

RECREATION ATHLETIC NEWS

C.C. Bowling Results

TEAMS	W	L	PERCENTAGE
1. No Names	12	0	1.000
2. Beta Chi	10	2	0.833
3. Keglers	10	2	0.833
4. "It!"	8	4	0.666
5. Spoilers	6	6	0.500
6. Kozak	6	6	0.500
7. XGI's	5	7	0.416
8. New Names	5	7	0.416
9. I.T.E.	2	10	0.166
10. Dinkledorfs	2	10	0.166
11. Strike Outs	1	11	0.083
12. Alleycats	1	11	0.083

No Names (4) - Dinkledorfs (0)
 Beta Chi (4) - I.T.E. (0)
 Spoilers (4) - Kozak (0)
 Keglers (4) - Alleycats (0)
 X.G.I.'s (3) - Strike Out (1)
 "It!" (3) - New Names (1)

Men's Individuals

H.A. Ed Houser (Keglers) 182
 H.S. Mike Vitale (Spoilers) 575
 H.B. Paul Heintzmann (XGI's) 215

(500 CLUB)

1. Ed. Houser (Keglers) 598
2. Mike Vitale (Spoilers) 575
3. Paul Heintzman (XGI's) 566
4. John Schrum (New Names) 533
5. Murray Sharp (No Names) 524
6. Dave Kurowsky (It!) 513
7. Jim Herbst (Keglers) 509

(200 CLUB)

1. Ed. Houser (Keglers) 226,201
2. Mike Vitale (Spoilers) 219
3. Paul Heintzmann (XGI's) 215
4. John Yee (No Names) 212
5. Fred Kireta (Beta Chi) 211

WOMEN'S INDIVIDUALS

H.A. Barb Keeler (Dinkledorfs) 129
 H.S. Dee Hribousky (Alleycats) 398
 H.G. Marge Kenny (Alleycats) 154

The make-up week must be bowled before November 14, 1973 otherwise you will forfeit 4 points. Call for a reservation at the lanes before going on Tuesday or Thursday nights.

Football

Flag Football Scores

THURSDAY, OCT. 11:

Alpha Omega - 26
 Schaffer - 0

 R.E.O. Speed Wagon - 32
 X.G.I.'s - 6

 N.A.D.S. - 18
 Loose Ends - 0

 Rag Time - 26
 Bender Bros. - 6

 Foul Balls - 34
 P.S.E.A. - 0

WEDNESDAY, OCTOBER 17:

R.E.O. Speed Wagon - 20
 Alpha Omega - 6

 Loose Ends - 20
 Bender Bros. - 6

 X.G.I.'s - 14
 N.A.D.S. - 13

 Schaffer - 20
 P.S.E.A. - 6

MONDAY, OCTOBER 15:

R.E.O. Speed Wagon - 28
 Foul Balls - 0

 Rag Time - 41
 P.S.E.A. - 6

Flag Football

Standings as of Wednesday October 18:

TEAM	W	L
SCHAFFER	2	1
RAG TIME	3	0
REO SPEED WAGON	4	0
LOOSE ENDS	1	3
BROTHERHOOD	3	0
NADS	1	2
X G I's	2	2
BENDER BROS.	0	4
ALPHA OMEGA	2	2
FOUL BALLS	1	2
P.S.E.A.	0	3

TUESDAY, OCTOBER 16:

