

Relaxation takes practice

By NICOLE MILES
Collegian Staff Writer

Athletes must realize how their bodies react to stressful competition to counteract its effects, said an associate professor of physical education from the University of California at Fullerton.

"It is crucial to recognize your manifestations of stress and the way you handle them," Ken Ravizza said. He spoke Tuesday night at a discussion titled "Stress Management: Lessons From World Class Athletes."

Ravizza advises a variety of athletic teams on how to handle stress in competitive situations. The stressful situation will be different for each athlete, he said, depending on its intensity, how much stress the athlete can handle, the duration of the situation and the amount of other types of stress in the athlete's life, Ravizza said.

"Understanding the stressor (the element causing the stress) is crucial so you can prepare to deal with it, and then being sensitive to the ways you manifest the stress," Ravizza said.

Ravizza said each sport and performance is different, and each athlete has a different way of reacting to stressful situations.

Ravizza said gives athletes "pre-performance routines," a series of activities used to regain the athlete's concentration during a stressful situation. It starts with basic relaxation training, and then training with distractions like tape recordings of the coaches yelling.

He makes them practice under stresses similar to those they experience during performance so they learn how to deal with it.

"Once you grind it out and can physically do it, it's just a matter of doing it while the pressure is on," he said.

He strives to increase the quality of practice time by setting team and individual goals. He also uses a "two-minute drill," where a person sets a realistic, short-term goal in order to regain concentration.

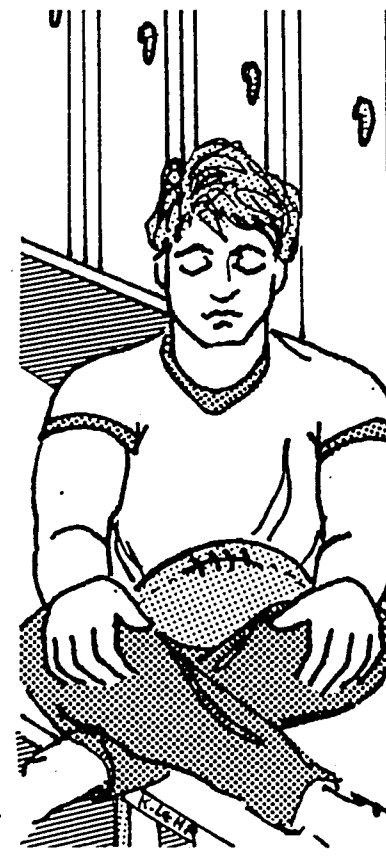
He also recommends the two-minute drill for students who have difficulty concentrating on studying.

If people commit themselves to an activity for two minutes, they will find that they will continue it after the two minutes is up, Ravizza said. To help gain motivation, they should do things that are easier for them first and recognize when they are in a stressful situation, Ravizza said. If they succeed at that, they will have more motivation to move on to something harder.

He said he also incorporates injured players into the practice to curb the depression that comes with injury and makes the athlete imagine himself going through the practice routine, Ravizza said.

"It's not easy to overcome stress during competition, he said.

"A lot of people are looking for the magic answer," Ravizza said. "It takes an incredible amount of practice and training it's not a simple solution."



Softball tournament to aid Second Mile

By COLBY STONG
Collegian Staff Writer

Sigma Phi Epsilon fraternity, 524 Locust Lane, will host its first annual softball tournament at the Blue and White golf courses this weekend to benefit the Second Mile of Centre County.

The single elimination tournament will begin at 9 a.m. Saturday and conclude with the awards ceremony at 7:30 p.m. Sunday, said Craig McGuinn, softball tournament co-chairman. Games will be played from 9 a.m. to 6 p.m. Saturday and Sunday. After a team loses, it will play a consolation game.

Teams will be divided into three categories: fraternities, independents and coed, McGuinn said. So far, 20 fraternities, 12 independents and several coed teams have entered. He said applications are available in the HUB basement and the deadline to register is 5 p.m. today.

The organization has four major programs set up to help children, including a friend program, which helps children act in large group activities. Second Mile also operates a summer camp program, a foster care program, and an assistance fund.

First and second place trophies will be awarded to teams in each category, McGuinn said.

To raise money for the Second Mile each team is required to pay a \$40 entry fee, he said, adding that T-shirts are also being sold for \$3.50. Each team is given 10 free T-shirts for entering.

Second Mile, 1840 N. Atherton St., is a private, non-profit organization designed to help adolescent children in need, said Jeff Goldsmith, director of community relations for Second Mile. The majority of money raised comes from special events and donations, he said.

Ordinance amendment likely

An amendment to make alcohol consumption in or on a parked car a violation in the borough is likely to be added to the open container ordinance Monday night at the State College Municipal Council meeting, some council members said.

Both Council Member Dan Chaffee and Council President Mary Ann Haas said they expect the amendment to easily pass a council vote since none of the council members have given any opposition to it.

Haas said the amendment calls for the open-container violation to apply to people consuming alcohol in or on a vehicle on all public streets or alleys. However, the amendment would not apply to moving vehicles since that would be a violation of the state drinking and driving law.

"This is a natural extension of the state drinking and driving law," Haas said.

Chaffee, who is chairman of the council's public safety committee that recommended the amendment to council, said the problem of drinking in and on parked cars heightened this summer when residents living around Orchard Park near Orchard Road complained about softball teams drinking around their cars after games.

Along with other area parks, the Pugh Street parking garage has also been a problem in the downtown area.

Slate College Police Chief Elwood Williams said while this has been a problem in downtown Slate College, the amendment was proposed because of complaints from the residential areas.

Williams said he does not expect the amendment to meet public opposition. "This is very consistent with the feeling of many people in town and consistent with (University President Bryce) Jordan's alcohol task force," he said. —by Jeanette Krebs

police log

- Two 10-speed bicycles belonging to Carolyn Barbieri, 410 Simmons, and Lori Kaswer, 12 McElwain, were seen Wednesday night being loaded onto a truck parked at the McElwain Hall loading dock, University Police Services said. Police said they are investigating.
- James Colestock, 320 S. Pugh St., reported a television tuner missing from his residence yesterday, the State College Bureau of Police Services said.
- Denise Headley, 433 W. College Ave., reported \$25 worth of food missing from her residence yesterday morning, State College police said.
- Jeffrey Ertel, Maintenance Building foreman, reported Wednesday that an unidentified vehicle caused minor damage when it struck the right front side of a landscape departmental vehicle parked at the Pollock Landscape Building, University police said.
- A bicycle belonging to Greg Kelling, 414 Pinchot, was reported missing Wednesday from a Pinchot Hall bike rack, University police said.
- A traffic control barricade was observed Wednesday in the window of a room in Hastings Hall, University police said. The occupants will be referred to the Office of Student Conduct, police said, adding they are uncertain if the barricade is one of eight missing since Monday from the construction site near parking area 88.

collegian notes

- Student Counselors are available to listen to student concerns. Call 863-2020 or drop in 135 Boucke 4 p.m. to midnight daily.
- Applications for the Student Counselor Program are available in 135 Boucke.
- The College Democrats will hold a Rock Against Hunger Relief in America featuring three live bands at 8 Saturday night in the HUB Ballroom.
- The International Cultures Interest House will meet at 6 tonight in 102 Forum.
- Interlandia will sponsor recreational folk dancing from 7:30 to 11:30 tonight in the HUB Ballroom.
- The Ballroom Dance Club will meet at 7 p.m. Sunday in 133 White Building.

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By Kenneth Cole

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