activities Fair
Sept. 5 on the Lee House Lawn

Organizational meeting --- Sept. 6 at 8 p.m.
in Room 203 of Reid Hall

Bon Appetit!

A guide for W&L freshmen to Lexington's culinary hot spots

By Pamela Kelley
Staff Reporter

By the end of Freshman Orientation next week most freshmen will have grown familiar with the fundamentals of Washington and Lee campus culture and traditions. Most freshmen will have learned about the Honor Code, will be able to locate any book they want in the four-story W&L Library, will have heard stories about the legendary Fancy Dress Ball, and will have attended at least one pre-matriculation party.

Freshmen might not have been told, however, of the options which exist off campus for those suffering attacks of the munchies, or those who seek alternatives to Evans Dining Hall. Below is a culinary guide to the Lexington restaurants most frequented by college students.

Spanky's, 110 S Jefferson St.

Spanky's offers a variety of eat-in or take-out appetizers, sandwich or submarine combinations with names like The Bouncy or The Carpetbagger, and drinks. The restaurant also has a bar and its front room features gourmet items from all over the world. Spanky's is open for lunch and dinner from 9 a.m. to 1 a.m. Monday through Saturday and 10 a.m. to 1 a.m. on Sunday.

The Palms, 101 W Nelson St.

The Palms is another restaurant equipped with a bar that offers a variety of food items that will please any appetite. Favorite offerings at the Palms are its Curly Fries and different types of hamburgers. The Palms has also become a landmark stop for the celebrations of those turning 21 years old. The Palms is open for lunch and dinner 11:30 a.m. to 1:00 a.m. Monday through Friday and 12:00 p.m. to 1 a.m. on Sunday.

El Cafe, 116 N Main St.

El Cafe, which opened in June, is one of Lexington's newest restaurants. El Cafe features a Mexican cuisine and atmosphere. El Cafe serves a la carte choices such as burritos, tacos, or enchiladas and different combination plates. El Cafe, which also has a bar, offers a variety of Mexican beers, daiquiris and other drinks. El Cafe is open for lunch and dinner 11:30 a.m. to 10 p.m. Sunday through Thursday and 11:30 a.m. to 11 p.m. Friday and Saturday.

Hunan Gardens Chinese Restaurant, E Nelson St.

Hunan Gardens provides Lexington with authentic Chinese cuisine and a bar to serve exotic cocktails and drinks. The restaurant offers a variety of Chinese dishes, combination plates, and soups. You even can get fortune cookies! Hunan Gardens is open for lunch and dinner all week from 11:30 a.m. to 10 p.m.

Sycamore Farm Market, 14 S Randolph St.

Sycamore Farm Market is a delicatessen-type restaurant that sells different kinds of sandwiches, drinks, salads, and desserts to eat-in or take-out. Sycamore Farm Market also sells freshly baked breads and desserts, as well as other goodies from trail mix to gummy bears. The restaurant also offers a large all-you-can-eat Sunday buffet.

Willson-Walker House, 30 N Main St.

