

Bonaventure skaters seek another speed title

By TOM BAER

venture Skating Center in Farmington Hills. Dooley, who has managed the roller rink since it opened 3½ years ago, is

especially on the watch for speeders — guys and girls who think they're just hell on wheels. "Everybody likes to go fast," said

Dooley from his Livonia home last week. "I have to slow people down all the time. What happens is that I'll say, 'Gee,

you like to go fast and you're always in trouble with me. Why don't you join our speed skating club? Then you can go as fast as you want."

That watchfulness has netted some pretty fast roller skaters for something called the Bonaventure Speed Club, an organization which won a national championship last summer with Dooley as its coach.

The 15-member Bonaventure squad will seek its second-straight national title Aug. 3-6 at the Pershing Auditorium in Lincoln, Neb. The competition is sponsored by a rink operator's association.

What's speed skating on roller skates all about? "It's just like a track meet," said Dooley, who has 25 years of competitive roller skating experience. "They start a race and they go a certain distance on a 100-meter flat track."

There are several competitive events and eight age groups, beginning with 6-and-under and advancing in two-year segments to the senior (over-18) division.

THE TRAINING regimen for a wheeled speed skater is vigorous and includes lots of bicycling. Surprisingly, running doesn't play an important part in the training.

"Biking is excellent training," said Dooley, 43. "You use the same muscles in skating. Running isn't good for roller

skating. It causes you to pick up your feet too high. In speed skating you want to keep your feet very close to the floor.

"It takes a lot of training to be a good speed skater. Most of my kids ride from 25 to 50 miles a day on their bikes. And they practice skating four or five times a week."

Most of the skating training is done indoors on Bonaventure's plastic-coated wooden surface. But Dooley encourages some outdoor skating, too.

"Most of my skaters do some outdoor work," he said. "Next year they're starting an outdoor regional and national championship."

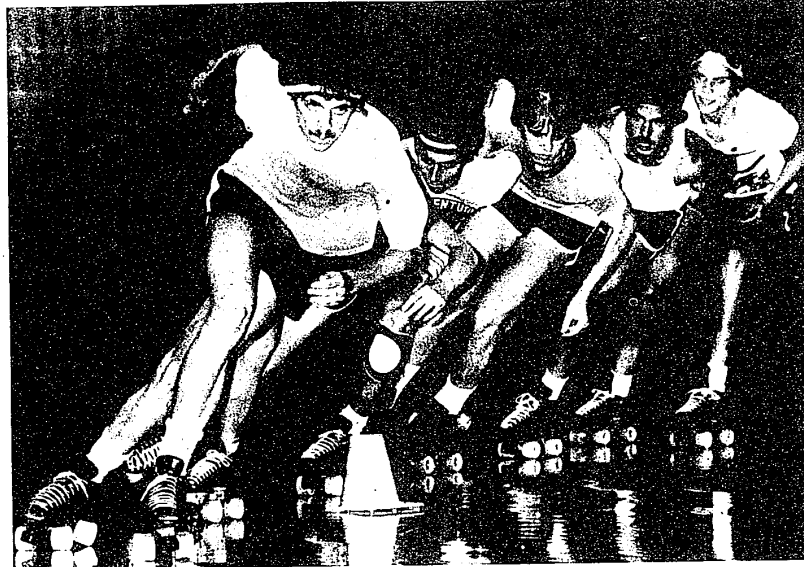
"You're going to be seeing a lot more outdoor skating. We're the only country that skates indoors. You can go to Italy and their skate centers are all outdoors on smooth cement."

Two of Dooley's best skaters are senior (over-18) competitors Rob Dunn and Chuck Jackson.

Dunn, a 20-year Mt. Clemens resident, has been skating competitively since age 7. "His strong point is that he trains harder than anyone else," Dooley said. "He looks like a natural, but he's not. He's worked hard to become a champ."

JACKSON, 19, of Westland, teamed with Dunn to win the two-man relay

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Rob Dunn leads off group of speed skaters in a workout at the Bonaventure Skating Center in Farmington Hills. (Staff photo by Randy Borst)

Fitness meet is in the works

A youth fitness meet, sponsored by the Farmington Hills Parks and Recreation Department, will test the playground skills of about 200 area youngsters beginning at 6 p.m. on Tuesday, July 22, at Farmington High School, 3200 Shawwassee Road.

If it rains, the meet will be held on the following Thursday.

The program, for youngsters age 8 to 15, has become an important part of the summer for many boys and girls.

The meet's events, such as chin-up, softball throw and shuttle relay, can be practiced on a playground with little or no equipment.

The champions of the Farmington-area meet will advance to the 23rd Annual Metropolitan Detroit Youth Fitness Meet to be held July 31 on Detroit's Belle Isle.

Farmington Hills will be one of 64 cities to participate.

NFWB Mantle triumphs

Strong finish for Koufax 9

North Farmington-West Bloomfield's Sandy Koufax (13- 14-year-olds) baseball team closed out its regular season last Thursday with a double header sweep of Brighton at West Bloomfield High.

NFWB, managed by Carl Childress, finished on top of the Northwest Suburban Amateur Baseball Federation with a 19-1 record. The squad advances to the Koufax state tournament, beginning Aug. 7 at Battle Creek's Bailey Park.

"We're going to try to schedule some games before that," Childress said. "We can't let the kids get stale."

NFWB overcame a 2-0 deficit to win the first game, 15-3. Winning pitcher Todd Williams (7-1) worked 3½ innings in relief of Zac Childress. Williams allowed no hits, struck out six and walked three.

John Connor paced NFWB's 11-hit attack with three hits. Teammate Rich Goldberg drove in three runs with a bases loaded double in the third inning when NFWB scored nine runs.

NFWB won the nightcap, 13-8, as Childress, working in relief of Goldberg, recorded his fifth pitching victory without a loss. Childress gave up no hits in two innings, striking out two and walking one.

The winners snapped a six-all tie by scoring four runs in the fourth. Eric Kahkonen led off the inning with a homer and finished the game with three hits in three trips and three runs batted in. Scott Roman cleared a bases-loaded triple.

Redford West Seven is the only team to beat NFWB this summer.

NFWB MANTLE

North Farmington-West Bloomfield Mickey Mantle (15- 16-year-olds) ran its season record to 15-4 with an 11win over Grosse Ile last Thursday.

Winning pitcher Matt Rund, a standout at North Farmington High School this past spring, pitched a one-hitter and struck out 12. He helped his cause by hitting a home run and driving in three runs.

NFWB's John Recker hit a pair of homers and drove in three runs. Teammate Bill Rankin hit a homer.

NFWB plays next on Tuesday, July 22, at home against Detroit West Seven. The game begins at 6 p.m. at North Farmington High. On the following Thursday, NFWB travels to Milan for a 6:15 p.m. game at Milan High.

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Best foot forward

Nancy Glynn (above, left) of the Farmington Angels women's soccer team outkicks an unidentified West Bloomfield player during last Wednesday's

Great Lakes Women's Soccer League game. Glynn, a 1979 graduate of Bloomfield Hills Lahser High, scored eight goals to help Farmington win 9-1.