

Sports

Cleaning out the notebook

By LEE L. RICHARDS
Sports Columnist

CLIPBOARD NOTES:
Lake-Lehman coach Rodger Bearde and Joe Gries did splendid job in calling play-by-play of Northwest Rangers title tilt.

Lake-Lehman grid coach Mark Kirk is already getting number of inquiries regarding Chris Van-Gorder. He could be top recruit in Wyoming Valley this coming season, along with Valley West's Ed Michaels.

It's good to see Coach Walter Michaels prowling sidelines again. He'll do the job with the Jersey Generals.

NCAA roundball tournament is history now, but it had its share of outstanding games. As predicted North Carolina and Kentucky didn't win or make it to the final game. When I mentioned neither would win several weeks back, I received some peculiar looks from hoop fans.

Kentucky Coach Joe B. Hall has ruined more talent than any coach the game has ever seen. He may be able to recruit, but he's no game coach. In fact, I doubt the Wildcats would have even made it to regional final if game wasn't on their home court.

I have to turn the sound off when Brent Musburger starts his rambling. He's too much of cheerleader. Gary Bender, another no-neck, is cut from the same mould. Let me watch the game and cut out the chattering.

With the start of 'Boredom Hall' or baseball, I'm already tired of seeing George Steinbrenner's name overshadowing the Yankee players. I refuse to read anything concerning him. Yogi's in for a beaut of a time.

I'll miss Billy Martin. He always did have too much style for George to cope with.

New York press as usual giving Mets the big hype. At best they'll be next to last.

It's only matter of days before first manager in baseball will get the hook. Wonder who it'll be and how quick?

Mickey Mantle is not coming to Pocono Downs which is no real loss. He wanted too much from what I understand.

Look for more Eastern grid powers to concentrate on signing

speedmerchants from Florida in the future. Syracuse and West Virginia have joined Pitt in the Sun Shine State in seeking players. Big advantage Florida players have over ours is 20 days spring practice with pads.

According to most coaches I've talked with thus far, Pitt won the recruiting sweepstakes in the East. Panthers were rated by some in the top five for the whole country.

None of the participants in our roundball poll picked Kentucky to win title. Most had Carolina, Georgetown and Houston. I had the Hoyas and DePaul in finals.

Coach Bearde was on hand for all of the PIAA State title roundball contests recently. He said Williamsport is an outstanding team with a heap of fire-power. Coach Bearde's Lake-Lehman team hung tough with the champs until they ran into some foul trouble.

Not too many coaches were impressed with the final four games in recent NCAA. Said one, "Heck, you could dress Houston and Georgetown in NBA uniforms and you'd never tell the difference."

Speaking of title game, the officiating left a lot to be desired. I can't recall when there were so many suspect calls against both teams. Even Bill Packer got teed-off at some of the sorry calls. I'd be willing to lay a wager the refs took some heat from NCAA when it was all over.

Why when I see former UCLA Coach John Wooden do I still get a mad-on over his selfish reasons for not allowing his former players to participate on our Olympic team. I've never been fan of UCLA hoop program and enjoy seeing all of the turmoil now.

The sorry weather is going to once again put the damper on the spring sports season.

Received two offers last week to go to Sunday's Russian-USA wrestling meet at Penn State, but declined. Why? I don't like anything

about the Soviet Athletes because they're all professionals. I can't see why we allow them to come to America. However, I did arrive in time for the annual Penn State Wrestling banquet.

We presented Coach Rich Lorenzo and his squad some awards on behalf of the Eastern Wrestling League. Lorenzo was coach of the year, NCAA champs Carl DeStefanis and Scott Lynch co-wrestlers of the year and Greg Elinsky freshman of the year. It was a splendid affair and Fran Fisher was the MC.

Andy Voit of Allentown is one of the top school boy wrestlers in the State according to several of the EWL coaches I talked with last week. He's supposedly leaning to Penn State. Rob Koll, son of former PSU Coach Bill Koll, is also considering the Nittany Lions. He's another top notch performer and was voted the OW in recent tournament. State already has a firm commitment from four-time champ Matt Gerhard.

Former Lake-Lehman grid coach Rich Gorgone has indicated a heap of interest in vacant Dallas football job. Can't help but wonder if Frank Galicki will be offered the job. He's assistant principal at the high school now and would seem to have the necessary background.

Oklahoma State recently fired its wrestling coach and offered Iowa Coach Dan Gable two and half million over 10 years. Gable turned it down. Then Cowboys denied the offer. I'd say they take their wrestling a mite too serious.

Have A News Tip?

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Dallas Post/Charlot M. Denmon

Prepping for season

Members of the Dallas High School track team are shown here as they take a minute from preparing for the 1984 spring track season. The Mountaineers are under the direction of coach Bill Straitiff.

