

# Get in shape for net season

By DAVID W. STEWART

My legs are moving like there is a concrete block attached to each one. My serving arm is sore, and my racket feels too heavy.

Is it really worth the effort? Down deep inside you know it is, but it gets harder each year to get back into shape for the indoor tennis season.

What is the easiest way to get back in shape fast? The indoor season has started and you have signed up to play with a group every week. How do you regain the great form you had last year without too much pain and frustration? I wish I had an easy answer to the problem. If I did, I'd write a book and retire. Unfortunately, I've never found an easy way, but there are some things you can do to make the transition period shorter and less painful.

You may not be looking at the ball. So concentrate on watching the ball. Watching the ball is the hardest part of the game. Only a small percentage of millions of players ever see the ball make contact with their rackets. There are two exercises which might help.

Each time the ball bounces say the word "bounce," and when it hits your racket say "hit." It sounds simple-minded, but say the words out loud. This exercise helps you watch the ball more closely and also helps your rhythm.

A second exercise demands you watch the ball until you hear the sound of it meeting your strings. By listening for the sound you make use of the senses of sight and sound to help you solve the problem.

AS YOU PLAY, think about the fundamentals. Are you prepared? Are you getting your racket back early enough? The racket must be back and ready if you are going to control the ball, otherwise it controls you.

If the racket is not back long before the ball reaches you, you are forced to swing quickly. The ball controls your actions instead of you controlling the

ball. Too many players, due to poor preparation, are forced to react instead of acting. When you are forced to react you no longer control the action. It controls you.

## MOVE YOUR FEET.

How many times have you heard those words? If you are like most players, you still do not move them properly. Your feet get you in position so that you are on balance for the return. When you are in the correct position, your weight transfer is a natural movement and you stroke with a smooth easy swing. Most people move their feet as little as possible and make adjustments from the waist up. The only time your feet should stop moving is when you are hitting the ball.

How often do you loosen up the muscles with a few stretching exercises before going on the court? This is extremely important when you haven't been playing regularly for a period of time.

Rotate the arms in both directions. Raise the arms to shoulder level and swing them forward and back. Repeat 15 times for each arm. Twist the mid-section 15 times in each direction. Touch the toes 10 times with your knees locked. Do 15 deep knee bends but take it easy with this one. Do not do squat jumps.

I could list all kinds of exercises and numbers of repetitions, but I'm sure you get the message. Maybe you have some exercises of your own, if so, do them. What is important is that you exercise before going on the court.

ONE LAST SUGGESTION — read the book "Use Your Head In Tennis." Bob Harman wrote it many years ago, and it is still the finest book of its kind on the market. Read it through once and then go back and read it again. Set some time aside every few months to review it. The author did not write it for the beginner or for the top tournament player, but if you fall between those ability levels, you will profit from this jewel of a book.

# St. Agatha destroys Lads, 57-0

After losing its first three football games of the season by a total of 13 points, Redford St. Agatha finally broke into the win column last weekend with a 57-0 shellacking of Hamtramck St. Ladislau.

The victory evened the Aggies' Catholic League C Division record at 1-1. St. Agatha will meet Detroit Benedictine, which sports a 3-0 conference record, 2 p.m. Sunday at Benedictine.

John Goddard, coach of the Aggies, believes that the offensive explosion against St. Ladislau was just what his team needed to carry it through the rest of the season.

"I think the kids have the confidence they can score and can win," said Goddard. "We're going after Benedictine and see what happens. They're a good team — a real good team."

"Now, we're going to have to scramble and try to get in (conference chase)," Goddard said. "Our kids are

ready. If we beat Benedictine, we're back in the race."

The Aggies accumulated 464 yards against St. Lads, 267 rushing and 197 passing. Everyone played for St. Agatha, which scored during every quarter.

Reyn Fracassi scored the Aggies' first touchdown in the opening quarter on an 18-yard scamper around left end. Al Jones scored later that period on a 26-yard burst around right end and Al Baumgardner ran for the third TD of the first quarter with a 17-yard effort around left end.

Dean Fracassi completed a pair of touchdown passes for the Aggies during the second quarter. The first covered 47 yards and was caught by Bob Baumgardner. The second was received by Al Jones and travelled 12 yards.

Curtis King plunged into the endzone from two yards out in the third quarter. Al Baumgardner completed a 40-yard TD pass to brother Bob in the

fourth quarter on a halfback-option throw. Mike Trujillo intercepted a St. Lad's pass and returned the ball 46 yards for the final touchdown of the game later in the fourth period.

Al Baumgardner had an excellent all-around game for the Aggies. He carried the ball nine times for 80 yards, scored a TD, threw a touchdown pass and had an interception.

FOR THE SECOND week in a row, mistakes and resulting turnovers played a big part in Clarenceville's defeat on the football field. The Trojans' homecoming was marred last weekend when Woodhaven scored a 21-15 victory.

