

Learn backpack basics

A public program titled "Basics of Backpacking" will take place from 7:30-9 p.m. Aug. 1 at Independence Oaks County Park.

Independence Oaks is at 9501 Sasahaw Road in Clarkston. The program is designed for beginning backpackers but it is open to anyone wishing to participate. Oakland County Parks naturalist Kathleen Dougherty will conduct the program.

Participants should bring pencil and paper as a short movie on backpacking may be shown. Because the program is outdoors, warm clothing and insect repellent are advised.

Anyone interested in participating may register by calling 625-0877. The only charge for the program is the park entrance fee of \$2 for county residents and \$3 for non-residents.

BCC hosts junior golfers

Brett Bowser, 17, of Dearborn Country Club won the championship flight of Junior District Golf tournament played Monday at Birmingham Country Club.

Bowser shot a low gross score of 77. Robert Jeske, 17, of Edgewood Country Club had the low net score in the championship flight. Jeske shot 78 minus a five handicap for a 73.

Rob Nagle, 15, of the host Birmingham Country Club, had the low gross score of 77 in the first flight. Sam Perri, 17, of Plum Hollow Country Club was the low net. Perri shot 85 minus a 14 handicap for a 71.

Mark Radom, 13, of Franklin Hills Country Club, won the second flight. Radom had the low gross score of 86.

Bob Papp of Grosse Isle Country Club had the low net score of 89 minus a 18 handicap for a 70.

Oakland Hills Country Club's Craig Russell, 14, won the third flight with a score of 85. Jim Kwasiorski of Grosse Isle was the low net. Kwasiorski shot 89 minus a 21 handicap for a 68.

Ann Laver, 16, won the girl's flight with a score of 86. Cathy Mouzakis, 16, of Pine Lake was the low net. Mouzakis shot 97 minus a 31 handicap for a 66.



Gain confidence in your net play



from courtside

David Stewart

Anybody who has ever heard anything about doubles strategy has learned that the game is won and lost at the net. Most of the time the team that controls the net wins.

If you are an average tennis player, you silently shudder when your partner is serving and you are at the net. You try to look like you are ready to crush any ball that crosses the net, but deep inside you are hoping that no ball is hit anywhere near you.

There is no rule that says you have to be there, but you should want to be at the net. Even mixed doubles, which used to be gentle, easy, social and fun, has become a really aggressive game.

The first step in gaining confidence at the net is believing you can do the job. You cannot be afraid. If you are afraid of being hit, you will never be able to handle the situation.

WHEN YOU HAVE the feeling that you want to duck, remember that if you can think fast enough to duck out of the way, then you can

think fast enough to get the racket in front of the ball.

You must change your mental attitude. So start that right now. Become aggressive — not defensive.

If you have the right attitude and a ball comes in your direction — what do you do? You can stand rooted to the spot and pray the ball misses you; you can duck and leave it for your partner; you can volley away for a winner; or you can do what most people do — swing and miss.

One of the cardinal don'ts of net play is don't swing — you just don't have the time. Balls hit at the net generally have so much speed that all you have to do is use the power of the strings to return them.

Keep the elbow in front and jab at the ball like a boxer. If your elbow is in front, then your racket will always be in front. It does not have time to be anywhere else.

When you make ball contact, your wrist should be locked — you block the ball, not hit at it. Your racket becomes a wall, and I've never seen a wall that does not return balls hit at it.

AT THE NET, you do not have time to change grips. There are a few people who can, but chances are you are not one of them. If you cannot and try, your volleys are probably going everywhere but into the court.

Most of the players use one grip.

It is called the continental grip. You can find it by placing the "V" formed by your thumb and forefinger at the midpoint of the wide part of your racket's grip, halfway between the forehand and backhand grip.

At first this grip will seem strange. It will probably seem more difficult on your forehand than on your backhand. Turn your shoulders more until you get used to it. It won't take long before you start feeling comfortable.

Most people stand on their heels when they play the net. You probably fall into that category as well. The best players have their heels off the ground. The only way to make sure your weight is on the balls of your feet is to lift the heels off the court.

YOU WILL FIND two immediate improvements — first, you will move quicker, and second, you will concentrate harder. The next time you go out on the court, experiment and you will be so excited at your immediate improvement that your heels will never touch down again.

Public Notification of SOUTHEASTERN MICHIGAN TRANSPORTATION AUTHORITY MINORITY BUSINESS ENTERPRISE Goal Setting Methodology and Results

The Southeastern Michigan Transportation Authority in accordance with Part 23, Title 59, Code of Federal Regulations announces that contracting activities with the greatest potential for minority and female business enterprise participation have been identified and overall goals for the SEMTA MBE Program are being established.

These goals and a description of the methodology used in establishing them are available for public inspection for 30 days and there is a 45 informational comment period.

Comments are for informational purposes only, must be made in writing, and are to be sent to the address below:

Inspection Dates: July 28, 1980 through August 29, 1980
Informational Comment Period: July 28, 1980 through September 12, 1980
Office of Minority Development
Southeastern Michigan Transportation Authority
First National Building, Suite 1309
650 Woodward Avenue
Detroit, Michigan 48226
(313) 256-8686

Inspection Times: Monday through Friday
8:30 A.M. to 5:00 P.M.

Published July 28, 1980

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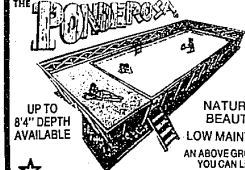
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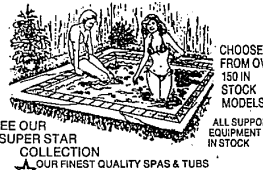
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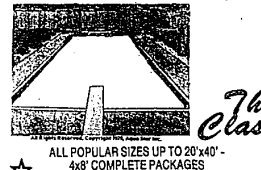
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