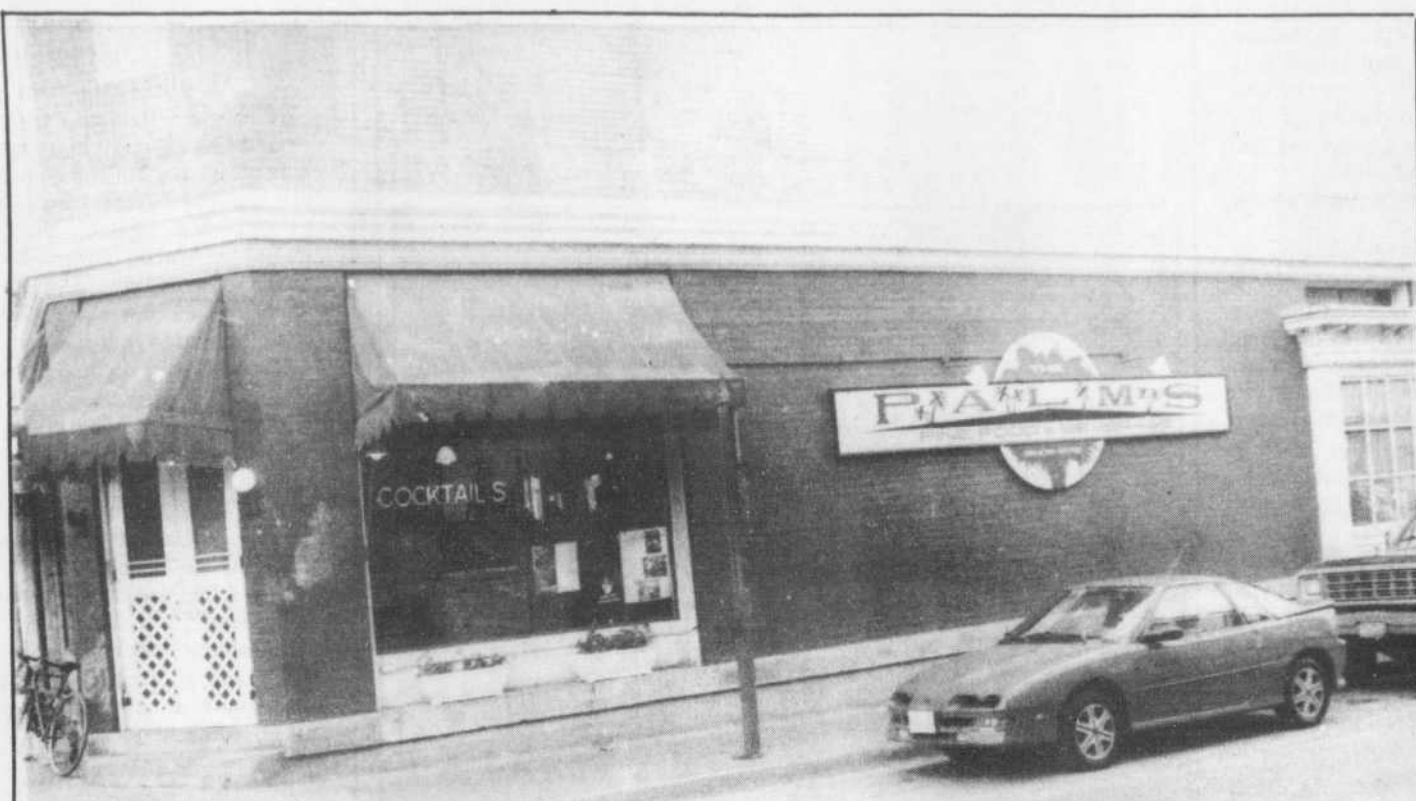
The Willson-Walker House is located in a restored classical revival town house and offers American Cuisine. The Willson Walker House is one of Lexington's finest restaurants and is a popular selection among students for Fancy Dress dinners and other important celebratory meals. The Willson-Walker House is open Tuesday through Saturday 11:30 a.m. to 2:30 p.m. for lunch and 5:30 p.m. to 9 p.m. for dinner.

Southern Inn, 37 S Main St.

The Southern Inn has served breakfast, lunch, and dinner to Lexington for over 50 years. The restaurant offers an assortment of steak, chicken, and seafood dishes. The Southern Inn also serves Greek and Italian specialties. The Southern Inn has a family-style atmosphere and is open Tuesday through Sunday 8 a.m. to 9:30 p.m.

Lloyd's of Lexington, 19 W Washington St.

Eating at Lloyd's has become a legendary experience in which every W&L student must partake at least once in his/her four year college career. Lloyd's offers a variety of fast-food breakfasts, as well as hamburgers, pizzas, milk shakes, with lots of video games to play while you wait. A late-night favorite among students, Lloyd's is currently open from 5 a.m. to 2 a.m., but may return to its usual 24 hours service later on this year.



Lee-Hi Truck Stop, Highway 11 N Lexington.

Lee-Hi Truck Stop offers anything a student could possibly want, from groceries, gas, and fishing gear, to He-Man breakfasts, lunch plates, and dinners. Lee-Hi offers reasonably priced meals and has a juke box that will play anything from Tammy Wynette to John Cougar Mellencamp. Lee-Hi is open every day 24 hours.

Frank's King of Pizza, E Nelson St.

Frank's specializes in Italian pasta dishes, pizzas, submarine sandwiches, and calzones. Restaurant favorites include Phillie Cheese-steak Subs, Meatball or Italian Sausage Subs, and lots of pizza! Frank's is open from 11 a.m. to 11 p.m. every day.

Sweet Things, 106 W Washington St.

Got a sweet tooth? Dip into Sweet Things, which offers an assortment of home-made yogurt, shakes, and ice cream with all sorts of toppings, from

hot fudge to Oreo. Sweet Things is open Monday through Saturday 12 p.m. to 10:30 p.m. and Sunday 2 p.m. to 10:30 p.m.

In addition to the above restaurants, Lexington also contains several of the popular restaurant chains like McDonald's, Wendy's, Kentucky Fried Chicken, Pizza Hut, Burger King, Long John Silvers, and Domino's Pizza, another late night favorite. Bon Appetit!

