

from court-side
David Stewart

How to handle nagging slump

If you are like most tennis players, you know what it's like to play on a day when nothing, but nothing, is going right. When you're striking three or four days like that together, you are in a slump.

There is nothing unusual about your situation. The world's best players have slumps from time to time. One of the biggest dangers, however, is of the condition lasting longer than a couple of days and lingering on for weeks.

How do you cure the problem? How do you climb out of a slump? A downturn in your game can be triggered by a number of different things.

The first thing to do is examine your mental condition. Mental perspective can have a lot to do with how long you stay in your slump. Changing your mental outlook can be essential to conquering the problem.

The problem might have something to do with your strokes, or not watching the ball closely enough.

Or it might be that you are tired or out of shape.

Very often, you have no idea of what is wrong. And just as often the steps you take to correct the problem are the wrong steps. When you take the wrong steps, the problem only worsens.

YOU BECOME more confused and more frustrated, and the number of errors you make increases. Your confidence starts going downhill, and it isn't too far from that point until your entire game is out of balance. What began as a minor problem has mushroomed into a full-scale crisis.

The No. 1 rule is to keep your cool. Whatever you do, don't get angry with yourself. Try to objectively analyze your problem. Perhaps your situation has less to do with your own game than it does with the level of competition you find yourself in. Maybe you're playing on a different surface — not everyone plays at the top of his game on all surfaces.

The fact that you are losing doesn't necessarily mean that you are not playing well. Maybe you are losing close matches because your opponents are hitting better shots. If that's the case, don't let the problem bother you.

It's possible that your problem concerns work at the office, or stress you are under at home. Stress consumes more energy than you probably realize and robs you of valuable stamina on the court.

MAYBE YOU HAVE changed your style of play. When you are not in top condition, you may try to do too much with your shots to end the point too quickly. You hit your first serve too hard, and you miss more first serves. You double fault more, and you get impatient.

Get your racket checked. It may have dead strings, or be damaged. Some players find that simply by changing rackets they can correct a slump.

It is possible to practice yourself right out of a slump, providing you have the right temperament and skill. The great Rod Laver — who many think is the greatest shot maker ever to play the game — had this ability. If you are going to practice yourself out of a slump, make sure you have your fundamentals.

Take a couple of lessons from a teaching professional you trust and take the time to read an instruction book. No one ever outgrows the need for instruction — not even Chris Evert-Lloyd, Tracy Austin, John MacEnroe, or even Bjorn Borg.

MOST SLUMPS can be cured by going back to the fundamentals. Watch the ball, swing through the ball, and work on your footwork.

When you do go out to play, take a long time to warm up. Watch the ball extra carefully. Try to catch sight of the ball as it leaves the racket. Make sure your feet are moving, and that you are getting your racket back quickly.

Once you begin playing, take it easy! Do not attempt too much with the ball. Keep the ball in play and forget about hitting the low percentage shot. Work to achieve a comfortable playing rhythm.

One last suggestion. When you are in the depths of a slump, have a talk with yourself. Make your objective not to win points, but to hit the ball well. Whatever you do, do not put pressure on yourself. Only judge yourself on the basis of how smoothly you are executing the stroke, not on whether you win the point or not.

Always concentrate on the fundamentals, and your slump may end as quickly as it started.

Prep sports roundup

(Continued from Page 1B)

GIRLS' CROSS COUNTRY

Mercy's Jean McCarthy placed fourth with a time of 20:12, and teammate Amy Brown was sixth at 20:21. Sharon Kennedy of Mercy placed seventh (20:32) and teammate Cathy McDonough was eighth (20:42).

Mercy will run in the Catholic League finals beginning at 10:30 a.m. Saturday at Marsbarck Metropark in West Bloomfield.

Firing denied Area coach replaced

By DOUG FUNKE

Sal Marsalese is out as head wrestling coach at Redford Thurston and Howard Strick is in.

However, Marsalese, a Thurston graduate who has coached the varsity for the last two years and who has coached in the South Redford School District five years, did not go out without a fight.

Marsalese, who feels he's been fired, took his case to the school board Monday evening and left the meeting in tears when the board indicated there was nothing it could do since Strick has already signed a coaching contract.

Marsalese, upset that he was let go to begin with, also said he was disappointed that he found out that he was not going to be coaching this year from another coach in the area rather than from the administration at Thurston.

Jan Jacobs, superintendent of schools, said that communication problems seem to be at the root of the situation.