Brotherhood - 28
 Bender Bros. - 20

Flag Football Roster

- Mon. Oct. 29:
 6:00 p.m. - No. 6 vs. No. 2
 7:00 p.m. - No. 7 vs. No. 1
 8:00 p.m. - No. 8 vs. No. 11
 9:00 p.m. - No. 9 vs. No. 10
- Tues. Oct. 30:
 9:00 p.m. - No. 5 vs. No. 3
- Wed. Oct. 31:
 6:00 p.m. - No. 3 vs. No. 4
 7:00 p.m. - No. 11 vs. No. 7
 8:00 p.m. - No. 10 vs. No. 8
 9:00 p.m. - No. 1 vs. No. 6
- Thurs. Nov. 1:
 9:00 p.m. - No. 2 vs. No. 5
- Mon. Nov. 5:
 6:00 p.m. - No. 3 vs. No. 6
 7:00 p.m. - No. 4 vs. No. 5
 8:00 p.m. - No. 2 vs. No. 7
- 9:00 p.m. - No. 1 vs. No. 8
 Tues. Nov. 6:
 9:00 p.m. - No. 11 vs. No. 9
- Wed. Nov. 7:
 6:00 p.m. - No. 8 vs. No. 9
 7:00 p.m. - No. 5 vs. No. 1
 8:00 p.m. - No. 6 vs. No. 11
 9:00 p.m. - No. 4 vs. No. 2
- Thurs. Nov. 8:
 9:00 p.m. - No. 7 vs. No. 10
- Mon. Nov. 12:
 6:00 p.m. - No. 2 vs. No. 3
 7:00 p.m. - No. 11 vs. No. 5
 8:00 p.m. - No. 10 vs. No. 6
 9:00 p.m. - No. 9 vs. No. 7
- Tues. Nov. 13:
 9:00 p.m. - No. 1 vs. No. 4

Heads Up

University Park, Pa. - If they're playing heads-up football at more colleges these days, it's not necessarily because the talent is better.

"Better protection for the head - the helmet and face guard - have freed players to go in with their heads up," says Dr. Chauncey A. Morehouse, professor of physical education at The Pennsylvania State University.

"Yes," says Joe Paterno, coach for the Nittany Lions, "and that has resulted in a whole new ball game as far as field techniques are concerned."

"That hard, plastic helmet with its steel-wire face guard has made football a tougher, more aggressive game."

"Heads-up football is not without its dangers and Paterno is among those who take exception to its abuses. The face guard is not one of them. In fact, it is emerging with a definite plus: in addition to the protection it affords the face, it helps dissipate the shock of impact."

That is the conclusion of a year-long study recently completed by Dr. Morehouse.

In the Biomechanics Laboratory at the University, Morehouse and his colleagues dropped an artificial head, encased in a helmet with face guard attached, from a height of five feet.

They photographed the guard with high-speed motion picture cameras and measured the force with an accelerometer mounted in the dummy head.

"Our data show that a good face guard serves to dissipate the energy of a blow, in a radial fashion, through its mountings, to the helmet itself."

"We've found that some face guards take up as much as 85 per cent of the energy of impact."

The five-foot drop subjected the head form to about 240 g's, well above the threshold at which concussion can occur (200g's).

"The face guard in particular," says Paterno, "has radically change the game of football. It has made possible an exceptionally effective way to stop the 'forward progress fall,' by which, formerly, even an average ball carrier could often pick up an extra yard and a half."

Where tacklers used to lead with the shoulder there was always a good chance, points out Paterno, that the ball carrier could roll off the tackle and fall forward.

Now, with the improved headgear, a good tackler can stop a runner cold with a head-on tackle.

The face guard is not mandatory in college or professional football.

"Still," says Paterno, "I wouldn't dream of letting any player on the field without one. It would be an invitation to plastic surgery."

Program co-ordinator of Penn State's Sports Research Institute, Dr. Morehouse previously conducted an impact test series on helmets alone. That program was under the general direction of Dr. Wayne R. Hodgson of the Department of Neurosurgery at Wayne State University.

Many questions concerning both guards and helmets are still unanswered by the experiments.

"Though fractured noses and cheekbones have all but disappeared from the list of gridiron injuries," says Morehouse, "due to the availability of the guard as an inadvertent 'handle' there are neck injuries to be reckoned with. It is not impossible that what we are seeing is a trade-off of face for neck injuries."

In any event, the Penn State group is continuing its research toward the development of football headgear that is even better than what is now available.

