

wrestling

**CLASS A REGIONAL WRESTLING TOURNAMENT**  
at Ann Arbor Home

**TEAM STANDINGS** — 1. Temperance-Bedford, 98½ points; 2. Wayne Memorial, 75; 3. Plymouth Salem; 4. Ann Arbor Huron; 5. Westland John Glenn; 6. Birmingham Brother Rice (remainder unavailable).

**Heavyweight** — Steve King (Waterford Kettering) defeated Vince Casella (Northville), 1-0 (championship); 3. John McDowell (AA Pioneer); 4. John Hart (Plymouth Southwestern).

**180** — John Socha (Brother Rice) dec. T.J. Harris (Wayne), 147 (championship); 3. Tom Gibson (John Glenn); 4. Glenn Strigow (Temperance-Bedford).

**165** — Ed Curtis (Temperance-Bedford) dec. Paul Justice (Wayne), 2-1 overtime (championship); 3. Chris Jennings (Milford Lakeside); 4. Junior Rodriguez (Adrian).

**150** — Jamie McNaughton (AA Huron) dec. Drew Nelson (Brother Rice), 5-4 (championship); 3. John Olari (Milford); 4. Cliff Perez (Adrian).

**135** — Don Matucha (Wayne) dec. Neil Pazel (W. Western), 10-0 (championship); 3. Stefan Schmitzer (AA Pioneer); 4. Dave Stewart (Bellville).

**120** — Eric Waters (Romaine) dec. Roger Wata-

hockey

**SUBURBAN PREP HOCKEY LEAGUE**

**League standings**

Team	Win	Loss	Tied	Points
Liv. Bentley	12	1	0	26
Liv. Stevenson	11	3	0	22
Wyan. Roseville	9	4	1	19
Liv. Churchill	7	7	0	14
Liv. Franklin	5	8	1	11
B.H. Andover	4	7	3	11
South-Lathrup	2	10	2	6
B.H. Lahser	1	12	1	3

**Leading scorers**

Player	G	A	P
Everson (Bentley)	24	19	45

**Leading goalies**

Player	GP	GA	Svs.	Avg.
Pulick (Stevenson)	11	25	515	2.27
Moore (Bentley)	11	27	271	2.39
Sawicki (Roseville)	10	27	263	2.70
Blaime (Churchill)	12	48	287	3.30

**Other players**

Player	GP	GA	Svs.	Avg.
Graczyk (Bentley)	19	14	38	
LaBarr (Stevenson)	12	10	31	
Perrault (Stevenson)	18	12	30	
Woodward (Roseville)	18	11	29	
Daniel (Roseville)	16	12	28	
Cox (Stevenson)	14	12	26	
Campbell (Roseville)	8	16	24	
Harmen (Stevenson)	10	13	23	
Massa (Stevenson)	10	13	23	

# The forehand:

## Your most potent offensive weapon

Most tennis players seem to feel more comfortable hitting a forehand as opposed to a backhand.

I see numerous players running around the court trying to hit every shot with their forehand. Structurally, however, the backhand is a more natural, fluid and free-flowing stroke. The forehand is a more contrived motion.



tennis  
**Joe Taylor**

Like any stroke in tennis, the forehand must be made with the weight going forward. Hitting the ball off the back foot creates tentativeness and often results in a "wristy" follow-through. Make sure all your weight is on the front foot (left foot for right-handers) when making contact with the ball.

The key to getting the weight forward is to prepare early. Too many players wait until the ball bounces on their side of the court before taking the racket back. What players have to learn to do is take the racket back as soon as the ball leaves your opponent's strings.

There are two ways to take your racket back: 1) straight back, then progressing forward, swinging low to high, 2) a circular or "loop" type backswing.

**THE MAJORITY** of pros use a "loop" backswing. One of the main advantages is power. You can develop more power taking a circular backswing as opposed to the "straight back" method. It's also easier to develop topspin.

Whatever method used, make sure you get the racket back low before making contact with the ball. A low-to-high motion insures topspin.

Brushing up on the backside of the ball with topspin allows you to hit the ball hard with control. The centrifugal force put behind the ball with topspin will drive it down into your opponent's court.

There is a common tendency on the forehand to get too close to the ball. This creates numerous problems, often resulting in hitting the ball with a bent

elbow, causing a crowded, pushy-type of stroke. Try to get set early. It is tougher to time the ball if you're running full force through it.

Start to the ball with your largest steps. But as you get closer, take smaller steps for more control.

Make sure your knees are bent when you hit through the ball. Bending the knees insures a lower center of gravity, increasing control.

**STANDING** straight-up makes a player tend to hit the ball into the net.

The body should be kept sideways or perpendicular to the net. This will allow the entire body to get behind the shot. If the ball is hit with the body facing the net, your arm would be the only source of power.

Remember, always keep your eyes

glued to the ball. There is a natural tendency to look at the place where you're directing the ball instead of actually watching the ball itself. Looking at your intended target in favor of concentrating on the ball itself is a sure sign of trouble.

Unless your opponent is at the net, keep your shots at least three to five feet over the net. Most errors in tennis go into the net. Hitting the ball low to the net is risky. Keeping the ball deep in your opponent's court is more effective.

Don't try to make a great shot all the time. Tennis is a game filled with mistakes. Hit a shot that you can get in with confidence.

As with any stroke or any sport, confidence is a key. If you have any doubt at all about your shot, it probably won't go in.

Some people naturally have confidence, while others never really develop a positive frame of mind.

Joe Taylor is a teaching professional at Centaur Racquet Club, 5700 Drake Road, West Bloomfield, and the Livonia Athletic Club, 27250 Newburgh Road, Livonia.

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