"There have been concerns about general organizational abilities. Other than that, it appears we didn't do all we were supposed to do," said Jack Harms, Thurston principal.

Harms and Stewart Schauder, former athletic director, said that Marsalese was not rehired because he did not formally apply for the job at the end of last season.

Marsalese said he had not applied formally for the post either of the last two years but still received the job.

However, two undated letters in the superintendent's office — one handwritten and signed by Marsalese, the other handwritten by Schauder and signed by Marsalese — appear to be letters of application for the wrestling post.

ters when I knew I had the job," Marsalese said. "They had to have something (application) in writing. They just told me I had the job, plain and simple."

All coaches at Thurston are expected to reapply for their coaching jobs each year.

Harms and Schauder both said they were happy with Marsalese's ability to work directly with athletes, but had concerns about organizational and managerial responsibilities that go hand-in-hand with coaching.

Harms, moreover, who makes all final hiring and firing decisions, said that he would have hired Marsalese again if Marsalese had applied.

"If he had applied, he would have been appointed and we would have tried to work with the (managerial) problems," Harms said. "I would not have replaced him."

Also adding to the confusion is that James McAlpine replaced Schauder as athletic director at Thurston during the middle of August.

"Sal didn't apply — no question about it," Schauder said.

Harms said that Marsalese had an appointment with Schauder in July to talk about the wrestling program, but

failed to keep that appointment.

Schauder said Marsalese left a message at his home the day he did not keep the appointment, that he would be in some time to see Schauder during the month of July. Marsalese never stopped by, Schauder said.

McAlpine said that he was not aware of the situation when he took over as athletic director in August.

"ALL I WAS aware of when I came in is that I was told to locate a JV cheerleader coach, a wrestling coach, an assistant wrestling coach and an assistant girls' swim coach," McAlpine said.

Marsalese said he met with Schauder a month before school was to open and discussed uniforms and scheduling.

"That was it. We didn't get back to each other after that," Marsalese said.

Schauder said he hadn't talked to Marsalese since the last week of school in June.

Both Harms and Schauder said that there was some doubt whether Marsalese would coach last season. Marsalese apparently wanted some considerations to coach the 1979-80 season, but eventually decided to return without the considerations, Harms said.

Marsalese's main concern now is to get his situation resolved so he will not be hurt in applying for future coaching vacancies. "It's important to get my name cleared," he said.

Strick wrestled at Hazel Park High School, a perennial power, and placed second and fourth in the National Junior Collegiate Athletic Association finals while a student at Schoolcraft College.

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NOTICE
CITY OF FARMINGTON

The actual use report and supporting documentation for Federal General Revenue Sharing Payments, Fiscal Year 1979-1980, is available for public examination during regular office hours in the Treasurer's Office, Municipal Building, 23600 Liberty.

WINONA WOODS,
Treasurer

CITY OF FARMINGTON COUNCIL PROCEEDINGS (Summary)

A Regular Meeting of the Farmington City Council was held October 6, 1980 in the Council Chambers, 23600 Liberty Street, Farmington, Michigan. The meeting was called to order at 8:00 p.m. by Mayor William S. Hartsock.

PRESENT: Mayor Hartsock, Councilmen Bennett, Buckler, Tupper and Yoder.

ABSENT: None.

CITY OFFICIALS PRESENT: City Manager Deadman, Director Billing, Director Seiferl, Attorney K. Cotton, City Clerk Viane.

The minutes of the previous meeting were approved.

Minutes of other boards and commissions were received and filed.

The following financial reports were submitted by Plante & Moran, CPAs: City of Farmington Financial Report with Supplementary Financial Data Michigan 47th District Court Administration Fund; City of Farmington Employees Retirement System Farmington Building Authority; City of Farmington Federal Revenue-Sharing Fund.

General Fund Revenues and Expenditures for 1980 and 1979. Permission was granted to Lucy's Oldies And Goodies to conduct an Outdoor Antique Show and Sale.

Resolution from City of Birmingham regarding Amendment to the Condominium Act was received.

Request from Richard Lewiston, Co-Partner, 10 Mile/Orchard Lake Shopping Center, for elimination of driveway approach to parking lot was referred to Planning Commission and permission to install a fence along the southerly boundary of the Center was granted contingent upon the Planning Commission's approval of the driveway approach closing.

Request from the Farmington Area Jaycees for a sign variance was granted.