Capitol's Soccer Club wins Second Match



SOCCKER CLUB'S NEW LION - Goalkeeper Armand Magnelli (Sr. Soc. Sci.) whisks a sure goal out of the air, demonstrating cat-like agility. His Basketball Team experience with ball handling, plus speed, give him potential skills of a great goalie.

By
 Michael Nonnemacher

On October 9th, over 100 spectators witnessed one of the finest displays of soccer that this area has seen. Capitol Campus emerged as victor by edging out a highly competitive N.E. Christian Jr. College by the score 7 - 6.

Spectators were caught up in a tempo that never let up and applauded both teams for a superlative game. Coach Ed Trunk praised his team, "The players have responded well to an accelerated training pace. They now have both endurance and skill." As in the last game, tragedy once again struck the team with Mike Burkholder severely injured his right foot in a freak fall late in the second half. Mike was rushed to Hershey Medical Center where a cast was applied. At game's end, much saddened, Trunk said, "I fear that I have lost the use of our best playmaker for this season. I can only pray for his speedy recovery."

The game began with a series of rapid drives and counterdrives, each team seeking to penetrate the other's defense. Capitol finally found the key with a "dream play" at the 20 minute mark. John Harris drew off a fullback on a quick center pass to Dennis Doerr, who turned quickly, drove the ball past the second fullback giving Mike Burkholder a clear shot at the goal. Mike connected and scored! Not more than 5 minutes later, Capitol again found the key when halfback Ennio Trent drove the ball between the defense giving center forward Dennis Doerr an opening. The goalie rushed out, but too late to stop Doerr from scoring. N.E. Christian exerted frantic pressure and succeeded in trying to score with two rapid goals toward the end of the first half. With two minutes to go, left wing Randy Hess crossed the ball to center where John Harris leaped forward heading the ball into the right corner, giving Capitol a first half lead, 3 - 2.

Just 5 minutes into the second half N.E. Christian took advantage of a defense misunderstanding and tied the score 3 - 3. Then halfback Dan Fichtner repeated Ennio's play, setting Doerr up for his second goal. Again, N.E. received assist from Capitol, a direct kick was awarded to them when two on one was called in the goal area. A neat, low shot into the left goal area tied the score 4 - 4. Dennis Doerr highlighted his career by scoring the next two goals. The first a direct kick penalty from 20 yards that torpedoed past a defensive wall into the left corner; the second on a beautiful pass from John Harris. N.E. again lucked out when a loose ball with backspin drew goalie Armand Magnelli out, but bounced back to he opposition giving them an easy score. With 17 minutes to go both teams scored one more time. John Harris scored on an inside pass from Dennis Doerr. Then Burkholder was injured. Doerr also left play due to a sore foot. N.E. last score in the remaining ten minutes ended the game, 7 - 6.

Capitol's lineup was: Goal-Armand Magnelli; Fullbacks - Pat Byrne, Ken Albert, (Doug Weirich); Halfbacks - Dan Fichtner, Larry Lingenfelter, Ennio Trent; Forwards - Randy Hess, Mike Burkholder, Dennis Doerr, John Harris, Barry Deacon, (Al Burlikowski, Harold Myers.) Reserves - Rocky Stull, Mike Nonnemacher, Andy Koval, Dennis Hlavaty, Bob Lawler.

On Tuesday, October 30, at 7:30 p.m. Capitol Campus will play Lancaster Bible College, at C.C.

Varsity Basketball

Practice sessions are now in progress. Check with Tony Lombardozzi, Basketball Manager, or the Recreation / Athletics Building for time and place.

Mr. Smitley was contacted by Mr. Jim Miller, a former Capitol Campus varsity basketball team member. They have arranged a game between a Capitol Campus Alumni Basketball Team and Capitol Campus, Saturday, Nov. 3 at 2:00 p.m. in the Middletown Main Street Gym! Plan to Attend!!

