

It's time to shape up

By MARTY BUDNER

On May 24 the Rochester area will be involved in a Youth Physical Fitness (YFP) milestone.

Rochester will be the first area outside of Washington D.C. to host a national Youth Physical Fitness championship meet. It will be run jointly by the United States Marine Corps Detroit Recruiting Command and the Rochester Community Schools.

"We feel extremely honored to host them (the national championships)," said Rochester Coach Max Hasse, who has been a longtime fitness booster in the Rochester area.

Hasse estimates it will cost between \$4,000 and \$5,000 to finance the event. He is soliciting support from various community organizations to help defray financial burdens.

"We're building the meet around the amount of financing we can get," said Hasse. "And whatever we get, we want to make it as classy as we can."

"We want to give out trophies and awards, and have other things like banquets and meet programs," he said. "We want to be as hospitable as we can."

YFP competition, which is annually supervised and judged by the Marines, consists of five different body-conditioning events. They include sit-ups, push-ups, pull-ups, standing long jump and the 300-yard shuttle run.

The five team members are awarded performance points in each event. Individual scores are added up to form a team score, with the highest winning the championship.

Last year's national meet was cancelled because General Foods decided to withdraw its sponsorship. However, through the efforts of the Marine Corps and a select number of coaches around the country, the competition was revived this spring.

HASSE SERVED on a national panel which helped to reinstate the meet. He co-chaired the panel with Bob Irving of Harrison High School (Colorado Springs, Colo.), and they were instrumental in bringing the national meet to Rochester.

Hasse said the national YFP meet was originally scheduled to be held at the Olympic Training Center in Colorado Springs. Because of the controversy surrounding the state of the Olympics, and the United States Olympic team, the meet was relocated.

Rochester has had a successful background as a YFP participant. With the exception of 1972 and 1979, Rochester High School has qualified as the Midwestern representative at the national meet since 1959. In 1972, Adams High School was the Midwestern representative.

The Falcons won the national championship in 1977 with a score of 2,288 points. At that time Rochester became the first non-Eastern high school to win the national title.

Twice — in 1971 and 1976 — Rochester placed second, and it has been third on three other occasions. Fifth has been the lowest a Rochester High School team has ever placed at the national meet.

When Adams qualified in 1972, the Highlanders — who were missing a key team member because of illness — placed 10th.

"We're going to do everything we can to keep the program alive so that the kids won't lose out," said Hasse. "We have to salvage the program. We can't let it die."

"There are a lot of other coaches like myself around the country who are interested in keeping the program going," he said.

Upper Darby High School (Upper Darby, Pa.), Plum High School (Pittsburgh), Cranberry High School (Seneca, Pa.), East Lake High School (East Lake, Ohio) and Northwest High School (Omaha, Neb.) are scheduled to participate.

Hasse said two schools from the Chicago area, two schools from California and at least one from the St. Louis area have been contacted, but no commitments have been made. Hasse said at least 20 teams — including both men and women — will compete in the national meet.

For additional meet information contact Captain G.A. Hyndman of the United States Marine Corps (226-7737), or Mike Metevier or Ed Wright at Rochester High School (651-5590).

Groves wins MSA crown

By C.J. RISAK

The king's reign has ended — long live the heir apparent! Perhaps in this case it should be "queen," because it was the Birmingham Groves girl softballers that snapped Royal Oak Dondero's five-year Metro Suburban Association (MSA) dominance by beating the Oaks, 6-2, Friday.

With one game left on the MSA schedule, Groves is 9-1 while Dondero is 6-3. Dondero, the defending Class A state champions and MSA winners, are 20-7 overall. Groves is 16-3.

Colleen McGovern fired a one-hitter to spark the Groves win. She struck out 11 in the contest while

walking five. Vicki Bonar took the loss for Dondero, giving up six hits, six walks and striking out six.

MUFF McCARTHY, senior co-captain returning from an ankle injury, provided the key hit for the Falcons in the first inning. Mary Bitkowski started the inning with a single. She stole second, the first of three steals in the inning, and scored the game's first run on Molly Robinson's base hit.

Robinson proceeded to steal second, and Karen Crawfis reached base on an error by the shortstop. Crawfis also stole second, and both runners scored on McCarthy's single, making it 3-0.

Dondero scored a run in the third,

but Groves scored twice in the fourth to put the game away. With two out, Bitkowski and Robinson were both safe on errors. Crawfis brought both home with a long single.

In the sixth, Crawfis had a one-out single and McCarthy also singled. A double steal put the runners on second and third, and Crawfis scored on Stephanie Keeney's sacrifice bunt.

McCarthy had three hits in four trips in the contest, including two RBIs. Crawfis had two safeties and two RBIs.

The Falcons aren't through with Dondero yet, though. On Friday, the two teams will clash for the third time this season in a state pre-district qualifying game at Groves.

Country Day relays sparkle

All three Detroit Country Day relay teams came away winners Saturday in the Caro Class D girls' regional track meet.

In the team standings, Country Day finished second (65 points) to Michigan Lutheran Seminary (78). Akron-Fairgrove was third (54) and Fowler placed fourth (43).

Tara Pentress, LaVerne Evans, Kandis Davis and Zena Whitlow all qualified for the state championship

meet in two relays. The four combined to win the 880-yard event (1:52.5) and Pentress, Evans and Davis teamed with Michelle Ragland to capture the 440-yarder (54.3).

In the mile relay, Whitlow and Carol Simla, Marjorie Allen and Lisa Sims finished first (227.6).

Davis placed third in both the long jump (15-7 1/4) and 220-yard dash (28.5), while Sims was third in the 440-yard run (1:05.6). Both Davis and Sims qualified for the state meet by finishing in

the top three in their events.

Country Day scored in six other events, with Sims, Whitlow and Allen each taking a fourth-place finish. Sims' fourth was in the 440-yard run (1:05.6); Whitlow's came in the 220-yard dash (29.4) and Allen's was in the 220-yard low hurdles (35.3).

Ragland placed fifth in the 220 (30.9) and sixth in the 100-yard dash (13.1). Dee Cook finished fifth in the two-mile run (13:23.4).

The state meet will be May 31.

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