After consideration of traffic survey made by the Department of Public Safety regarding the alleged traffic problem at the intersection of Alta Loma and Cass Street, it was agreed that no change is necessary at this intersection.

Council adopted a Motion of Intent to require sidewalk installation on developed properties presently lacking sidewalk, on undeveloped properties as part of the general development of the property, and indicated its intent to order installation of sidewalk on a priority basis. Public Hearings will be held prior to ordering sidewalk installations and property owners will be given 24 months to install sidewalk after receipt of notice.

A general policy for winter maintenance of sidewalks along major roads was adopted.

Council authorized payment to the Arizala Corporation in the amount of \$55,399.75 for computer equipment.

Council authorized payment to McCarthy Contracting Company in the amount of \$37,642.00 for work completed through September 13, 1980 in the 1980 Road Improvement Program.

A report from the City Manager regarding costs of replacement curbing on Alta Loma Street was received.

Council authorized Mayor Hartsock and City Clerk Viane to enter into an Agreement with Mr. John Sailer, City Assessor, on behalf of the City.

Council approved an amendment to the City Manager's Agreement.

Application for transfer of Class "C" SDM license at the Old Village Inn was approved.

Public Comments were heard.

The financial report General Fund, 2 months ended October 31, 1980 was received and filed.

Council enacted Ordinance No. C-469-80, which amends the Zoning Ordinance relative to membership of the Board of Zoning Appeals.

Council authorized the appointment of Councilman Alton L. Bennett as an Alternate member of the Board of Zoning Appeals, who shall have the same qualifications. Monthly bills were approved for payment.

The meeting was adjourned at 10:10 p.m.

WILLIAM S. HARTSOCK, Mayor
NEDRA VIANE, City Clerk

Publish, October 16, 1980

ORDINANCE NO. C-469-80

AN ORDINANCE TO AMEND THE FARMINGTON CITY CODE CHAPTER 39, ARTICLE 13, SECTION 5.125 AND 5.126, PARAGRAPH 2, AND ADDING A NEW SUBSECTION 5.125(a).

THE CITY OF FARMINGTON ORDAINS:

5.125. Board of Zoning Appeals. The Board of Zoning Appeals shall consist of not less than five members appointed by Council, one of which shall be the Mayor. Such appointments shall be for a term of three years, provided that the first appointments shall be two members for one year, two members for two years, and two members for three years. The term of any member of said Board, who is also a member of Council, shall automatically terminate when he shall cease to be a member of Council. The members shall be citizens of the United States and residents of the City for three years prior to appointment. Members may be removed by Council for non-performance of duty or misconduct in office upon written charges and after public hearing. Any vacancies in the Board shall be filled by Council for the remainder of the unexpired term. The compensation of the members of the Board shall be fixed by Council. The Board of Zoning Appeals shall have the duties, responsibilities and powers that are provided for them by Act 207 of Public Acts of the State of Michigan for 1921, as amended.

5.125(a). Appointment of Alternate Members to the Board of Zoning Appeals. The Council may appoint not more than two alternate members for the same term as regular members of the Board of Zoning Appeals, who shall have the same qualifications as regular members. The alternate members may be called by the Chairman or Vice-Chairman of the Board of Zoning Appeals to sit as regular members of said Board in the absence of a regular member if a regular member is absent from or unable to attend two or more consecutive meetings of said Board, or for a period of more than thirty consecutive days. Alternate members may also be called to serve in the place of a regular member for the purpose of reaching a decision in a case in which the regular member has abstained for reasons of conflict of interest. The alternate member having been appointed shall serve in the case until a final decision has been made. The alternate member shall have the same voting rights as a regular member of the Board of Zoning Appeals.

5.126 (Paragraph 2). All meetings of the Board shall be open to the public and shall be held at the place where the Council regularly meets. The presence of a majority of the members of the Board shall be necessary to constitute a quorum. The concurring vote of a majority of the members of the Board shall be necessary to reverse any order, requirement, decision or determination of any administrative official or body or to decide in favor of the applicant any matter upon which they are required to pass under this ordinance.

This ordinance was introduced at a regular meeting of the Farmington City Council at a regular meeting of the Farmington City Council on September 15, 1980, was adopted and enacted at a regular meeting of the Council on October 6, 1980, and will become effective ten days after publication.

WILLIAM S. HARTSOCK, Mayor
NEDRA VIANE, City Clerk

AYES: Yoder, Bennett, Buckler, Hartsock, Tupper.
NAYS: None.

Publish, October 16, 1980

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