At Dallas

Boys, girls track teams prepare for this week's opening meets

By CHARLOT M. DENMON
Staff Correspondent

Dallas Senior High School track coach Bill Straitiff has 42 candidates out for the spring track team, 13 of them returning lettermen. His major problem to date is similar to that of the other local track coaches — the weather.

Straitiff has 23 seniors on this season's squad, all of them with some experience.

"We have enough depth in the distance running and in sprints," said Straitiff, "but in some of the events we could use more. Mary Ann Walsh, assistant coach, works with our girls' program and also with our throwers. All of our girls aren't out for practice yet since some are on the volleyball team and some are in the play."

"In the meantime, Walsh is also working with eight or 10 throwers practicing for the shot put, javelin and discus."

Among returning lettermen, Dallas has Steve Plesnar for the high jump. He should do over six feet this year. Bernie Riley is expected to do better than 11 or 12 feet in the pole vault. Assistant Steve Kaschenbach is working with the jumpers and Pete Doyle is working with the distance runners. Straitiff is pleased with the cooperative effort of the coaches and the progress being made with the track candidates.

Tony Tucker is one of the best 200m sprinters in the conference this season and Mark Drasin is excellent in the 800m and 1600m runs. Joe Ostrowski is practicing the shotput and discus and has already thrown over 40 feet in practice. Ed Fedrow is also doing great with the discus.

In addition to the seniors, there are 10 juniors and 10 sophomores on this season's squad.

The Dallas girls' team lost many girls through graduation but although short on numbers, they are

good on talent, according to Straitiff. Amy Aston is back and is looking towards states as a distance runner.

Sophomore Linda King, Junior High District Champ, is expected to do well in sprints and Junior High District Champ Sophomore Karen Vloedman is expected to do well in the javelin. Junior Linda Harvey excels in the hurdles and triple jump and Cheryl Gavigan is doing well in the shot put, discus and javelin.

Straitiff believes that despite the girls getting started late, they will make a good showing in the Districts. He said that there are a lot of strong teams in the league this year but he believes the girls will be strong contenders.

Straitiff also believes the boys should have a good season although it is too early in the season to predict.

The girls open their season April 11 with Tunkhannock, the boys open April 12 against Tunkhannock.

Nice weather brings out joggers, bikers

As the approaching spring forces winter to reluctantly release its icy grip, the anticipation of nicer weather sees an increase in the number of joggers and bicyclers on city streets and country roads. Here and there, recently empty baseball diamonds come alive as teams begin practice for the summer season.

It has been a long, hard winter and many of the participants got little or no exercise since last fall.

Wayne Edmonds, Executive Director of the Governor's Council on Physical Fitness and Sports, suggests that if you haven't kept up any kind of fitness program all winter, don't try to pick up where you left off last summer.

"Chances are you're in fairly reasonable shape and it shouldn't take too much to get into condition. If you've got a physical job you'll be in better condition than a person who has a non-physical job. Non-physical types who do a lot of walking on the job will be better prepared than the person whose job requires sitting or standing in one place all day, and so on."

Edmonds said the most important

thing is to be realistic about yourself. If anything, underestimate your capabilities in the beginning to avoid injury. He recommends getting a physical checkup before beginning any activity, to be sure there are no hidden health problems.

Edmonds also has some advice for getting back into your program.

"Ease into your program gradually. Joggers should walk briskly for a couple of miles before breaking into a trot. Bicyclers should take short trips at an easy pace. Game players should lob the ball around or take nice easy swings with the bat before getting into all out competition. Swimmers should take a couple of easy laps before trying to set olympic records."

One other thing Edmonds stressed was for men to wear an athletic supporter and women to wear a bra that gives them support. Shoes should also be properly fitted and give support. And body protection should be given when the sport calls for it.

Finally, don't overdo it. Set realistic goals and maintain them. Don't raise your goals beyond your limits

and then try to beat them. The objective is to build and maintain a healthy body, not to invite injury.

"Your body is a durable piece of machinery which at the same time can be fragile. It depends on how you treat it. Treat it well and it will last you a lifetime," Edmonds said.

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Seminary plans run

More than 70 awards will be presented to top finishers in Wyoming Seminary Alumni Association's 10 Kilometer Run and one-mile Fun Run. In conjunction with the pro school's Alumni Day activities, the runs will be held on Saturday, May 12, at Nesbitt Field, corner of Hoyt and Chestnut Streets, Kingston. It will be co-sponsored by

Custom Management Corporation, Kingston.

Wheel-measured and traffic controlled, the 6.2 mile course will run from Nesbitt Field on the school's Kingston campus to the Lower School campus in Forty Fort and back. For registration forms or additional information, contact the Alumni Office at 288-9574 or 287-8434.

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