1990 Freshman Orientation Schedule

Saturday, September 1:

9:00 a.m.-4:00 p.m.	Freshman Check-in and Matriculation	Commerce Schoc
3:30-5:00 p.m.	Parents' Orientation	Lee Chapel
5:30-6:30 p.m.	Parents' Dinner	Evans Dining Hall
	(Parents are guests of the University)	
9:00 p.m.	Dormitory Section Mtgs.	Dormitory

Sunday, September 2:

11:00 a.m.-12:30 p.m.	Brunch	Evans Dining Hall
*1:00 p.m.	President's Welcome and Class Meeting	Lee Chapel
*2:00 p.m.	English Placement Test	Evans Dining Hall
*3:30 p.m.	Foreign Language Placement Test	Evans Dining Hall
	+ a. French	Evans Dining Hall
	+ b. Spanish	Evans Dining Hall
	+ c. German	Tucker Hall
	+ d. Latin	Newcomb 9
6:00 p.m.	Alumni Association BBQ	Pavilion

Monday, September 3:

7:00-8:00 a.m.	Breakfast	Evans Dining Hall
*8:30 a.m.	Mathematics Placement Test	Evans Dining Hall
*9:30 a.m.	Class Meeting	Evans Dining Hall
11:00 a.m.	2nd Language Placement Test	Evans Dining Hall
*11:00 a.m.-noon	University Heritage Panels	TBA
Noon-1:00 p.m.	Lunch	Evans Dining Hall
*2:00-3:15 p.m.	Class Meeting "Academics" (Dean John Elrod)	Lee Chapel
*3:30-5:00 p.m.	Departmental Representatives Meeting	Stemmons Plaza
*5:30-6:30 p.m.	Faculty Advisers' Dinner	Evans Dining Hall
9:00-11:00 p.m.	Music & Refreshments	Davis-Baker-Gilliam Quad

Tuesday, September 4:

7:30-8:30 a.m.	Breakfast	Evans Dining Hall
*8:30 a.m.-noon	Registration with Faculty Advisers	Faculty Offices
Noon-1:00 p.m.	Lunch	Evans Dining Hall
*1:30 p.m.	Class Meeting "Beyond the Classroom" (Dean David Howison)	Lee Chapel
*3:00-4:00 p.m.	Financial Aid Meeting	Northern Auditorium
5:30-7:00 p.m.	Adopt-A-Freshman Dinner	Front Lawn
*7:30 p.m.	Honor System Orientation	Lee Chapel

Wednesday, September 5

7:30-8:30 a.m.	Breakfast	Evans Dining Hall
*8:30 a.m.-3:30 p.m.	Freshman Scheduling	Colonnade/Payne Hall
	8:30-9:30 a.m.	A-C
	9:30-10:30 a.m.	D-G
	10:30-11:30 a.m.	H-L
	11:30-12:30 p.m.	M-O
	1:30-2:30 p.m.	P-S
	2:30-3:30 p.m.	T-Z
*8:30 a.m.-3:30 p.m.	Library Orientation	
	8:30-9:30 a.m.	D-G
	9:30-10:30 a.m.	A-C
	10:30-11:30 a.m.	M-O
	11:30-12:30 p.m.	H-L
	1:30-2:30 p.m.	T-Z
	2:30-3:30 p.m.	P-S
Noon-1:30 p.m.	Student Activities Fair (Commence Regular Dining Hall Hours as Posted in the Dining Hall)	Front Lawn
*7:00-9:00 p.m.	Swimming Proficiency Tests	Warner Center
	7:00 p.m. Men	A-D
	8:00 p.m. Women	A-G
*6:30-9:30 p.m.	Responsible Dating Discussions	TBA

Thursday, September 6

Classes Begin (Note Shortened Class Schedule)		
*3:00-9:00 p.m.	Swimming Proficiency Tests	Warner Center
	3:00 p.m. Men	E-H
	4:00 p.m. Men	I-M
	7:00 p.m. Women	H-M
	8:00 p.m. Men	N-S
*6:30-9:30 p.m.	Responsible Dating Discussions	TBA

Friday, September 7

*3:00-6:00 p.m.	Swimming Proficiency Test	Warner Center
	3:00 p.m. Women	N-Z
	4:00 p.m. Men	T-Z
	5:00 p.m. (Make-Up)	
5:30-8:00 p.m.	Fridays Alive Concert	Davidson Park
9:00 p.m.	Student Pavilion Party	Pavilion

Sunday, September 9

1:00-2:00 p.m.	Greek System Orientation	Dorm Quad
2:00-4:00 p.m.	Sign-Up for Open Houses	Lee Chapel

When you party remember to...



Don't get wrecked. If you're not sober - or you're not sure - let someone else do the driving.

A message provided by this newspaper and Beer Drinkers of America



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Costa Mesa, CA 92626
714/557-2337
1-800-441-2337

*Beer Drinkers of America is a non-profit consumer membership organization open only to persons over the age of 21.