Two of Woodhaven's touchdowns were set-up when passes of Tom Jones were intercepted. However, take away those two mistakes and Bass had a 7-9 performance for 96 yards.

Bass scored Clarenceville's first TD

in the third quarter on a one-yard sneak. The play capped an 80-yard, 13-play drive which featured the running of Jim Thompson and the pass-receiving of Mitch Bost.

The Trojans produced their other touchdown late in the final period when Thompson bulldozed into the endzone from five yards out.

During Clarenceville's final scoring march, Bass completed passes to Chris Jeffrey of 24, 17, 15 and 20 yards.

Woodhaven scored two touchdowns during the second quarter and one in the fourth.

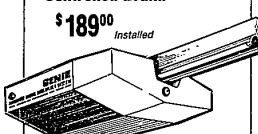
Woodhaven totalled 227 yards during the game, while the Trojans countered with 202.

The Trojans, now 0-2 against Metro West Conference opponents, will face Annapolis tomorrow in their final league game of the season. Kick-off time at Pardee Field in Dearborn Heights is 3:30 p.m.

## NEW Genie BEST

GS 459 Deluxe Screw Drive with Exclusive Sequencer® "Computer-Controlled Brain"

\$189.00 Installed



CRYPTAR II Digital Controls. Completely Self-Steering. Meets all FCC Requirements.

Any Suburb  
ALLIANCE AUTOMATIC DOOR CO.  
358-3833 SOUTHFIELD

## SAVE AT SELLERS

with MIKE MEDVED

Bob Sellers Pontiac is Very Pleased to announce the #1 PONTIAC RETAIL SALESMAN in the World has joined our sales team.

MIKE MEDVED has delivered over 3,000 new Pontiacs in the past 6 years. Mike is Past President of the Sales Masters Guild. This organization is comprised of the Finest Salesmen in the United States.

Mike Not Only Sells... He Serves. The winning combination of Mike and Bob Sellers Pontiac, invites you to find out how much You Can SAVE.

MIKE HAS MOVED UP TO BOB SELLERS PONTIAC... WHY DON'T YOU!



MIKE MEDVED  
#1 Retail Salesman

## BOB SELLERS PONTIAC

38000 Grand River in Farmington Hills

Open Monday and Thursday till 9 p.m.

478-8000

# CONDOMINIUMS ARE A GIRL'S BEST FRIEND.



Until recently few women bought their own homes. Financing and maintenance problems kept them away. Now all that has changed. Women like you have been quick to realize the advantages of condominium home ownership: having a good hedge against inflation, building financial equity and enjoying tax advantages.

Our attractive condominiums are designed to provide a high measure of personal security. Outside maintenance is taken care of for you so you can enjoy outdoor amenities like pools and tennis courts where you can meet and socialize with new friends. Decorating's more fun, too, when your place is your own. And we make financing uncomplicated and easy to get. Of course, there's more. But why not see for yourself. Could be the best bargain you ever found.

10% Mortgage are available

## King's Cove

...Rochester's most distinguished address... 2 and 3 bedroom condominiums... 1 and 2 story plans  
On Tienken Road, between Livernols and Rochester Road (Main Street)  
Model Phone: 652-1800  
from \$73,900

## Hidden Hills

...close to all good things in Rochester... 2 and 3 bedroom condominiums...  
On Livernols Road, just south of Walton (University Drive)  
Model Phone: 652-2822  
from \$72,990

## Plumbrook

...in highly desirable Sterling Heights... 2 and 3 bedroom condominiums... Next door to Plumbrook Golf Course.  
On 16 Mile Rd. (Metropolitan Parkway) between Schaefer and Dodge Park Road  
Model Phone: 939-1850  
from \$64,990



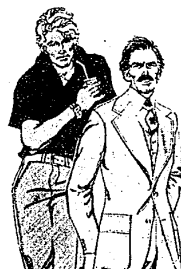
Beauchum & Roeser Homes, Inc.  
Open daily and Sunday 12 to 7, Saturday 1 to 6, closed Thursday

## Listen to our Fall Fashion Line of Beautiful Music



Pierre, Calvin, and Yves can't compete with WJR FM's beautiful music designers. New tunes, old favorites, vocals, and instruments step out in style from our musical artists' design studios.

This fall's style of beautiful music is accented with lovely accessories. Our tailor-made wardrobe adds friendly music hosts, up-to-date news, weather, and road reports, as well as around town activities.



While a stylish suit is a necessity for men and women, so are styles that let you relax. The music of WJR FM is elegantly suitable but so comfortable you'll feel at home the first time you try us on. Business, home, or car, slip into the comfortable sounds of WJR FM's beautiful music.

## WHERE THE BEAUTIFUL MUSIC IS!

# WJR 960 AM